

Stage 1: Aquatic Play & Fundamental Skills U6, U7 & U8

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Notes
Under 6 DOB:1/10/2019 - 30/9/2020 Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 1-2 metres) & recover to stand.	Back or front float for minimum 5 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	Not eligible for competition or pool lifesaving.
Under 7 DOB:1/10/2019 - 30/9/2018 Depth of safe aquatic environment – chest height	From a standing position in waist deep water perform a front glide (distance 2-3 metres) & recover to stand.	Back or front float for minimum 10 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	Not eligible for competition or pool lifesaving.
Under 8 DOB:1/10/2018 - 30/9/2017 Depth of safe aquatic environment – chest height	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres)	Back or front float for minimum 15 seconds, recover to stand.	Submerge to touch the sand/pool at the bottom of the water with hands.	

Stage 2: Applied Aquatic Skills U9, U10 & U11

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
<p>Under 9 DOB:1/10/2017 – 30/9/2016 Depth of safe aquatic environment – over participant head height</p>	<p>Swimming on front for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.</p>	<p>Submerge to touch the sand/pool at the bottom of the water with hands.</p>	
<p>Under 10 DOB:1/10/2016 - 30/9/2015 Depth of safe aquatic environment – over participant head height</p>	<p>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.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.</p>	<p>Submerge to touch the sand/pool at the bottom of the water with hands.</p>	
<p>Under 11 DOB:1/10/2014 - 30/9/2013 Depth of safe aquatic environment – over participant head height</p>	<p>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.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.</p>	<p>Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water.</p>	

Stage 3: Junior / Trainee Lifesaver - Pathway to SRC U12, U13 & U14

Age Group	Propulsion Requirement	Floatation Requirement	Submersion Requirement	Competency Achieved
<p>Under 12 DOB:1/10/2014 - 30/9/2013 Depth of safe aquatic environment – over participant head height</p>	<p>Swim on front through water any stroke for 75 meters followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 meters.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.</p>	<p>Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.</p>	
<p>Under 13 DOB:1/10/2013 – 30/9/2012 Depth of safe aquatic environment – over participant head height</p>	<p>Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.</p>	<p>Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.</p>	
<p>Under 14 SRC DOB:1/10/2012 – 30/9/2011 Depth of safe aquatic environment – over participant head height</p>	<p>Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.</p>	<p>Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.</p>	<p>Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the sand/pool at the bottom of the water with hands.</p>	