

Junior Preliminary Evaluations – SLSQ

Child Name: _____ Age Group: _____ Club: _____

Instructions for Evaluation: Based on the child's age group, please ensure they can complete the tasks outlined in the table below.

| Age Group/DOB | Flotation | Submersion | Propulsion | Task Complete/Comments |
|------------------------------------|---|---|--|------------------------|
| Under 6 1/10/2018 – 30/09/2019 | Back or front float for a minimum of 5 seconds and recover to stand. | Submerge to touch the bottom with hands. | From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand. | |
| Under 7 1/10/2017 – 30/09/2018 | Back or front float for a minimum of 10 seconds and recover to stand. | | From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand. | |
| Under 8 1/10/2016 – 30/09/2017 | Back or front float for a minimum of 15 seconds, recover to stand. | | Swim on front any stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres) | |
| Under 9 1/10/2015 – 20/09/2016 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute. | Submerge to touch the bottom with hands. | Swim in front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres. | |
| Under 10 1/10/2014 – 30/09/2015 | | | Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres. | |
| Under 11 1/10/2013 – 30/09/2014 | Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 2 minutes. | Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. | Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres. | |
| Under 12 1/10/2012 – 30/09/2013 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes. | Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. | Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. | |
| Under 13 1/10/2011 – 30/09/2012 | | | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. | |
| Under 14 1/10/2010 – 30/09/2011 | | Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands. | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres. | |

JAAO/Surf Coach/ Bronze Assessor Name: _____

Date Witnessed: _____

JAAO/Surf Coach/ Bronze Assessor Signature: _____