2022/2023 Junior Evaluation Preliminary Assessments

Please be aware of the following 2022/23 Junior Evaluation skills assessment which are effective from 1 October 2022.

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 yrs experience – New request by Nipper Reference Group

- Age Manager with a minimum of 3 yrs experience – New request by Nipper Reference Group

- LSV accredited core, technical, senior or performance officials with a minimum of 3 yrs experience

- Be proficient in SRC (at minimum) or hold a bronze medallion for a minimum of 3 years, and with a minimum age of 17 years.

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 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. (NEW SLSA requirement)

2022/2023 Junior Evaluation Preliminary Assessments return.

Once completed please return to name: _____ Contact _____

2022/2023 Junior Evaluation Preliminary Assessment for **Pool** Setting

Child's Name _____From (Club Name) _____ has completed the following preliminary assessment for the relevant age group competently

Name of Assessor: _____Qualification: _____

ASTCA Number (or equivalent accreditation): _____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 *(1/10/2016 – 30/09/2017)* Depth of safe aquatic environment – 1 meter	**Option 1** Individual elements x 3	Push and glide from wall (distance 1-2 metres) recover to stand	Back float for minimum 15 seconds, recover to stand.	Submerge to retrieve object from bottom of pool with hands (e.g., dive ring)	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous sequence	Push & glide from wall (distance 5 metres) float on back (5 seconds) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 7 *(1/10/2015 – 30/09/2016)* Depth of safe aquatic environment – 1 meter	**Option 1** Individual elements x 3	Push and glide from wall, kick (distance 2-3 metres) recover to stand	Back float for minimum 30 seconds, recover to stand	Submerge to retrieve object from bottom of pool with hands (e.g., dive ring)	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills sequence	Push & glide from wall (distance 5 metres) float on back (5 seconds) recover to stand, submerge to retrieve object from bottom of pool with hands, recover to stand.			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 8 *(1/10/2014 – 30/09/2015)* Depth of safe aquatic environment – 1 meter	**Option 1** Individual elements x 3	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 3-5 metres)	Back float for minimum 1 minute, recover to stand	Submerge to retrieve object from bottom of pool with hands (e.g., dive ring)	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills sequence	Swim on front through water any stroke 20 metres, followed by back float (5 seconds) followed by submerge to retrieve object from bottom of pool with hands (do not recover to stand in between each task)			

2022/2023 Junior Evaluation Preliminary Assessment for **Pool** Setting

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Name of Assessor: _____Qualification: _____

ASTCA Number (or equivalent accreditation): _____Email: _____Signature: _____Date: _____

Stage 2: Applied Aquatic Skills U9, U10 & U11

Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 9 *(1/10/2013 – 30/09/2014)* Depth of safe aquatic environment – 1.5 meter	**Option 1** Individual elements x 3	Swimming on front for 25 metres and 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 retrieve object from bottom of pool with hands (e.g., dive ring)	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 35 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).			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 10 *(1/10/2012 – 30/09/2013)* Depth of safe aquatic environment – 1.5 meter	**Option 1** Individual elements x 3	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 retrieve object from bottom of pool with hands (e.g., dive ring).	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills 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).			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 11 *(1/10/2011 – 30/09/2012)* Depth of safe aquatic environment – 1.5 meter	**Option 1** Individual elements x 3	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, retrieve object from bottom of pool with hands (e.g., dive ring).	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills sequence	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).			

2022/2023 Junior Evaluation Preliminary Assessment for **Pool** Setting

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Name of Assessor: _____ Qualification: _____

ASTCA Number (or equivalent accreditation): _____ 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 *(1/10/2010 – 30/09/2011)* Depth of safe aquatic environment – 1.8 meter	**Option 1** Individual elements x 3	Swim on front through water any stroke for 75 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, retrieve object from bottom of pool with hands (e.g., dive ring).	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of pool with hands (do not recover to stand in between each task).			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 13 *(1/10/2009 – 30/09/2010)* Depth of safe aquatic environment – 1.8meter	**Option 1** Individual elements x 3	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, retrieve object from bottom of pool with hands (e.g., dive ring).	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to retrieve object from bottom of pool with hands (do not recover to stand in between each task).			
Age Group		**Propulsion Requirement**	**Floatation Requirement**	**Submersion Requirement**	**Competency Achieved**
Under 14 *(1/10/2008 – 30/09/2009)* Depth of safe aquatic environment – 1.8 meter	**Option 1** Individual elements x 3	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 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, retrieve object from bottom of water with hands (e.g., dive ring)	
	Complete minimum one option	**Continuous Skill Sequence**			**Competency Achieved**
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 metres, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to retrieve object from bottom of pool with hands (do not recover to stand in between each task).			