



Junior Activities Preliminary Evaluations - Stage 3

Name of Child: _____ Child's Club: _____
 Child Age Group _____ Date: _____

Swim Coach Contact Details

Name: _____ Email: _____
 Australian Swimming Teachers and Coaches Associate (ASTCA) number: _____

STAGE THREE: UNDER 12, UNDER 13, UNDER 14			
Junior /trainee lifesaver - pathway to SRC. Minimum depth of safe aquatic environment - 1.8 metres			
MINIMUM AQUATIC SKILL	U12	U13	U14
Flotation	Front to back float or back to front float – 5 sec each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50m		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.
CONTINUOUS SKILL SEQUENCE	Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, 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 200 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).
Task Complete/Comments			

JAAO Signature: _____ Name: _____
 Date: _____