

## JUNIOR EVALUATIONS AND AWARD REQUIREMENTS

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
<b>Under 6</b>	* From a standing position in waist deep water perform a front glide and recover to a secure position.  Perform a back float for 15 seconds whilst holding a buoyant aid and recover to a secure position.	Not required (no competition for this age group)	Surf Play One
<b>Under 7</b>	* From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position.  Perform a back float for 30 seconds and recover to a secure position.	Not required (no competition for this age group)	Surf Play Two
<b>Under 8</b>	25 metre swim (any stroke) 1 minute survival float (on back)	Not required (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
<b>Under 9</b>	25 metre swim (any stroke) 1 minute survival float (on back)	150m open water swim within 12 minutes (continuous freestyle)	Surf Aware Two
<b>Under 10</b>	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float (on back)	150m open water swim within 11 minutes (continuous freestyle)	Surf Safe One
<b>Under 11</b>	50 metre swim (freestyle/front crawl) 2 minutes survival float (on back)	288m open water swim within 12 minutes (continuous freestyle)	Surf Safe Two
<b>Under 12</b>	100 metre swim (freestyle/front crawl) 2 minutes survival float (on back)	288m open water swim within 10 minutes (continuous freestyle)	Surf Smart One
<b>Under 13</b>	150 metre swim (freestyle/front crawl) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Smart Two
<b>Under 14</b>	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float (on back)	288m open water swim within 9 minutes (continuous freestyle)	Surf Rescue Certificate