

JUNIOR PRELIMINARY ASSESSMENT 2019-20

Please have this form completed by:

An AUSTRALIAN SWIMMING or equivalent Teacher of Swimming & Water Safety
i.e. A **Qualified Swimming Coach** or, **Swim Teacher**.



The completed form will need to be provided to our club *prior* to the 1st Nipper session by either a hard copy or emailing a scanned copy to juniors@williamstownslsc.org.au

Swimmers age is taken at the 30th September of this year: If a child is 9 years on the 30th September this year they will be Under 10.

Preliminary Assessments must be completed **before participating in any water based activities** at WLSLC Nippers

Age Group	Swim Requirement	Float Requirement	Tick Applicable Age Group
Under 6	From a standing position in waist deep water perform a front glide and recover to a secure position.	Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position	
Under 7	From a standing position in waist deep water perform a front glide, kick for 3m & recover to a secure position.	Perform a back float for 30 seconds and recover to a secure position.	
Under 8	25 metre swim (any stroke)	1 minute survival float (on back)	
Under 9	25 metre swim (any stroke)	1 minute survival float (on back)	
Under 10	25 metre swim (freestyle/front crawl)	1 1/2 minute survival float (on back)	
Under 11	50 metre swim (freestyle/front crawl)	2 minutes survival float (on back)	
Under 12	100 metre swim (freestyle/front crawl)	2 minutes survival float (on back)	
Under 13	150 metre swim (freestyle/front crawl)	3 minutes survival float (on back)	

I confirm that (NIPPER NAME), _____ DOB _____
from the Williamstown Swimming & Life Saving Club has completed the above swim and survival float for their age group.

Assessors Name (PRINT): _____

Position: _____

Assessors Qualification: _____

Phone No.: _____

Signature: _____

Date: _____

Williamstown Swimming & Life Saving Club

juniors@williamstownslsc.org.au

100 Esplanade (PO Box 13)

Williamstown VIC Australia 3016