

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 ONE: UNDER 6, UNDER 7, UNDER 8

Aquatic Play and Fundamental Aquatic Skills (FAS)
Minimum depth of safe aquatic environment – 1 metre

MINIMUM AQUATIC SKILL	U6	U7	U8
Floatation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
CONTINUOUS SKILL SEQUENCE	Wade through water (distance 5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.		Swim on front through water any stroke 20 metres, followed by back or front float (5 seconds) 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