



PRELIMINARY SKILLS EVALUATION

STAGE ONE: UNDER 6, UNDER 7, UNDER 8

Aquatic Play and Fundamental Aquatic Skills (FAS)

Minimum depth of safe aquatic environment – 1 metre

MINIMUM AQUATIC SKILL	U6	U7	U8
Flotation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

STAGE TWO: UNDER 9, UNDER 10, UNDER 11

Applied aquatic skills

Minimum depth of safe aquatic environment – 1.5 metres

MINIMUM AQUATIC SKILL	U9	U10	U11
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	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.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.



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STAGE THREE: UNDER 12, UNDER 13, UNDER 14

Junior/trainee lifesaver – pathway to SRC

Minimum depth of safe aquatic environment 1.8 metres

MINIMUM AQUATIC SKILL	U12	U13	U14 (SRC)
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).	Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).	
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	