

Year 3 to Year 6

Lyneham Primary Swimming Carnival - Dickson Aquatic Centre

Wednesday 18th March 2020



20/2/2020

Dear Families,

Lyneham Primary School will be holding our swimming carnival at the Dickson Aquatic Centre on Wednesday 18th March 2020 for Year 3 to Year 6 students. The children will be travelling to and from the venue by bus.

Date:	Wednesday 18 th March 2020
Departure Time:	Students will be leaving the school from 9:15am.
Return time:	Students will return to school by 2:45pm
Transport:	Bus
Supervising Staff:	All staff
Financial cost:	\$12.00

Students will need to bring:

- Swimmers and towel
- Rash shirt/T-shirt for swimming – **ESSENTIAL for participating in this event.**

PLEASE NOTE: It is a requirement for all children to wear a rash shirt or a t/shirt while at the pool, however it is not required for those participants while they are racing.

- Clothes to change into
- Plastic bag for wet clothes
- Sunscreen and hat
- Warm clothes in case the day turns cool
- Recess, lunch and water bottle (although the pool canteen will be open for snack foods there is an expectation that all students will bring their lunch from home).

Please make sure all items are labelled with your child's name.

Start and Finish Times

All students in Years 3, 4, 5 and 6, and some of the Year 2 students born in 2012 who are (i) competent swimmers and (ii) nominate to enter the swimming races, will leave the school at 9.15am and return to school by 2.45pm.

Students will travel to and from the pool by bus. It is an official school day and the whole school (Year 1 to Year 6) will be relocated to Dickson Aquatic Centre.

Plan for the Day

At the beginning of the carnival, swimming races will be held for students born in 2008, 2009, 2010, 2011 and 2012.

Please get an entry form from the front office if your child wishes to enter any races and return to the front office by FRIDAY 6th March 2020.

Students from Years 3, 4, 5 and 6 who are not entering the swimming races will cheer on the competitors. After the swimming races are over, all students will participate in structured water activities.

Parent / Carer Official Roles (Timekeepers and Place Judges)

Parents and carers are welcome to nominate to support Lyneham Primary Staff with official roles of marshalling, time keeping and place judging. In the past, parents and carers have contributed greatly to the efficient and successful flow of the race program. If you would like to nominate as a parent helper, please complete and return the form below by Friday 6th March.

Safety/Emergency procedures

If needed, the school can be contacted at Dickson Aquatic Centre. In an emergency the school has access to all pool facilities and the appropriate emergency services.

It is important that staff are aware of your child's swimming ability prior to the event. Please ensure you carefully complete the attached permission notes indicating your child's swimming ability, and medical information.

Kind Regards
Lyneham Primary Staff

Please fill out the attached permission note and return with financial contribution to the front office by Friday 6th March 2020.

Parent/Carer As Official Helper nomination form

Please fill out this nomination form and hand it to the front office by Friday 6th March IF you would like to be an official helper at the carnival.

I am able to assist at the Lyneham Primary School Swimming carnival at Dickson Aquatic Centre on Wednesday 18th March 2020.

Name: _____

Parent/Carer of: _____

Class: _____

Phone Contact: _____

Time Available: _____

Lyneham Primary Swimming Carnival

Permission Note

I give permission for my child _____ in class _____ to attend the Lyneham Primary Swimming Carnival at Dickson Aquatic Centre on Wednesday 18th March 2020 travelling by bus. I enclose nominated amount of **\$12.00** (*payment details over the page*).

Arrangements for Non-Proficient Swimmers, Code of Conduct and Parental Agreements:

An area for supervision and conduct of activities for non-proficient swimmers will be identified and designated at the pool venue. When non-proficient students enter the water for activities they will be supervised by school staff within the pool in small groups with a maximum ratio of 1:10.

Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Unacceptable behaviour will be managed with reminders, time out, and/or exclusion from an activity. Ongoing and persistent non-compliance that potentially endangers a child's own safety or the safety of others will require parents to collect their child/children from the venue.

Parents should be aware that staff members are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

I agree to my child participating in the swimming/aquatic activities mentioned previously. I have discussed with my child the need for safe behaviour on this excursion. I authorise the school to make arrangements for the welfare of my child (including medical or surgical treatment) in an emergency and I agree to meet the associated costs. I have provided to the school all medical information relevant to my child attending and participating in this event.

I agree that my child will be under the authority of the school for the duration of the excursion and that the school is authorised to return my child to school or home at my expense if the school considers that circumstances warrant such action. I give permission for my child to travel by private car, driven by a staff member or parent, in an emergency. I agree to provide any relevant medical information to the school for the excursion.

Please note: It is customary for the school to request a financial contribution towards meeting the cost of your child's participation in this curriculum activity. These contributions are voluntary. Individual records of contributions are confidential. The school has made every effort to keep the costs for this activity at a reasonable level.

Name of Parent / Carer: (*please print*) _____

Signature: _____ Date: _____

This form requests information about students which will be held by the school. This information may be disclosed to government or private medical or para-medical staff and other relevant officers in the event of an accident or emergency. The information is collected as a lawful administrative function of the ACT Education Directorate.

Please turn over to complete and sign the permission page

Permission for Swimming Activities

Teachers are required to assess the swimming ability of every child they take on an excursion where there is water for swimming or aquatic activities. This is called the **Survival Challenge Proficiency Test**.

As a part of this assessment and to help ensure the safety of your child, please provide the following information:

1. **Name of Child:** _____

2. **School Year:** _____

3. **My child can swim:** Yes No

4. **My child has nominated for a competitive event** Yes* No

**[Yes] means my child is capable of completing the event, so is not required to undergo proficiency testing*

5. **Distance my child can confidently swim:**

10m

25m

50m

100m

6. **I agree to my child taking part in swimming / aquatic activities associated with this excursion.**

Name of Parent / Carer: *(please print)* _____

Signature: _____

Date: _____

The **Survival Challenge Proficiency Test** is a five-step process.

A student will be deemed a proficient swimmer (blue wrist band) if they can:

- Perform a slide-in-entry and walk through 5 metres of water with acceptable stability and co-ordination
- Swim continuously for 25 metres using an action that resembles a forward-moving stroke
- Perform a survival scull, float or tread water for 1 minute in deep water.
- Call for help once within the minute
- Exit water unassisted, and
- Perform a voice rescue to a buddy who is pretending to be in trouble. Reassure the victim and encourage them to a point of safety. Call for assistance.

Payment Note

Swimming Carnival – Wednesday 18th March 2020

Financial Contribution: **\$12.00**

FEE CODE: **SWIM20**

Student Name _____ Student Class _____

I enclose \$ _____ by the following method:

- cash
- credit card (complete details on slip below)
- by EFTPOS at school
- Direct Deposit made on: _____

Account name: Lyneham Primary School

BSB: 032 777 Account Name: 001543

Reference: _____ Please use –SWIM20 <STUDENT KEY >

Please use the above FEE CODE and student key as your reference. **The student key is usually the first 5 letters of the student's surname and the first letter of their first name.**

Quickweb Payment made on: _____

This is a Westpac online payment accessed through the school's website that goes directly into the school's bank account. Please use the above FEE CODE as your reference.

Credit Card Payment Details

Please complete the details below to authorise payment for:
Year 3-6 Swimming Carnival

Student Name _____ Class _____

Name of Cardholder _____

Card Type Visa Mastercard

Card number

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 Exp. Date

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Amount \$ _____

Cardholder signature _____ Date _____