



# Junior Preliminary Swim Evaluation Season 2025/26– Swimming Teacher to Complete

Child's name: ..... Age Group: ..... Club: Wye River SLSC



Age Group (Date of Birth)	Flotation	Submersion	Propulsion	Tasks Complete/Comments
Under 7 1/10/18- 30/9/19	Back or front float for a minimum of 10 seconds, recover to stand	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand	
Under 8 1/10/17 -30/9/18	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 1/10/16 – 30/9/17	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 a minimum 10 metres	
Under 10 1/10/15 – 30/9/16			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for a minimum 25 metres	
Under 11 1/10/14 – 30/9/15	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a 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 a minimum 50 metres	
Under 12 (1/10/13 – 30/9/14)	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 3 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 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for a minimum 50 metres	
Under 13 (1/10/12 – 30/9/13)			Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for a minimum 50 metres	
Under 14 (Surf Rescue Certificate)		Submerge to perform forward or backward roll/somersault underwater, do NOT recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for a minimum 100 metres	

Swim Coach's Name: ..... Aust Swimming Teachers & Coaches Association Number: .....

Swim Coach's Email: ..... Swim Coach Signature: ..... Date Conducted: .....