



20 Feb 2023

Year 6 SCHOOL WATER SAFETY PROGRAM

Dear Parent/s,

Arrangements have been made to include a new School Water Safety Program in our school curriculum.

The Department of Education School Water Safety Program develops water confidence and provides students with basic skills in water safety and survival.

The Program is an intensive program conducted over five consecutive days. This year we are offering the program to Year 6 students with a focus on personal safety, survival techniques and rescue skills. The Program aims to develop in the students the practical skills and knowledge related to keeping themselves safe in the water and the ability to help others in emergency situations.

Students will be learning survival strokes and skills including back floating, survival breaststroke, safe entries into bodies of water, treading water, life jacket skills, survival backstroke, rescuing each other and survival floats.

At the conclusion of the Program students will be assessed on their longest distance survival swim and a survival sequence. Certificates will be issued. Each lesson is 50 minutes and is delivered by qualified instructors.

Travel will be by bus.

Instruction will take place at Port Macquarie Olympic Pool. Lessons are free.

As the program focuses on water safety, students are also introduced to the use of life jackets, a "clothing day" and other essential water safety skills.

Students will be assessed during the School Water Safety Program for all water safety skills without wearing goggles.

DATE: Monday, 20 March 2023. Students will depart school at 9:15am and return to school by 11:30am.

COST: \$35, including daily pool entry cost: \$4.70. The total cost has been subsidised by a grant.

VENUE: Port Macquarie Pool, 28 Gordon Street Port Macquarie

WHAT TO BRING:

- swimming costume,
- towel,
- blouse/shirt,
- hat and warm clothing on a cool day.
- pyjamas to wear in the water on day 5 of the program.

It is recommended that students use adequate sun protection, eg. an SPF 30+ broad spectrum, water-resistant sun screen reapplied regularly; a rash shirt is also recommended.

NOTE: Please complete and return permission note and payment before Wednesday, 15 March 2023.

This Program is not suitable for students who are unable to be on their backs in the water.

There is strictly a maximum of 60 places.

Mr Jock Garven
Principal

MRS Watson
Excursion Coordinator

Important information

In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation.

Parents/Carers are advised to assess the level and extent of their child/ward's involvement in the sport program offered by the school, school sport zone, region and state school sport associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance cover is available through normal retail outlets.

Parents/Carers who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate.

The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the loss of use of certain prescribed parts of the body. The Supplementary Scheme does not cover medical costs or dental costs. Further information can be obtained from

<https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/#gref>. Further information regarding student accident insurance and private health cover is provided at:

<https://app.education.nsw.gov.au/sport/file/1449>.

Concussion Clearance

The Australian Medical Association recommends students being symptom-free of concussion for 14 days before returning to sport. Students who have suffered a concussion

within 14 days of the event, must provide written clearance from a medical practitioner prior to participating.

- If your child/ward sustains a concussion, or experiences any concussion symptoms, in the 14 days period prior to the event commencing, you must report this to team

officials, and a medical clearance is required in order for your child/ward to participate in the event.

- Medical clearances can be attached to this consent form or can be submitted to team officials separately.

Lake Cathie Public School

Year 6 SCHOOL WATER SAFETY PROGRAM

Monday, 20 March 2023

Student Name: _____

Parent/Carer Acknowledgment and Consent

I hereby consent to the attendance at the School Water Safety Program classes to be held at Port Macquarie Olympic Pool from 20th March 2023 to 24th March 2023. Travel will be by bus. Total cost for the Program is \$35.

In the event of injury or illness, I also authorise (on my behalf the seeking of such medical assistance that my child may require. Special needs of my child of which you should be aware (eg. allergies, sensory impairment, medication etc.

I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and isolation is recommended.

Signed: _____ Date _____

Parent's daytime contact no.: _____

Payments may be sent in with your child or online: <http://www.lakecathie-p.schools.nsw.gov.au/>

I enclose \$ _____ or I have made an online payment. My receipt number is: _____

Privacy Notice

The personal information provided on this permission note, will be used by the Department of Education for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely. Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper, on Television or on the School Sport Unit website.