

Preliminary Swimming Evaluations

Preliminary Evaluations are a risk management procedure to appraise the swimming capabilities of participants and must be done as part of club's duty of care. Preliminary Evaluations must be conducted before Woodside Nippers participate in any water-based activities at your club. These evaluations can be completed either in a swimming pool or in open water.

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for 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 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. (1.5m depth)	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 a minimum of 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	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 (1.8m)	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