

Junior Preliminary Skills Evaluation Table

| | Preliminary Evaluation | | Advanced Ocean Proficiency Evaluation | Age Award |
|-----------------|--|--|---|---|
| | Pool Evaluation | Competecny Beach Evaluation (Run-Swim-Run) | | |
| Water Safety | 1 to 5 | 1 to 5 | 1 to 5 | 1 to 5 |
| Under 6 | 6 metre swim / dog paddle 30 second float | Nil (shallow water activities only) | NA (no Competition/training) | Surf Play 1 |
| Under 7 | 12 metre swim / dog paddle 30 second float | Nil (shallow water activities only) | NA (no Competition/training) | Surf Play 2 |
| Under 8 | 25 metre swim (freestyle) 1 minute survival float | 25m-25m-25m Run-Wade-Run | 25m-25m-25m Run-Wade-Run | Surf Aware 1 |
| Under 9 | 50 metre swim (freestyle) 1 minute survival float | 50m-50m-50m Run-Swim-Run | Minimum 150m open water swim (course distance as per competition manual) | Surf Aware 2 |
| Under 10 | 50 metre swim (freestyle) 1.5 minute survival float | 50m-50m-50m Run-Swim-Run | Minimum 150m open water swim (course distance as per competition manual) | Surf Safe 1 |
| Under 11 | 100 metre swim (freestyle) 2 minute survival float | 50m-100m-50m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Safe 2 |
| Under 12 | 100 metre swim (freestyle) 2 minute survival float | 50m-100m-50m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Smart 1 |
| Under 13 | 150 metre swim (freestyle) 3 minute survival float | 100m-100m-100m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Smart 2 |
| Under 14 | 200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float | 100m-100m-100m Run-Swim-Run | Minimum 288m open water swim (course distance as per competition manual) | Surf Rescue Certificate (MUST be assessed by SRC/Bronze Assessor) 19th - 23rd September |