

Junior Preliminary Skills Evaluation Table

	Preliminary Evaluation		Advanced Ocean Proficiency Evaluation	Age Award
	Pool Evaluation	Competecny Beach Evaluation (Run-Swim-Run)		
Water Safety	1 to 5	1 to 5	1 to 5	1 to 5
Under 6	6 metre swim / dog paddle 30 second float	Nil (shallow water activities only)	NA (no Competition/training)	Surf Play 1
Under 7	12 metre swim / dog paddle 30 second float	Nil (shallow water activities only)	NA (no Competition/training)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	25m-25m-25m Run-Wade-Run	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (course distance as per competition manual)	Surf Aware 2
Under 10	50 metre swim (freestyle) 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (course distance as per competition manual)	Surf Safe 1
Under 11	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (course distance as per competition manual)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (course distance as per competition manual)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (course distance as per competition manual)	Surf Smart 2
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (course distance as per competition manual)	Surf Rescue Certificate (MUST be assessed by SRC/Bronze Assessor) 19th - 23rd September

