



# SLSA Junior Activities Preliminary Skills Evaluation

## COVID-19 Exemptions

Due to the unprecedented circumstances presented by COVID-19 we need to make some temporary changes to processes to ensure that we are able to continue lifesaving activities. One such impacted process is the Junior Activities Preliminary Skills Evaluation, which due to limited access to pool facilities and clubs not being able to congregate in groups at a pool has become difficult to conduct. Therefore, it is necessary to provide some exemptions for conducting Junior Activities Preliminary Skills Evaluations for this season.

The pool evaluation conducted “in a safe constructed pool environment with a water safety ratio as per the SLSA Policy 1.01 – Water Safety – a 1:5 water safety ratio is to be implemented for all members under evaluation.” may now also be conducted in open water (ocean, rock pools and ocean baths) away from surf conditions for both new and returning nippers, effective immediately.

To ensure the safety of members, the following strategies should be followed:

- All Local, State and National Government restrictions must be abided by
- All state COVID-19 restrictions must be abided by
- This exemption will be available to returning members with a water safety ratio of 1:3, and new members will have a water safety ratio of 1:1.

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

See below the water safety to participant ratios for conducting Preliminary Skills Evaluation by age groups for returning members (for both beach and pool settings).

Age Group	Preliminary Evaluation	Pool Swim Evaluation	Beach Evaluation
U6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	1:1	1:1
U7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	1:1	1:1
U8	25m swim (any recognised stroke) 1-minute survival float	1:1	1:1
U9	25m swim (any recognised stroke) 1.5 minute survival float	1:1	1:1
U10	25m swim (any recognised stroke) 1.5 minute survival float	1:3	1:3
U11	50m swim (any recognised stroke)	1:3	1:3

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	2 minute survival float		
U12	100m swim (any recognised stroke) 2 minute survival float	1:3	1:3
U13	150m swim (any recognised stroke) 3 minute survival float	1:3	1:3
U14	200m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	1:3	1:3

In instances where evaluations cannot be completed a qualified and accredited swim coach can be endorsed to sign off the preliminary skills pool assessment. Swimming coaches are required to provide their 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.