



QUEENSLAND

## The distances below are the minimum standard for SLSQ SOUTH COAST BRANCH Junior Preliminary Skills Evaluations



	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Water safety	1:5	1:5	1:5	1:5
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	Run - Wade - Run (25m x 25m x 25m)	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition 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 (competition 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 (competition course distance as per competition manual)	Surf Safe 2
Under 12	<b>200 metre swim</b> (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13	<b>300 metre swim</b> (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2
Under 14	<b>400 metre swim for competitors</b> (freestyle, in less than 9 mins) <b>200 metre swim for NON</b> <b>competitors</b> (freestyle, in less than 5 mins) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate
Assessor	Bronze Accred Swim Coach; OR SLSA Level 1 Surf Coach; OR AUSTSWIM Instructor; OR Assessor (SRC/Bronze); OR JAAO – Junior Activities Accreditation Officer	Assessor (SRC/Bronze) JAAO – Junior Activities Accreditation Officer		
Notes	<i>Every junior member must successfully Complete the Pool Evaluation, prior to undertaking competency beach evaluation. This is a standard water proficiency requirement.</i>	<i>Every junior member must successfully complete the Beach Evaluation prior to undertaking the competition evaluation. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water</i>	<i>The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a standard open water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on risk assessment.</i>	<i>If a child wishes to compete in a Branch and/ or State Championship event, their respective age award must be completed by the 31<sup>st</sup> December.</i>

