



EXCURSION NOTE

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|-------------------------------------|--|--|----------------------------------|
| Excursion: | Year 7 Life Saving and Swimming Program | Maximum # of students: | 230 |
| Subject / Purpose: | PDHPE – learn and practical application of swimming and life saving skills | Grade: | 7 |
| Venue: | Waves Fitness & Aquatic | Date: Mon 28th November – Thursday 1st December | |
| Departure time: | 9am | Return time: | 3pm |
| Students will depart from: | School | Students will return to: | Return to school |
| Travel/transport will be by: | Bus | | |
| Dress requirements: | Full sports uniform | | |
| Cost: NON-refundable | \$110 | Payment due by: | Friday 19 th November |
| Supervising teacher/s: | N. Davies, and PDHDPE faculty | | |

Dear Parent/Carer,

An excursion has been organised to support the following work being completed at school:

In PDHPE students are learning about how to be active and safe in “The Great Outdoors”. This includes being able to identify the potential dangers around various aquatic environments and actions to keep themselves and others safe.

Please note that there may be a maximum number of students who may attend this event (see above). The signed permission note must be returned to the front office and payments made online via the GHS website by Friday 19th November. We are unable to provide students with change. We strongly encourage your child to attend this activity, as it will be a positive and valuable learning experience.

Ms S. Southall
Head Teacher

Sonja Anderson
Principal



SWIMMING – A LIFE SKILL FOR LIFE

Several years ago, Royal Life Saving conducted research into the swimming and water safety skills of Australian school children. Numerous studies found that many children were unable to swim at the end of primary school, and in many other cases those who could swim lacked fundamental water safety skills. What is more shocking are the current statistics around drownings in NSW: <https://www.royallifesaving.com.au/research-and-policy/drowning-research/summer-drowning-toll>

As a result, The National Swimming and Water Safety Framework was developed by the Royal Life Saving Society – Australia in 1999. This Framework aims to enable individuals to develop the skills, knowledge, understanding, attitudes and behaviours required to lead safe and active lives in, on and around a range of aquatic environments. The Framework provides three benchmarks for children at age 6, 12 and 17 years. For a 12-year-old the benchmark is depicted in the following picture:

NATIONAL SWIMMING AND WATER SAFETY BENCHMARK

Every Australian at the age of 12 years should be able to:

| | | | |
|---|---|---|---|
|  | Understand and respect safety rules for a range of aquatic environments |  | Surface dive, swim underwater and search to recover an object from deep water |
|  | Enter and exit the water for a range of environments |  | Respond to an emergency and perform a primary assessment |
|  | Float, scull or tread water for 2 minutes and signal for help |  | Rescue a person using a non-swimming rescue technique with non-rigid aids |
|  | Swim continuously for 50 metres |  | Perform a survival sequence wearing light clothing |

 

As a result, as part of our PDHPE curriculum we will be running a 4-day Swim and Survive program during Week 8 of this Term. It is a fun and dynamic swimming and water safety program that focuses on the development of swimming, personal survival, basic rescue and lifesaving skills. This program aims to provide your child with the required skills to lead safe and active lives in, on and around water and is the last chance to develop these skills before they leave school. No matter the level of experience, Swim and Survive is inclusive for everyone at any ability to learn these essential skills. We hope that you can support this initiative and talk about the importance of learning these skills with your child.



YEAR 7 EXCURSION TO WAVES FITNESS & AQUATIC CENTRE PERMISSION NOTE / MEDICAL INFORMATION

I do / do not consent to my child _____ participating in an excursion to
Year 7 Life Saving and Swimming Program on **Monday 28th Nov to Thursday 1st December**

I understand and agree to the requirements and arrangements as stated on the excursion note.

Special needs, allergies or medical condition/s that the school should be aware of:

Has the school been provided with an individual health plan or emergency response plan for this condition?
YES / NO

I give / do not give permission for my child to receive medical treatment in case of emergency.

Students current swimming ability. Please circle the information below that best suits your child's swimming ability. This is important to ensure that students are grouped with students of similar swimming ability and can gain maximum benefit from the program;

My child is **permitted** to go in the water

My child is **not permitted** to go in the water

Signed parent / care giver: _____ Date: _____

My child is permitted to go in the water (please circle response):

A non-swimmer: My child is unable to swim

A weak swimmer: My child is comfortable and confident in shallow water but cannot swim very well

An average swimmer: My child is a reasonable swimmer but is not very strong or confident in deep water

A strong swimmer: My child is a strong swimmer and is very confident in deep water

Signed parent / care giver: _____ Date: _____

Medicare No:

Expiry Date:

Card Reference No:

Payment Method

() Cash () Cheque () Online payment

Online payment must be made at least 3 days before payment due date

Online payment receipt no.: _____ Date: ____ / ____ / ____

Online Payment Instructions:- Make a payment on GHS website

In the Payments option section, check excursion and enter payment description as: **Year 7 Life Saving and Swimming Program** Please note the **last day for online payments** will be Friday 19th November, before 6pm.

Payments after this date must be by cash/cheque/EFTPOS directly to the front office to ensure your child's place.

Please hand in permission note with online receipt number to the front office.