

Aquatic Play and Fundamental Aquatic Skills (FAS) U6, U7 & U8					
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 6 (1/10/2016 – 30/09/2017) Depth of safe aquatic environment – chest height	Option 1 Individual elements x 3	From a standing position in waist deep water perform a front glide (distance 1-2 meters) & recover to stand.	Back float for minimum 15 seconds, recover to stand.	Submerge to touch the sand at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous sequence	Wade through water (distance 5 meters) float on back (5 seconds) recover to stand, submerge to touch the sand at the bottom of the water with hands, recover to stand.			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 7 (1/10/2015 – 30/09/2016) Depth of safe aquatic environment – chest height	Option 1 Individual elements x 3	From a standing position in waist deep water perform a front glide (distance 2-3 meters) & recover to stand.	Back float for minimum 30 seconds, recover to stand.	Submerge to touch the sand at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Wade through water (distance 5 meters) float on back (5 seconds) recover to stand, submerge to touch the sand at the bottom of the water with hands, recover to stand.			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 8 (1/10/2014 – 30/09/2015) Depth of safe aquatic environment – chest height	Option 1 Individual elements x 3	Swim on front any stroke (distance 20 meters) followed by swim underwater (distance 3-5 meters)	Back float for minimum 1 minute, recover to stand.	Submerge to touch the sand at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Swim on front through water any stroke 20 meters, followed by back float (5 seconds) followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			

Stage 2: Applied Aquatic Skills U9, U10 & U11					
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 9 (1/10/2013 – 30/09/2014) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.	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 at the bottom of the water with hands.	
	Complete <u>minimum one option</u>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task)			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 10 (1/10/2012 – 30/09/2013) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	Swim on front through water any stroke for 25 meters followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 meters.	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 at the bottom of the water with hands.	
	Complete <u>minimum one option</u>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 1 minute, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 11 (1/10/2011 – 30/09/2012) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	Swim on front through water any stroke for 25 meters followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 meters.	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand at the bottom of the water with hands.	
	Complete <u>minimum one option</u>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50 meters, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			

Stage 3; Junior / Trainee Lifesaver - Pathway to SRC U12, U13 & U14					
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 12 (1/10/2010 – 30/09/2011) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	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 at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 meters, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 13 (1/10/2009 – 30/09/2010) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	Swim on front through water any stroke for 100 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 at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 100 meters, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			
Age Group		Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
Under 14 (1/10/2008 – 30/09/2009) Depth of safe aquatic environment – over participant head height	Option 1 Individual elements x 3	Swim on front through water any stroke for 100 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 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, do not recover to surface, submerge to touch the sand at the bottom of the water with hands.	
	Complete <i>minimum one option</i>	Continuous Skill Sequence			Competency Achieved
	Option 2 Continuous skills sequence	Swim on front through water using combination of breaststroke, sidestroke, freestyle for 200 meters, followed by tread water and/or sculling for minimum 3 minutes, followed by forward or backward roll/somersault underwater, recover to surface, followed by submerge to touch the sand at the bottom of the water with hands (do not recover to stand in between each task).			