

# Surf Life Saving Australia

## Junior Preliminary Skills Assessment

- Guideline -

	Preliminary Evaluation	Competition Evaluation
<b>Under 6 Surf Play 1</b>	Nil (shallow water activities only)	Nil (no competition)
<b>Under 7 Surf Play 2</b>	Nil (shallow water activities only)	Nil (no competition)
<b>Under 8 Surf Aware 1</b>	25 metre swim (any stroke) 1 minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)
<b>Under 9 Surf Aware 2</b>	25 metre swim (any stroke) 1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)
<b>Under 10 Surf Safe 1</b>	25 metre swim (freestyle) 1 1/2 minutes survival float	Minimum 150m open water swim (competition course as per competition manual)
<b>Under 11 Surf Safe 2</b>	50 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)
<b>Under 12 Surf Smart 1</b>	100 metre swim (freestyle) 2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)
<b>Under 13 Surf Smart 2</b>	150 metre swim (freestyle) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)
<b>Under 14 SRC</b>	200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)
<b>Assessors</b>	Age Manager Level 1 Coach Level 1 Official Training Officer (SRC/Bronze) Assessor (SRC/Bronze)	
<b>Notes</b>	<i>Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition be undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.</i>	<i>The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a minimum standard water proficiency requirement.</i>

## **JUNIOR PRELIMINARY SKILLS EVALUATION**

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Skills Evaluation for each age group.

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. It includes a swim and a float which is progressively increased by age group.

Normally this would occur at the very first training session but if not this must be completed before any water activity is undertaken. The intent of this is to conduct an evaluation of each junior member's own swimming and water survival ability for the information of the member, parent and age manager.

Note: It is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities.

### **Conducting the evaluation**

This evaluation should be conducted in a safe aquatic environment with a recommended 1:1 water safety ratio (participant to water safety personnel). A 1:1 water safety ratio is especially important for new members where clubs may not be familiar with the ability of the participant.

### **Following the evaluation**

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club. It is a requirement that these children remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary skills evaluation guidelines.

Any child that does complete the preliminary skills evaluation competently can progress to water based junior activities noting regular water safety 5:1 ratio requirements must be provided as per the junior water safety policy.

### **Using intra-club water activities for skills progression**

Clubs are encourage to conduct intra-club swimming and board training and competition related events in a progressively challenging but safe environment regarding distances, water safety personnel and in relation to the abilities of their junior members.

This intra-club environment is where club's should really encourage their juniors to challenge their personal skills and abilities and progressively work towards competently completing the official carnival competition distance in swimming, board, multi-discipline and relay related events if they wish to pursue inter-club competition.

The intra-club environment is where age managers and water safety personnel are more likely to have a better understanding of each of their own members swimming or board paddling skill level, as opposed to an inter-club competition where water safety personnel may have no idea of who specifically to keep and eye on.

## **JUNIOR COMPETITION EVALUATION**

From the age of 8 (Under 9) juniors can begin to compete in inter-club competition. To ensure that all junior members who wish to compete have the ability, strength and fitness standard to complete the course they must be able to complete the junior competition evaluation for their age group.

The junior competition evaluation is based on the swim distances as set out in the Surf Sports Manual for that age group and is a minimum standard guideline in the form of an open water swim. Individual states may have a higher standard for their competition evaluation. Contact the relevant state office for confirmation of the state specified junior competition evaluation.