

2024 Swimming Carnival and Aqua Fun Day – Years 2 to 6

Monday 26 February 2024

Dear Parents and Carers

The 2024 Swimming Carnival and Aqua Fun Day have been organised with both competitive and non-competitive swimmers in mind with a strong focus on engagement and fun. The 50m indoor heated pool, learner pool and the outdoor area at Stromlo Leisure Centre will be utilised. Students 8yrs+ will have the opportunity to participate in competitive swimming. Students who are not competitively swimming will participate in a range of structured novelty events throughout the day.

If your child is doing competitive races we would like them to be at the pool at 8am. This allows us to swim test and begin races prior to non-racers arriving at the pool. Those children should be dropped off by parents to Stromlo pool – if this is not possible for your family please reach out to other families who may be able to take multiple children. All other children should arrive at school, with their swimwear, between 8.40-9.00. Late students may miss the bus and in this case they will stay at school for the day and no refund will be possible.

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.

This will be conducted by the qualified Lifeguard staff from the Stromlo Leisure Centre. Decisions made by the testers are final and cannot be appealed.

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

https://www.youtube.com/watch?v=J_o7bKuDs0

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 which pool they can access. Red indicates no swimming ability. Green indicates novelties only. Blue is competitive and novelties. Please see the attached map for areas students with those colours can access.

Parents, carers and other family members are invited and encouraged to come along. Entry cost to the pool is \$2.85 (*prices subject to change*) which is payable at the gate upon entry. If you can provide assistance on the day with time keeping or marshalling, please contact Melissah.Cook@ed.act.edu.au or Andrew.Gibson@ed.act.edu.au.

A school swimming team will be selected from the results of the day to represent Macgregor at the Belconnen Region Swimming Carnival later in Term 1, 2024. 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.

Only students who turn 8 in 2024 can enter swimming races. 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.

All children must have the following **3 notes to attend**:

- Swimming Carnival permission note
- Aquatic Activities permission note
- Medical Information and Consent form

Details of the excursion are as follows:

Location	Stromlo Leisure Centre, Corner of Uriarra Road and Dave McInnes Road, Stromlo ACT 2611
Year Group Participating in competitive events	Years 2 – 6
Date	Monday 26 February, 2024
Time	Competitive swimmers (those in races) to be at pool at 8:00AM. Parents to provide transport to the pool for drop off only All other children depart school – 9:15am by bus All students arrive back at school - 2:45pm by bus
Transport	Bus
Cost	\$15.00
Notes Due	Friday 16 February, 2024
What to Bring on excursion	<ul style="list-style-type: none">○ Swimmers to be worn under student school sports uniform (house coloured t-shirt is permitted as an alternative)○ Towel○ Dry change of clothes○ Jumper or warm jacket○ Shoes appropriate for the swimming pool (slides, thongs, crocs etc)○ Plastic bag for wet items○ Morning tea and a packed lunch○ Water bottle○ The pool kiosk will be open and providing canteen services throughout the day. Purchases can be made by students for an additional cost. <i>A menu will be provided before the day. If parents can send exact money in a sealed envelope with the child's order on the front it would be really helpful</i> **Please ensure all items are clearly labelled with student name**

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

Kind Regards

Melissah Cook and Andrew Gibson

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Please return this page to the front office by Friday 16 February 2024

I give permission for my child _____ in class _____ to attend the **2024 Swimming Carnival and Aqua Fun Day** on **Monday 26 February 2024** travelling by **bus/car**. 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.

I agree to my child participating in the activities associated with this excursion mentioned previously. I have discussed with my child the need for expected 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 this excursion.

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.

The [Medical Information and Consent](#) form (attached) only needs to be completed once/year. Please return form with this permission note. If required, the known Medical Response will also need to be returned. These are available at the front office.

Will your child require medication to be administered during the excursion (e.g. allergy medication, pain relief)?

Yes ☐ No ☐

If yes, please complete a *Medication Authorisation and Administration Record* (available through the front office).

Is there any additional information you need to provide to support your child's participation in this excursion?

Yes ☐ No ☐

If yes, please provide these details

Please provide the following information:

Medicare No:		Private Health Fund:		Membership No	
Ambulance Fund: Parents are responsible for ambulance costs outside the ACT.					

Name of Parent/Carer: (please print) _____

Signature: _____

Date: _____

Name of Excursion:	2024 Swimming Carnival	Quickweb Feecode:	2024 Swimming Carnival
<input type="checkbox"/>	Quickweb (preferred method) – go to www.macgregorps.act.edu.au – via secure payment tab Please use student's name for the 'Student Key' and 'Student ID' fields, and family name for the 'Family key' field.		
<input type="checkbox"/>	Deposited the amount of \$ _____ via internet banking into account BSB: 032777 Acc: 001578 please put name/excursion name as reference If paying through bank transfer, please email macgregorps.info@ed.act.edu.au notifying payment details.		

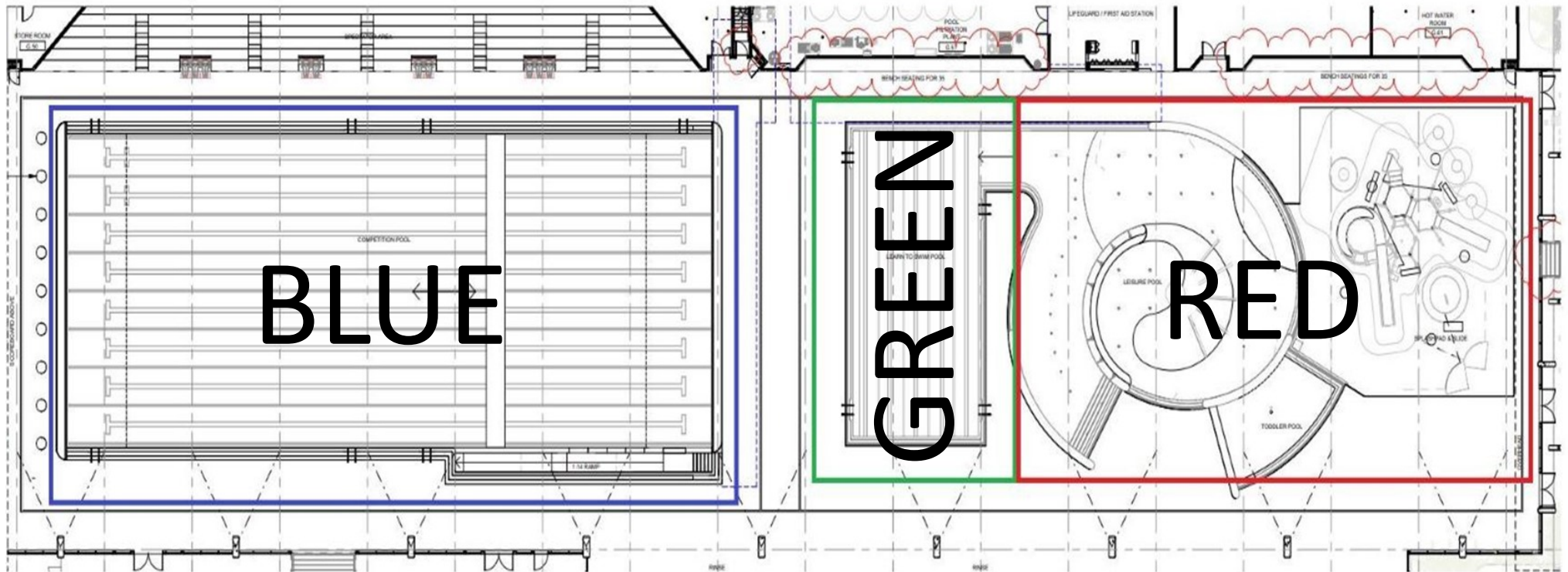
If you complete the permission form, your personal information and that of your child will be collected and handled by the ACT Education Directorate (EDU) This information is necessary for us to manage student participation in excursions and support the welfare and safety of your child. If you do not 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 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.det.act.gov.au) on the About Us page.

Aquatic Activities Permission – Ages 8 Yrs +

Please return this page to the front office by Friday 16 February 2024

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. 16 February is the final date to notify the school of participation in swim races. <i>No late entries will be accepted.</i> A range of novelty events will also be structured for the children.		

8 years (2016)	9 years (2015)	10 years (2014)	11 years (2013)	12 years (2012)
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



Blue can go anywhere in the pools for races and novelty.

Green can race in the edge lanes of the 50m pool. Can be in the shallow pool (1.1m) and the shallow leisure pool (0.90m—0.0m).

Red must stay in water less than 0.90m deep, marked out in red box. Can only be in Leisure pool and on splash park.