



Junior Preliminary Swim Evaluations | Swim coach to complete



Childs Name: _____ Age Group: _____ Club: WILLIAMSTOWN SWIMMING & LIFE SAVING CLUB

| Age Group | Flotation | Submersion | Propulsion | Task Complete/Comments |
|-----------|---|---|--|------------------------|
| Under 6 | 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. | |
| Under 7 | 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. | |
| Under 8 | 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). | |
| Under 9 | 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. | |
| Under 10 | | | 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. | |
| Under 11 | Front to back float or back to front float - 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes. | 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. | |
| Under 12 | 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. | |
| Under 13 | | | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. | |
| Under 14 | | 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. | |

Swim Coach Name: _____ Australian Swimming Teachers & Coaches Association Number: _____

Swim Coach's Email: _____ Swim Coach Signature: _____ Date conducted: _____