



SHELLHARBOUR SLSC

JUNIOR ACTIVITIES PRELIMINARY EVALUATION

SWIM FORM 2025/26

The pool swim must be completed and signed off before the first day of Nippers. If you cannot attend a scheduled pool swim arranged by the Club, it is your responsibility to find an instructor and have your child signed off.

Certified club members may also make themselves available at their convenience to witness pool swims.

Email questions and completed swim forms to the registrations team: registrations@shellharboursurfclub.com or hand-in to your child's Age Manager

STAGE ONE - Recommended depth : 1 metre

	U6 1/10/2019 - 30/9/2020	U7 1/10/2018 - 30/9/2019	U8 1/10/2017 - 30/9/2018
Flotation	Back or front float for a minimum of 5 seconds, recover to stand.	Back or front float for a minimum of 10 seconds, recover to stand.	Back or front float for a minimum of 15 seconds, recover to stand.
Submersion	Submerge to touch the bottom with hands.	Submerge to touch the bottom with hands	Submerge to touch the bottom with hands
Propulsion	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

STAGE TWO - Recommended depth : 1.5 metre

	U9 1/10/2016 - 30/9/2017	U10 1/10/2015 - 30/9/2016	U11 1/10/2014 - 30/9/2015
Flotation	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.	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.	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins.
Submersion	Submerge to touch the bottom with hands.	Submerge to touch the bottom with hands	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
Propulsion	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 10 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 25 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.

STAGE THREE - Recommended depth : 1.8 metre

	U12 1/10/2013 - 30/9/2014	U13 1/10/2012 - 30/9/2013	U14 1/10/2011 - 30/9/2012
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.
Propulsion	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

Junior Proficiency Evaluation

INSTRUCTIONS: Based on the child's Age Group, please ensure they are able to complete the tasks outlined

	Flotation	Submersion	Propulsion	Complete/Comments
U6	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.	
U7	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.	
U8	Back or front float for a minimum of 15 seconds , recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	
U9	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 on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres .	
U10			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 25 metres .	
U11	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 mins .	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	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 .	
U12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes .	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres .	
U13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres .	
U14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface , submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres .	

Child's Name: _____

Age Group: _____

Date: _____

Swim Coach Name: _____

Aust Swimming Coach Number: _____

Signature: _____

COMPETITION SKILLS EVALUATION Requirements - a.k.a Ocean Swim.

This will be carried out during Nippers and/or during mid-week board training sessions *

* subject to water safety availability

AGE GROUP	COMPETITION EVALUATION
U6	Nil
U7	Nil
U8	Nil (no water competition, except for wade which takes place in waist-deep water)
U9	Minimum 150m open water swim (any recognised stroke)
U10	Minimum 150m open water swim (any recognised stroke)
U11	Minimum 200m open water swim (any recognised stroke)
U12	Minimum 200m open water swim (any recognised stroke)
U13	Minimum 200m open water swim (any recognised stroke)
U14	Minimum 200m open water swim (any recognised stroke)