'Junior preliminary skills evaluations'

Life Saving Victoria

NIPPERS Life Saving Victoria

Please be aware of the following junior preliminary skills evaluation are effective from 1st June

For further information regarding the skills please refer www.lsv.com.au/nippers

Assessors must be ONE of the following for a minimum of 3 years in order to be able to assess:

- Age Manager Mentor with a minimum of 3 years' experience
- Age Manager with a minimum of 2 years' experience
- LSV accredited core, technical, senior or performance officials with a minimum of 3 years' experience
- Be proficient in SRC (at minimum) or hold a bronze medallion for a minimum of 3 years, and with a minimum age of 18 years.

Please Note:

In instances where evaluations cannot be completed within the club, a **qualified and currently accredited** swim coach **can be endorsed** to sign off the preliminary skills pool assessment.

Swimming coaches can assess and are required to provide their **current** Australian Swimming Teachers and Coaches Associate **(ASTCA) number**, their name and email address and the name of the children who have successfully completed the swim.

Requirements of the assessor's responsibilities:

- Be familiar with the process of reasonable adjustment.
- Complete relevant paperwork accurately and return in a timely manner.
- Delegate names must be minuted at a club management team meeting as required.

Junior Evaluation Preliminary Assessments return.

Once completed please return to name: _____ Contact _____

Child's Name _____From (Club Name) _____ Has completed assessment for relevant age .

Name of Assessor: _____Qualification: _____

Email: _____ Signature: _____ Date: _____

Stage 1: Aquatic Play and Fundamental Aquatic Skills (FAS) U6, U7 & U8

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 6 (1/10/2019 - 30/9/2020) Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 1-2 metres) & recover to stand.	Back or front float for minimum 10 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 7 (1/10/2019 - 30/9/2018) Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 2-3 metres) & recover to stand.	Back or front float for minimum 10 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 8 (1/10/2018 - 30/9/2017) Depth of safe aquatic environment – chest height	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres)	Back or front float for minimum 15 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	

Child's Name _____From (Club Name) _____ Has completed assessment for relevant age .

Name of Assessor: _____Qualification: _____

Email: _____ Signature: _____ Date: _____

Stage 2: Applied Aquatic Skills U9, U10 & U11

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 9 (1/10/2017 – 30/9/2016) Depth of safe aquatic environment – over participant head height	Swimming on front for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	Front to back float or back to front float – 5 seconds each side.Tread water and/or sculling for minimum 1 minute.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 10 (1/10/2016 - 30/9/2015) Depth of safe aquatic environment – over participant head height	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.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 11 (1/10/2014 - 30/9/2013) Depth of safe aquatic environment – over participant head height	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.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water.	

Child's Name _____From (Club Name) _____ Has completed assessment for relevant age .

Name of Assessor: _____Qualification: _____

Email: _____ Signature: _____ Date: _____

Stage 3: Junior / Trainee Lifesaver - Pathway to SRC U12, U13 & U14

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 12 (1/10/2014 - 30/9/2013) Depth of safe aquatic environment – over participant head height	Swim on front through water any stroke for 75 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 meters.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.	
Under 13 (1/10/2013 – 30/9/2012) Depth of safe aquatic environment – over participant head height	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.	
Under 14 SRC (1/10/2012 – 30/9/2011) Depth of safe aquatic environment – over participant head height	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, **do not** recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.	