

## **2020 Swimming Carnival Years 1-6**

**Please return this page to the front office by Tuesday 10 March**

Dear Parents and Carers

The 2020 Swimming Carnival and Aquatics activities day, has been organised with both competitive and non-competitive swimmers in mind and a strong focus on participation and fun. The 50m pool, toddler pool, learner pool and the surrounding grassed areas at Dickson Aquatic Centre will be utilised. All students in years 1-6 will participate in a range of structured novelty events throughout the day. Students aged 8 years or older will also be offered competitive 50m races in addition to the novelty events.

The Royal Life Saving Society ACT Survival Challenge Proficiency Test will be conducted prior to any water activities. This test will include 4 steps:

- 1- Perform a slide-in-entry and walk 5 metres of water with acceptable stability and coordination.
- 2- Swim continuously for 25 metres using an action that resembles a stroke.
- 3- Perform survival scull, float and tread water for 1 minute in deep water. Call for help once within this time.
- 4- Exit water unassisted.

*All students will view a video presentation of the four steps the week before the swimming carnival.*

Based on the results of the proficiency test and your responses to our permission note, your child will be allocated a coloured wrist band that indicates their swimming ability and whether they are a race competitor. Novelty events will run parallel to race events using the waterpark, toddler pool and learner pool.

Kindergarten will be holding their very own water fun day at school on the same day and a separate note detailing this special event will be distributed to Kindergarten families next week. We have some sports administration students from assisting us from a local high school with the planning and running of the day. Parents, carers and other family members are invited and encouraged to come along and cheer on the children. If you are able to provide assistance on the day with time keeping or marshalling please contact [laura.horrell@ed.act.edu.au](mailto:laura.horrell@ed.act.edu.au)

A school swimming team to represent Macgregor at the Belconnen Region Swimming Carnival later this term will be selected from the results of the day. Last year we had outstanding participation in the 50m competitive races and as such, we are conducting the competitive part of the carnival the same way in the hope of continued strong participation.

Events will be called by age and gender on the day and students who wish to compete will be marshalled and entered in the event at the pool. Naturally, they must be able to swim at least 50m in the event stroke. If your child turns **8 years old** this year (age is determined by year of birth), please discuss with your child the competitive events offered on the table located in the aquatic activities and events permission note.

Please note: The school representative team will be selected on times and stroke technique – finishing in the top 4 does not automatically guarantee a child a place in the school team.

**Please find overleaf the following information including specific permission section;**

- Permission to attend the carnival at Dickson Aquatic Centre (but not to enter the water)
- Permission to enter the water
- Additional Medical Information section
- Your child's swimming ability form
- Financial contribution section

**Details of the excursion are as follows:**

<b>Location</b>	Dickson Aquatic Centre, 152 Cowper Street Dickson ACT 2602				
<b>Year Group Participating</b>	Years 1-6				
<b>Date</b>	Monday 16 March, 2020				
<b>Time</b>	9:15am – 2:15pm (Years 3-6 and Year 2 race competitors) and 10:00am – 1:15pm (Years 1-2 and LSG)				
<b>Transport</b>	Bus to and from Dickson Aquatic Centre				
<b>Cost</b>	\$11.00				
<b>Notes Due</b>	Tuesday 10 March, 2020				
<b>Anticipated number of students attending</b>	370	<b>Anticipated number of teachers attending</b>	30	<b>Anticipated number of additional adults attending</b>	20
<b>Anticipated temperature range on the day</b>	10.7 to 24.5 degrees Celsius	<b>Anticipated UV on the day</b>	9 (very high)	<b>Long term rain forecast for the day</b>	moderate
<b>What to Bring on excursion</b>	<p>Children must be sunsmart to participate on the day and are encouraged to wear a t-shirt in their house colour rather than their school uniform (please ensure the t-shirt is not a tank or singlet top).</p> <p><b>Students wear their swimmers to school under their clothes.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> swimmers</li> <li><input type="checkbox"/> swimming top (rashie or close weave t-shirt to swim in)</li> <li><input type="checkbox"/> sunsmart hat – strictly <u>no caps</u> (children will take their hat off to compete)</li> <li><input type="checkbox"/> sunscreen 30+ water resistant and labelled sunglasses</li> <li><input type="checkbox"/> towel</li> <li><input type="checkbox"/> a dry change of clothes</li> <li><input type="checkbox"/> a jumper or warm jacket</li> <li><input type="checkbox"/> walking shoes and a plastic bag for wet items</li> <li><input type="checkbox"/> morning tea and a packed lunch. The pool's canteen services is not available to access by the students to purchase items</li> <li><input type="checkbox"/> water drink bottles</li> </ul>				

There has been a risk assessment prepared for this excursion and is available for viewing at the school.

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I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_

to attend the 2020 Swimming Carnival at Dickson Aquatic Centre on Monday 16 March 2020. I understand that he/she will be in the care of Macgregor Primary School staff for the day and I have read and understood the information below and overleaf.

Full name of Parent/Guardian		
Emergency contact name and phone number at the time of excursion	Name:	Number:
Signature of Parent/Guardian:		
Date:		

### Sunsmart information

*As Macgregor Primary is an accredited sunsmart school, it is essential that;*

- sunsmart hats are worn by all students and adults attending the excursion
- if a child brings a cap or non-sunsmart hat they will be provided with a clean and laundered 'stock' sunsmart hat for the duration of the excursion
- if a child refuses to apply sunscreen or refuses to wear a sunsmart hat or other required sunsmart clothing (like a swim shirt) and parents will be contacted for support.
- sunscreen application reminders and application supervision will occur every two hours.

### Student Wellbeing

- 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. A risk assessment for this activity has been completed and is available to view upon request.
- 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 are advised to warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.
- The school has made every effort to keep costs for this activity at a reasonable level. Financial assistance may be available to assist families who are not able to make the requested contribution. Please contact the Business Manager. If, however there is insufficient total funding available to meet the cost of the excursion, regrettably we may not be able to proceed.
- **NOTE: Excursions are an optional enrichment activity and parents are asked to make a voluntary contribution.**
- The teacher in charge will make arrangements for the welfare of the student (including medical or surgical treatment) in an emergency. The costs associated with any emergency arrangement made by the teacher in charge will be met by the parents/guardians (free ambulance transportation only applies in the ACT).
- The student will be under the authority of the school for the duration of the excursion and that the teacher in charge is authorised to return the student to the school at the expense of the parent/guardian if the teacher in charge considers that circumstances warrant such action and after contacting the parent.

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### Privacy Information

- If you fill in this form, your personal information and that of your child will be collected and handled by the ACT Education Directorate (ED) (Macgregor Primary School). This information is necessary for us to be able to manage student participation in excursions and support the welfare and safety of your child. If you do not consent to supply us with this information your child will be unable to participate in the excursion.
- Normally we will not use or disclose this information for another purpose, without your consent, unless you would reasonably expect us to use or disclose the information for a related purpose.
- Normally we only share information with school staff and, where necessary, parents or volunteers assisting with the excursion in order to appropriately and effectively manage the excursion.
- The Directorate has a privacy policy that explains how we handle personal information, including how we handle privacy complaints. The policy is available on the Directorate's website ([www.education.act.gov.au](http://www.education.act.gov.au)) on the About Us page.

### Additional Medical Information

We have a copy of your child's Medical Information Form lodged in our records. Please complete the section below only if your child's medical circumstances have changed since lodging the form with the school.

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

SIGNED: \_\_\_\_\_ DATE \_\_\_\_\_

*Is there anything else you would like us to know?*

Name of Excursion:	2020 Swimming Carnival	Quickweb Feecode:	SWIMCARN
<input type="checkbox"/>	Quickweb (preferred method) – go to <a href="http://www.macgregorps.act.edu.au">www.macgregorps.act.edu.au</a> – via secure payment tab		
<input type="checkbox"/>	Deposited the amount of \$ _____ via internet banking into account BSB: <b>032777</b> Acc: <b>001578</b> please put name/excursion name as reference		
<input type="checkbox"/>	I have enclosed cash of \$ _____		

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### Permission for Aquatic Activities and Events

Note: The information that you provide will assist to provide a safe environment for your child's participation in swimming/aquatic activities.

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

Name of Child		Class	
My child can float/tread water independently for at least one minute		<input type="checkbox"/> Yes	<input type="checkbox"/> No
My child can swim		<input type="checkbox"/> Yes	<input type="checkbox"/> No
My child's swimming strength is		<input type="checkbox"/> Strong	
		<input type="checkbox"/> Average	
		<input type="checkbox"/> Poor	
		<input type="checkbox"/> Non swimmer	
Distance my child can confidently swim:		<input type="checkbox"/> 10m	
		<input type="checkbox"/> 25m	
		<input type="checkbox"/> 50m	
		<input type="checkbox"/> 100m	
I agree to my child taking part in swimming / aquatic activities associated with this excursion.		<input type="checkbox"/> Yes	<input type="checkbox"/> No
Name of Parent/Carer:		Signature:	Date:
What would you like us to know about your child's swimming ability?			
<input type="checkbox"/> I have discussed the range of competitive swimming events and the distances; my child is aware that these events will be marshalled through a PA system on the day and they need to be alert to the announcements. A range of novelty events will also be structured for the children.			

8 years (2012)	9 years (2011)	10 years (2010)	11 years (2009)	12 years (2008)
50m Freestyle	50m Freestyle	50m Freestyle	50m Freestyle	50m Freestyle
	50m Backstroke	50m Backstroke	50m Backstroke	50m Backstroke
	50m Breaststroke	50m Breaststroke	50m Breaststroke	50m Breaststroke
		50m Butterfly	50m Butterfly	50m Butterfly