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| **Age Group** | **Flotation** | **Submersion** | **Propulsion** | **Task Complete/Comments** |
| Under 6 | Back or front float for a minimum of 5 seconds, recover to stand. | Submerge to touch the bottom with hands. | From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand. |  |
| Under 7 | Back or front float for a minimum of 10 seconds, recover to stand. | From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand. |  |
| Under 8 | 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 | 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 minimum 10 metres. |  |
| Under 10 | 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. |  |
| Under 11 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for  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 minimum 50 metres. |  |
| Under 12 | Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes. | Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. | Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. |  |
| Under 13 | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres. |  |
| Under 14 | Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with  hands. | Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres. |  |