

Surf Life Saving South Australia

Junior Preliminary Skills Assessment, Competition Skills Evaluation and Awards Summary



Age Group	Preliminary Skills Assessment	Competition Evaluation Ocean Timed Swim	Surf Education
Under 6	Nil (shallow water activities only)	Not Applicable	Surf Play 1
Under 7	Nil (shallow water activities only)	Not Applicable	Surf Play 2
Under 8	25 metre swim, (any stroke). 1 minute survival float.	Not Applicable	Surf Awareness 1
Under 9	25 metre swim, (any stroke). 1 minute survival float.	150m ocean swim within 12 minutes	Surf Awareness 2
Under 10	25 metre swim, (freestyle). One and half minutes survival float.	150m ocean swim within 11 minutes	Surf Safety 1
Under 11	50 metre swim, (freestyle). 2 minutes survival float.	288m ocean swim within 12 minutes	Surf Safety 2
Under 12	100 metre swim, (freestyle). 2 minutes survival float.	288m ocean swim within 10 minutes	Surf Smart 1
Under 13	150 metre swim, (freestyle). 3 minutes survival float.	288m ocean swim within 8 minutes	Surf Smart 2 and Resuscitation Certificate
Under 14	200 metre swim, (freestyle), in less than 5 minutes). 3 minutes survival float.	288m ocean swim within 8 minutes	Surf Rescue Certificate
Notes	<p>Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken.</p> <p>Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.</p>	<p>SLSA MINIMUM STANDARD COMPETITION ASSESSMENT including SLSSA ADDITIONAL TIMED OCEAN SWIM</p> <p>Every child who wishes to compete in swimming and board paddling events at recognised SLSSA carnivals must complete this assessment.</p>	<p>These Surf Education Awards are encouraged to be completed each season by all junior members.</p> <p>If a child wishes to compete at State Titles then they must complete the relevant age Surf Education Award prior to entry into this event.</p>
Assessors	<ul style="list-style-type: none"> • Endorsed Age Group Manager • Level 1 Coach/Official • Training Officer (Bronze/SRC) • Assessor 	<ul style="list-style-type: none"> • Level 2 Official • Training Officer (Bronze/SRC) • Assessor 	<ul style="list-style-type: none"> • Endorsed Age Group Manager • Level 1 Coach/Official • Training Officer (Bronze/SRC) • Assessor • Other Appropriate Qualified person (i.e. Experienced Bronze Medallion Holder, Patrol Captain)

JUNIOR PRELIMINARY SKILLS EVALUATION

Many activities that will be completed by children as part of junior activities will be conducted in the water. To ensure that all children have a suitable swimming ability to allow them to participate in these activities, SLSA has developed a Junior Preliminary Skills Evaluation for each age group.

Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. It includes a swim and a float which is progressively increased by age group.

Normally this would occur at the very first training session but if not this must be completed before any water activity is undertaken. The intent of this is to conduct an evaluation of each junior member's own personal swimming and water survival ability for the information of the member, parent and age manager.

Note: It is not an assessment which if not completed competently precludes the child from becoming a member or continuing with junior surf education or training activities.

Conducting the evaluation

This evaluation should be conducted in a safe aquatic environment with a recommended 1:1 water safety ratio (participant to water safety personnel). A 1:1 water safety ratio is especially important for new members where clubs may not be familiar with the ability of the participant.

Following the evaluation

Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club. It is a requirement that these children remain in shallow water and based on a 1:1 ratio until the child is deemed competent in relation to the preliminary skills evaluation guidelines.

Any child that does complete the preliminary skills evaluation competently can progress to water based junior activities noting regular water safety 5:1 ratio requirements must be provided as per the junior water safety policy.

Using intra-club water activities for skills progression

Clubs are encouraged to conduct intra-club swimming and board training and competition related events in a progressively challenging but safe environment regarding distances, water safety personnel and in relation to the abilities of their junior members.

This intra-club environment is where club's should really encourage their juniors to challenge their personal skills and abilities and progressively work towards competently completing the official carnival competition distances in swimming, board, multi-discipline and relay related events if they wish to pursue inter-club competition.

The intra-club environment is where age managers and water safety personnel are more likely to have a better understanding of each of their own members swimming or board paddling skill level, as opposed to an inter-club competition where water safety personnel may have no idea of who specifically to keep an eye on.

JUNIOR COMPETITION SKILLS EVALUATION

From the age of 8 (Under 9) juniors can begin to compete in inter-club water based competition here in SA. To ensure that all junior members who wish to compete in swim and board related events have the ability, strength and fitness standard to complete the courses, they must be able to complete the Junior Activities Competition Skills Evaluation for their age group which is a water proficiency assessment.

The Competition Skills Evaluation consists of the SLSA minimum standard guideline which is the competition course and distance in the ocean as prescribed in the 33rd Edition of the Surf Sports Manual. SLSSA also requires competitors to complete this as a timed assessment to demonstrate an appropriate level of competency in swimming ability to complete the Carnival course in a safe and timely manner.