

NORTH ENTRANCE SLSC

Preliminary Skills Evaluation 2021/22

Name: _____

Age Group#: _____

Bronze Holder/ Swim Coach*: _____

Signature: _____

Date: _____

Age as of 30-Sep-2021 (ie, if you are 9 on this date, you are in the Under 10's)

* include ASTCA number and email address

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
Floatation	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.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).		Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 metres, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).

Contact: Jules Mitchell (JAC Secretary), jacsec@northentranceslsc.com.au