

SLSSNB 2022/23 JUNIOR ACTIVITIES PRELIMINARY SKILLS EVALUATION

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Portfolio:	Member Services
Audience:	Junior Activity Chairs, Club Secretaries
Summary:	Junior Activity Preliminary Skills Evaluation – Supplementary Information

This memorandum is designed to accompany the [SLSNSW Age Groups, Preliminary and Competition Evaluations Factsheet](#). It contains a suggested evaluation sequence to encompass the requirements of the 2022/23 junior activities preliminary skills evaluation.

STAGE ONE – RECOMMENDED PRELIMINARY SKILLS EVALUATION SEQUENCE

Aquatic Play and Fundamental Aquatic Skills (FAS)

STAGE ONE: UNDER 6

Pool (minimum depth 1 metre)

Note: Recover to stand between each task

1. Float on back (5 seconds)
2. Push and glide from wall (distance 1-2 metres)
3. Submerge to retrieve object from bottom of water with hands

Ocean

1. Wade through water (distance 5 metres)

STAGE ONE: UNDER 7

Pool (minimum depth 1 metre)

Note: Recover to stand between each task

1. Float on back (5 seconds)
2. Push and glide from wall with kick (distance 2-3 metres)
3. Submerge to retrieve object from bottom of water with hands

Ocean

1. Wade through water (distance 5 metres)

STAGE ONE: UNDER 8

Pool (minimum depth 1 metre)

Note: DO NOT recover to stand between each task

1. Start lap by swimming underwater (distance 2-3 metres)
2. Complete lap by swimming on front through water any stroke (distance 20 metres)
3. Float on back (5 seconds)
4. Submerge to retrieve object from bottom of water with hands



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STAGE TWO - RECOMMENDED PRELIMINARY SKILLS EVALUATION SEQUENCE

Applied Aquatic Skills

STAGE TWO: UNDER 9

Pool (minimum depth 1.5 metres)

Note: DO NOT recover to stand between each task

1. Swim through water using a combination of breaststroke, sidestroke, and freestyle for 50 metres
2. Tread water and/or sculling for minimum 1 minute
3. Float on front (5 seconds) then float on back (5 seconds)
4. Submerge to retrieve object from bottom of water with hands

STAGE TWO: UNDER 10

Pool (minimum depth 1.5 metres)

Note: DO NOT recover to stand between each task

1. Swim through water using a combination of breaststroke, sidestroke, and freestyle for 75 metres
2. Tread water and/or sculling for minimum 1 minute
3. Float on front (5 seconds) then float on back (5 seconds)
4. Submerge to retrieve object from bottom of water with hands

STAGE TWO: UNDER 11

Pool (minimum depth 1.5 metres)

Note: DO NOT recover to stand between each task

1. Swim through water using a combination of breaststroke, sidestroke, and freestyle for 100 metres
2. Tread water and/or sculling for minimum 2 minutes
3. Float on front (5 seconds) then float on back (5 seconds)
4. Submerge to perform a roll/somersault underwater and recover to surface
5. Submerge to retrieve object from bottom of water with hands



MEMORANDUM

SURF LIFE SAVING SYDNEY NORTHERN BEACHES

STAGE THREE – RECOMMENDED PRELIMINARY SKILLS EVALUATION SEQUENCE

Junior/Trainee Lifesaver - Pathway to SRC

STAGE THREE: UNDER 12 & UNDER 13

Pool (minimum depth 1.8 metres)

Note: DO NOT recover to stand between each task

1. Swim through water using a combination of breaststroke, sidestroke, and freestyle for 100 metres
2. Continue swimming using a survival stroke(s) breaststroke and/or sidestroke for 50 metres
3. Tread water and/or sculling for minimum 3 minutes
4. Float on front (5 seconds) then float on back (5 seconds)
5. Submerge to perform a roll/somersault underwater and recover to surface
6. Submerge to retrieve object from bottom of water with hands

STAGE THREE: UNDER 14 (SRC)

Pool (minimum depth 1.8 metres)

Note: DO NOT recover to stand between each task

1. Swim through water using a combination of breaststroke, sidestroke, and freestyle for 100 metres
2. Continue swimming using a survival stroke(s) breaststroke and/or sidestroke for 100 metres
3. Tread water and/or sculling for minimum 3 minutes
4. Float on front (5 seconds) then float on back (5 seconds)
5. Submerge to perform a roll/somersault underwater and recover to surface
6. Submerge to retrieve object from bottom of water with hands