Child's Name: _____ Date: _____

Name of Assessor: _____ Licence Number (e.g. AUSTSWIM, Swim Australia): _____

Assessor Email: _____ Signature: _____

Stage 1: Aquatic Play and Fundamental Aquatic Skills (FAS) U6, U7 & U8

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 6 (1/10/2019 - 30/09/2020) Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 1-2 metres) & recover to stand.	Back or front float for minimum 10 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 7 (1/10/2018 - 30/09/2019) Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 2-3 metres) & recover to stand.	Back or front float for minimum 10 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	
Under 8 (1/10/2017 - 30/09/2018) Depth of safe aquatic environment – chest height	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres)	Back or front float for minimum 15 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	

Child's Name: _____ Date: _____

Name of Assessor: _____ Licence Number (e.g. AUSTSWIM, Swim Australia): _____

Assessor Email: _____ Signature: _____

Stage 2: Applied Aquatic Skills U9, U10 & U11

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 9 (1/10/2016 - 30/09/2017) Depth of safe aquatic environment – over participant head height	Swimming on front for 25 metres followed by 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 touch the sand/pool at the bottom of the water with hands.	
Under 10 (1/10/2015 - 30/09/2016) Depth of safe aquatic environment – over participant head height	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 touch the sand/pool at the bottom of the water with hands.	
Under 11 (1/10/2014 - 30/09/2015) Depth of safe aquatic environment – over participant head height	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, submerge to touch the sand/pool at the bottom of the water.	

Child's Name: _____ Date: _____

Name of Assessor: _____ Licence Number (e.g. AUSTSWIM, Swim Australia): _____

Assessor Email: _____ Signature: _____

Stage 3: Junior / Trainee Lifesaver - Pathway to SRC U12, U13 & U14

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 12 (1/10/2013 - 30/09/2014) Depth of safe aquatic environment – over participant head height	Swim on front through water any stroke for 75 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 meters.	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, submerge to touch the sand/pool at the bottom of the water with hands.	
Under 13 (1/10/2012 - 30/09/2013) Depth of safe aquatic environment – over participant head height	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, submerge to touch the sand/pool at the bottom of the water with hands.	
Under 14 SRC (1/10/2011 - 30/09/2012) Depth of safe aquatic environment – over participant head height	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, **do not** recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.	