



Junior Activities Preliminary Evaluations - Stage 2

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 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
Flotation	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 pool with hands (e.g. dive ring)		Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g. dive ring)
Propulsion	Survival 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 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 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 pool 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 pool with hands. (do not recover to stand in between each task)
Task Complete/Comments			

JAAO Signature: _____ Name: _____
Date: _____