

# WYE RIVER SLSC



## Junior Preliminary Skills Evaluation 2018/19

Please have this form completed by a **qualified coach/teacher or pool lifeguard** and send scan/photo to [wyerivernippers@gmail.com](mailto:wyerivernippers@gmail.com) Please type you family name in the subject line.

**This form needs to be completed by the 20<sup>th</sup> December 2018.**

*Nippers cannot participate in water activities unless this form has been completed and returned to the club.*

----- (Nipper name) from the Wye River SLSC has successfully completed the following swim and survival float for their age group.

| Age group | Swim requirement  | Float requirement  | Tick appropriate age group |
|-----------|---|--|----------------------------|
| Under 7   | From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. | Perform a back float for 30 secs and recover to a secure position. |                            |
| Under 8   | 25 metre swim (any stroke)  | 1 minute survival float  |                            |
| Under 9   | 25 metre swim (any stroke)  | 1 minute survival float  |                            |
| Under 10  | 25 metre swim (freestyle)   | 1 ½ minute survival float  |                            |
| Under 11  | 50 metre swim (freestyle)   | 2 minute survival float  |                            |
| Under 12  | 100 metre swim (freestyle)  | 2 minute survival float  |                            |
| Under 13  | 150 metre swim (freestyle)  | 3 minute survival float  |                            |

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_