

Junior Preliminary Evaluations - SLSQ - SWIM COACH



Child's Name: _____ Age Group: _____

Club: **Mooloolaba Surf Life Saving 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	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds, 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	Back or front float for a minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	Back or front float for a minimum of 15 seconds, recover to stand.		Swim freestyle stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	
Under 9	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 freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	
Under 10			Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.	Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)	Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13			Swim freestyle stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover surface, submerge to touch the bottom with hands.	Swim freestyle stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach Name: _____

Australian Swimming Teachers and Coaches Association Number: _____

Swim Coach Email: _____

Swim Coach Signature: _____ Date witnessed: _____

EMAIL: completed form to nippers@mooloolabaslsq.com.au before attending a Nipper Sunday or Nipper Open Day