



**Junior Activities Preliminary Evaluations - Stage 1**

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 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
Flotation	Back or front float for minimum of 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of pool with hands (e.g. dive ring)		
Propulsion	Push and glide from pool wall (distance 1-2 metres) recover to stand	Push and glide from pool wall, kick (distance 2-3 metres) recover to stand	From pool wall swim on front any stroke (20 metres) followed by swim underwater (2-3 metres)
<b>CONTINUOUS SKILL SEQUENCE</b>	Wade through water (5 metres) float on back or front (5 seconds) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.		Swim on front through water any stroke 20metres, followed by back or front float (5 seconds) followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)
Task Complete/Comments			

JAAO Signature: \_\_\_\_\_ Name: \_\_\_\_\_  
Date: \_\_\_\_\_