



Dear Parents/Carers,

**NORTH GUNGAHLIN CROSS COUNTRY CARNIVAL**  
**Wednesday 29 May 2019**

Welcome to the North Gungahlin Cross Country Carnival to be held on Wednesday 29 May at Stromlo Forest Park. School Sport ACT will put out a facebook alert if the event is to be postponed due to inclement weather. Local Radio announcements on 104.7 will also be made. Please note that if the day is postponed there is no alternative date set yet.

**Date:** Wednesday 29 May 2019

**Time:** 9am-12.30pm

**Venue:** Rob De Castella Cross Country Track, Stromlo Forest Park

**Transport:** Private transport (family, friends, etc.)

**Supporting Staff:** Farah Atallah and Deborah Gordon

**Cost:** \$10.00

**What to bring:** Students should wear appropriate school sports clothing (plus warm clothes when not competing), running shoes, hat and sunscreen, food and a drink bottle.

**Canteen:** There will be a canteen available and a coffee van.

Please return the signed permission note, Medical Information and Consent Form and payment to school by **Wednesday 22 May 2019**.

If you require further information, please email [Farah.Atallah@ed.act.edu.au](mailto:Farah.Atallah@ed.act.edu.au)

Yours sincerely,

Farah Atallah and Deborah Gordon

**Please keep this page.**

**NORTH GUNGAHLIN CROSS COUNTRY CARNIVAL**  
**Wednesday 29 May 2019**



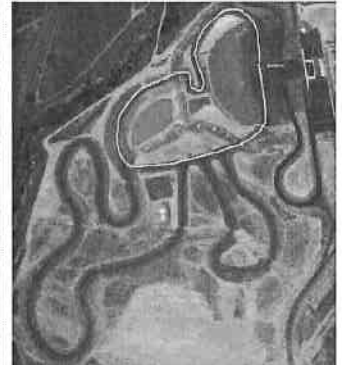
Deek's Track – 2.5km Loop Only



Deek's Track – 2km Loop Only



Deek's Track – 1.5km Loop Only



Deek's Track – 1km Loop Only

Race Number	Time	Age	Gender	Distance
	9.30	<i>Walk the track</i>	ALL	
1	10.00	9 (including AWD)	Boys	1500m
2	10.05	9 (including AWD)	Girls	1500m
3	10.15	12 (including AWD)	Boys	3km
4	10.20	12 (including AWD)	Girls	3km
5	10.30	8 (including AWD)	Boys	1km
6	10.35	8 (including AWD)	Girls	1km
7	10.40	11 (including AWD)	Boys	3km
8	10.45	11 (including AWD)	Girls	3km
9	10.55	10 (including AWD)	Boys	2km
10	11.00	10 (including AWD)	Girls	2km

All times shown are an approximate, please arrive by 9am to avoid confusion.

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. 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.

While all contributions towards school events are voluntary, we welcome the support of our parent community so that this is a viable outing for all students. If you have concerns about payment, please contact the Principal or Corporate Manager [Debbie.Carne@ed.act.edu.au](mailto:Debbie.Carne@ed.act.edu.au) or 6142 2200.



**NORTH GUNGAHLIN CROSS COUNTRY CARNIVAL**  
**Wednesday 29 May 2019**

I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_ to attend the North Gungahlin Cross Country on Wednesday 29 May 2019 at Stromlo Forest Park. I understand that children will need to find their own private transport.

I enclose the amount of \$10.00

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

Emergency contact on the day:

Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

Any known medical conditions that may affect your child at the excursion: (All parents to complete the Medical Information and Consent Form overleaf)

\_\_\_\_\_  
\_\_\_\_\_

Name of Parent/Carer: (please print) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you fill in this 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 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.det.act.gov.au](http://www.det.act.gov.au)) on the About Us page.

(Teacher: Farah Atallah & Deborah Gordon)

FEE CODE: CROSS 29/5



Education and Training

# EXCURSION MEDICAL INFORMATION AND CONSENT FORM

This form is intended to be used to assist the school in the case of any medical treatment required or medical emergency involving a student on an excursion involving day travel beyond the ACT or an excursion including overnight accommodation regardless of the distance from the school. It is also intended to be used for an overseas excursion, sports and all outdoor adventure activities. A copy of each student's form must be taken along on the excursion.

The Department collects the information contained in this form to provide or arrange first aid and other medical treatments for students. The information collected will be held at your child's school and will be made available to staff of the school and to medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored used and disclosed in accordance with the requirements of the *Privacy Act 1988* (Commonwealth). Parents/carers must note that in the absence of an **Emergency Treatment Plan** only standard first aid will be administered.

Student's name: ..... Date of birth: ..... Sex:  M  F  
 School: ..... School year: ..... Camp/Excursion: Three Day Bushwalking Expedition  
 Parent/Carer: .....  
 Address: .....  
 Contact telephone numbers: Business hours: ..... After hours:..... Mobile: .....  
 Other contact for emergency: ..... Telephone no.: .....  
 Name of student's doctor: ..... Telephone no.: .....  
 Medicare no: ..... Private health fund: ..... Membership number: .....  
 Ambulance fund: ..... NOTE: Parents/carers are responsible for ambulance costs outside the ACT.

- Please tick the relevant box(es) below if your child suffers from any of the following:
- allergies
  - diabetes
  - fits or blackouts
  - motion sickness
  - nose bleeds
  - anaphylaxis
  - eczema
  - hay fever
  - muscular/skeletal complaint
  - reaction to drugs
  - asthma
  - epilepsy
  - headaches
  - sight/hearing problems
  - blood pressure
  - fainting
  - heart condition
  - sunscreen sensitivity
  - Other: .....

If you have ticked any of the boxes above, an **Emergency Treatment Plan** must be provided. Proforma plans are available from the school. **NOTE: The school will provide standard first aid treatment only unless an Emergency Treatment Plan is provided.**

Date of last tetanus injection: .....

Has the student suffered from any acute illness or injury or been treated by a medical practitioner for an illness or injury during the last 4 weeks? Yes  No

If YES, please state nature of illness/injury and obtain a report from the doctor that the student is fit to undertake the camp/excursion .....

Is the student presently taking any medication? Yes  No

If YES, please state name of medication, dosage, etc.: .....

The teacher-in-charge must be informed about the management of any medication before leaving on an excursion. Arrangements need to be agreed on the transport, storage and administration of medication. In all cases, medication must be labelled with the student's name, dosage and frequency of administration.

I consent to my child receiving paracetamol for temporary pain relief. Yes  No   
 I consent to my child receiving ibuprofen. Yes  No

Are you aware of any physical or psychological limitations of your child? Please give details.

**Consent to medical attention:** In the case of my child requiring medical treatment or in the case of a medical emergency, I consent to the school providing first aid (and, if applicable, treatment as outlined in the **Emergency Treatment Plan** I have provided to the school). I further authorise the school, where it is not practicable to communicate with me, to arrange for my child to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay any costs that may be incurred for the medical treatment, ambulance transport and drugs relating to my child.

**Emergency Treatment Plan**

I have attached an Emergency Treatment Plan Yes  No

If yes, indicate date of plan and doctor's name and contact information.

Parent/Carer signature: ..... Date: .....