

Soldiers Beach Surf Life Saving Club

Pool Proficiency/Junior Activities Preliminary Evaluation

Name _____

Age Group U/ _____

*as at 30th September
eg if 8 years old on 30/09, age group is U/9*

D.O.B _____

Age	FLOAT	OK	SWIM	OK	200m time
U/8	1 minute survival float		25m (any stroke)		
U/9	1 minute survival float		25m (any stroke)		
U/10	1.5 minutes survival float		25m freestyle		
U/11	2 minutes survival float		50m freestyle		
U/12	2 minutes survival float		100m freestyle		
U/13	3 minutes survival float		150m freestyle		
U/14**	3 minutes survival float		**200m freestyle, under 5 minutes.		

Office Use Only

Assessment ID#	Surfguard updated
Preliminary Evaluation	
Competition Evaluation	

Nippers (U/9+) are encouraged to attempt a 200m swim (time recorded) to assist Age Managers/ Water Coaches in assessing child's water survival capabilities. Failing to complete a 200m swim does not impede their participation at Nippers on Sundays.

**SRC proficiency swims are to be completed in the presence of an authorised assessor.

Coaches, please complete this section.		
Facility where evaluation conducted		DATE:
Coach conducting proficiency		
Coaches Signature		
Comment:		



Soldiers Beach Surf Life Saving Club

Pool Proficiency / Junior Activities Preliminary Evaluation

SLSA Junior Evaluations and Education National Guidelines.

	Preliminary Evaluation	Competition Evaluation	Surf Education Awards
Under 6 Surf Play 1	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.		Surf Play 1
Under 7 Surf Play 2	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.		Surf Play 2
Under 8 Surf Aware 1	25 metre swim (any stroke) 1 minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware 1
Under 9 Surf Aware 2	25 metre swim (any stroke) 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10 Surf Safe 1	25 metre swim (freestyle) 1 1/2 minutes survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11 Surf Safe 2	50 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12 Surf Smart 1	100 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13 Surf Smart 2	150 metre swim (freestyle) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14 SRC	200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate
Assessors	Delegated authority as per the SLSA Circular No. 108/15-16.		
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.	The competition evaluation must be achieved before any members are eligible to compete	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.