



PRELIMINARY, COMPETITION & JUNIOR DEVELOPMENT PROGRAM SUMMARY 2019/2020

	Preliminary Skills Evaluation	Timed Pool Swim	Competition Skills Evaluation	Junior Development Program (Surf Education)
Requirements	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.	The timed pool swim and competition evaluation must be achieved before being eligible to compete. This is a minimum standard water proficiency requirement.		The relevant age Surf education award must be completed each year prior to 31 December.
Assessors	JAC personnel inducted and approved by Hunter Branch or Approved SRC/Bronze Assessor	Approved SRC/Bronze Assessor (may be <u>assisted</u> by inducted JAC personnel Age Manager, Level 1 Coach or Official, Training Officer SRC Bronze)		Age Managers Trainers Patrol Members
Under 6	From waist deep standing position, front glide, then recover. Float with aid for 5 seconds then recover.			Surf Play One
Under 7	From waist deep standing position, front glide, kick for 3m, then recover. Float with aid for 5 seconds then recover.			Surf Play Two
Under 8	25 metre swim (any stroke) 1 minute survival float	Nil (no competition)	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1 minute survival float	200 metre pool swim within 6 minutes	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware Two
Under 10	25 metre swim (freestyle) 1.5 minute survival float	200 metre pool swim within 6 minutes	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe One
Under 11	50 metre swim (freestyle)	200 metre pool swim	Minimum 288m open water swim (competition)	Surf Safe Two

	2 minute survival float	within 5 minutes	course as per competition manual)	
Under 12	100 metre swim (freestyle) 2 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart One
Under 13	150 metre swim (freestyle) 3 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart Two
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	200 metre pool swim within 5 minutes	Minimum 288m open water swim (competition course as per competition manual)	Surf Rescue Certificate

Recognised Swim/Survival Stroke: (i.e. front crawl, breaststroke, backstroke, sidestroke, survival back skull, butterfly) may be demonstrated using one or more combination of strokes. Both Preliminary & Competition evaluations should be undertaken in a continuous fashion.

Notes:

- i). Every junior member is required to participate in the preliminary evaluation conducted by the club, prior to any junior water activity training or competition undertaken. Any child that does not meet required evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the club.
- ii). Every junior member must achieve the relevant Surf Education Award appropriate to their age group to compete in competitions.
- iii). The open water competition evaluation must also be achieved before any members are eligible to compete
- iv). Every junior member should achieve the relevant surf education award appropriate for their age group