

Year 3 to Year 6

Lyneham Primary Swimming Carnival - Dickson Aquatic Centre

Monday 1st March 2021



12/02/2021

Dear Families,

Lyneham Primary School will be holding our swimming carnival at the Dickson Aquatic Centre on Monday 1st March 2021.

Due to the current Covid-19 restrictions there are some major changes to the way this year's swimming carnival will be run. Please read carefully to eliminate any confusion.

- Only students who nominate for races will attend the swimming carnival.
- Students who nominate for races **MUST** be able to swim 50m independently **AND** pass the Survival Proficiency Test.
- The only students eligible to nominate for races are Year 2 students born in 2013 and **ALL** students in Years 3-6.
- There will be no parent spectators at the swimming carnival, only registered volunteers.
- Students will travel to and from Dickson Pool by bus.
- All Kindergarten - Year 2 classes will operate as normal on the day.
- Students in Years 3-6 who are not competing will remain at school in an alternate learning program.

Date: Monday 1st March 2021
Departure Time: Students will be leaving the school from 9:15am.
Return time: Students will return to school by 2:45pm
Transport: Bus
Coordinator: Belinda Esler
Cost: \$14.00

What to bring:

- Towel
- Rash shirt/t-shirt
- 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 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.

Plan for the Day

All students will complete the mandatory Survival Proficiency Test before the carnival begins. After all the events have finished students will have the opportunity to participate in some structured water activities.

Parent/Carer Volunteers

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 Monday 22nd February. **Due to COVID restrictions, only registered volunteers are allowed into the pool grounds during the carnival. No spectators will be permitted access.**

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.

Please read the attached forms and only return if your child is able to compete in one of the events. Notes must be returned by Monday 22nd February 2021.

Kind Regards,
Lyneham Primary Staff

Registered Volunteer Nomination Form

Please complete this form if you are available to volunteer for a support role at the swimming carnival.

I am able to assist at the Lyneham Primary School Swimming carnival at Dickson Aquatic Centre on Monday 1st March 2021.

Name:

Child's name:

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 Monday 1st March 2021 travelling by bus.
I enclose nominated amount of **\$14.00** (*payment details over the page*).

Code of Conduct and Parental Agreements:

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 – Monday 1st March 2021

Financial Contribution: **\$14.00**

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 _____

LYNEHAM PRIMARY SCHOOL SWIMMING CARNIVAL 2021 COMPETITIVE RACES

ENTRY FORM

At our school swimming carnival, the competitive events consist of 50m and 100m swimming races. From these races, students will be selected to represent Lyneham Primary at the Belconnen Region Primary Schools' Swimming Carnival.

All races will start at the deep end of the pool.

Competitors should be competent swimmers and should be able to swim the distances they enter.

FOR SOME RACES MORE THAN ONE HEAT MAY NEED TO BE HELD. Places will be awarded to the competitors with the fastest times for the event.

Please complete this form if you would like your child to enter the competitive swimming races at our school carnival. NO LATE ENTRIES WILL BE ACCEPTED.

Please return this entry form to the front office by Monday 22nd February 2021.

Full name: _____

Year of birth: _____

Year level (please circle): Year 2 (born 2013 only) Year 3 Year 4 Year 5 Year 6

Sporting House (please circle): **KURNAI PAJONG WALGALA**

Please circle the events below in which your child wishes to compete:

50m Freestyle

50m Breaststroke

50m Backstroke

Open 100m Freestyle (10, 11, 12-year-old girls and boys)

Students who wish to be considered for 50m Butterfly at the Belconnen District Carnival should submit a recent swimming time for this event. _____

My child can swim 50m competently under race conditions and I consent for her/him to enter the events selected above at the Lyneham Primary School Swimming Carnival

Parent/Carer _____

Signature: _____

Date: _____