

20 Wimmera Street Harrison ACT 2914
Email: info@harrison.act.edu.au
www.harrison.act.edu.au
Ph: (02) 6142 2200

Year 5-6 Harrison School Swimming Carnival

Monday 19 February 2024

Dear Parents and Carers,

Harrison School will be holding our Year 5-6 Swimming Carnival on **Monday 19 February 2024**, Week 4 Term 1, at Canberra International Sports & Aquatic Centre (CISAC), Bruce. Carnival days are considered a normal school day and all students are expected to attend and participate in this event. There will be no learning program available at school on this day. House points will be awarded for participation and achievement. All students are encouraged to wear their house colours. There will be structured novelty activities for students that do not wish to compete in races. Students do not need to be confident swimmers to attend the Swimming Carnival. Races that will be held on the day include 50 metres and 100 metres in all strokes. If time permits 4 x 50 metre house relays.

There will be no unstructured activities or free time at this carnival.

Students must undertake a swim test on arrival to participate in water-based activities on the day. The swim test is conducted by the lifeguards at CISAC and consists of:

- Slide entry from pool side
- Walk 5 metres in water
- Competently and continuously swim 25m of any stroke (freestyle, breaststroke, backstroke or butterfly)
- Tread water for 30 seconds without touching the side or bottom of the pool
- Signal for help – hand raised above head with verbal calls and head staying above water
- Safely exit the pool unassisted

Please Note: Students who cannot complete all aspects of the swim test may only participate in structured activities in water below waist height. Students will receive a coloured band to identify their swimming competency.

Swimming Races: For each age group students will have the opportunity to compete in 50m or 100m events for each type of stroke. Please note there may be multiple heats per race, as such we are unable to confirm final placement for race on the day. Program will be sent out closer to the date.

Date: Monday 19 February 2024

Times: Depart Harrison School (Wimmera Avenue) approximately 9:00am, return to Harrison School by 2:30pm

Location: Canberra International Sports & Aquatic Centre (CISAC), 100 Eastern Valley Way, Bruce

Transport: Chartered Bus to and from CISAC, Bruce (Students who would like to compete in the 100m Butterfly or 100m freestyle need to make their own way there by 8:45am)

Cost: \$19.00 (cost includes transport and entry into the pool)

What students need to bring: Appropriate Swimwear, hat, sunscreen, goggles, towel, water bottle, lunch and snacks. It is recommended that your child wears their swimwear underneath their school uniform to school.

Students will not be able to access the cafe at CISAC.

Notes and money to be returned to Harrison School front office by: Wednesday 14 February 2024

Excursion Risk Assessment: Available at the front office

Regards,

Rebecca Platten and Matthew Bell

Primary School Sports Coordinators

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Permission for Aquatic Activities and Event Selection

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

1. **Name of Child:** _____
2. **School Year:** _____

3. **My child can swim:**

☐ No

☐ Yes

4. **Distance my child can confidently swim:**

10m

☐

25m

☐

50m

☐

100m

☐

5. **I agree to my child taking part in swimming / aquatic activities associated with this excursion.**

Name of Parent / Carer: *(please print)* _____

Signature: _____

Date: _____

Event Selection

Events (Please tick which event your child would like to compete in)

My child: _____ In House: _____

<input type="checkbox"/>	50m Freestyle	<input type="checkbox"/>	25m Freestyle (not a zone event)
<input type="checkbox"/>	50m Breaststroke	<input type="checkbox"/>	100m Freestyle (10yrs and over)
<input type="checkbox"/>	50m Butterfly	<input type="checkbox"/>	100m Backstroke (10yrs and over) 8:45am
<input type="checkbox"/>	50m Backstroke	<input type="checkbox"/>	100m Breaststroke (10yrs and over)
<input type="checkbox"/>	Novelty Activities only	<input type="checkbox"/>	100m Butterfly (10yrs and over) 8:45am

Please note: 100m butterfly or freestyle will be held at 8:45am students participating will need to make their own way to CISAC.

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Permission Note

I give permission for my child _____ in Class _____ to attend the Year 5-6 Harrison School Swimming Carnival at Canberra International Sports & Aquatic Centre (CISAC), Bruce on Monday 19 February 2024.

Permission note completed and returned to Harrison School front office: **Wednesday 14 February 2024**

I agree to my child participating in the activities associated with this excursion. 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.

Parent Name: _____ Signature: _____ Date: _____

The [Medical Information and consent](#) form only needs to be completed once/year prior to the first excursion unless there are changes to the details on this form. Are there any changes to this form?

Yes ☐ No ☐

If yes, an updated *Medical Information and Consent Form* is required to be completed (available through 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.					

This event is \$19.00. I am paying the amount of \$ _____

☐ Cash

☐ EFTPOS at front office

☐ Quickweb via the payment tab on our school website. **FEE CODE: Swimming**

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 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.