

13 November 2019

Dear Parents

## RE: SWIMMING – LIFESAVING

Swimming and Lifesaving are an integral part of the Year 7-12 PDHPE and sport curriculum. All students in Years 9 to 12 will be offered the Lifesaving or Active Awards programs during sport from Week 7 Term 4, 2019 to Week 9 Term 1, 2020. These sessions will run from 1:40pm – 3:10pm.

Students will be walking to and from Walcha Pool accompanied by staff members. Parent permission is required for a student to walk home after lifesaving at 3pm.

For those students choosing not to do lifesaving an alternate school-based sports activity program will be offered.

Students who nominate to participate in the Lifesaving program are expected to go to the pool for every sports lesson until the end of the program.

Students should wear school sports uniform, a hat and apply 30+ sunscreen throughout each session. They will be expected to attend each week with the appropriate swimwear and any additional clothing required to complete their award.

All accompanying staff members have emergency care/CPR training.

Students involved in these programs will complete CPR and First Aid, as well as Lifesaving Awards or Active Awards. In the first 3 weeks of the program students will be placed in the award appropriate to their level. All requirements of the awards will be covered while at the pool and will be examined at the completion of the training at the end of Term 1 2020.

Students may choose to receive the RLSA Award/s they achieve. Parents will be advised of the cost of the awards when the program is completed. Alternatively, students may choose to get a school-based certificate at no cost.

It is also possible for students aged 16 years and over to become junior instructors. Please indicate on the return note if your child would like to complete the Junior Instructor training.

Students who completed Bronze Cross last year and who will turn 16 before the end of Term 1 2020 are eligible to attempt the Merit and/or Distinction Awards.

Students wishing to attempt these advanced awards **MUST** complete their Oxygen Resuscitation Certificate during the offered First Aid course running at WCS in Term 1 2020.

The Oxygen Resuscitation training will take place at lunch time. We will advise which day, once confirmed with the visiting trainer.

For more information contact Bonnie Brown on 67772777.

Please complete the attached note and return forms, including the swimming consent form, to the school office by Wednesday **20 November 2019**.

Yours sincerely

Bonnie Brown  
LIFESAVING COORDINATOR

Ben Ussher  
HEAD TEACHER SPORT

Mark Hall  
PRINCIPAL

## PERMISSION NOTE: LIFESAVING PROGRAM YEARS 9-12

**PLEASE COMPLETE AND RETURN TO MRS BROWN OR THE FRONT OFFICE BY  
WEDNESDAY 20 NOVEMBER 2019**

I do/do not consent to ..... participating  
in the Lifesaving Program during sport, from Week 7 Term 4, 2019 to Week 9 Term 1, 2020.

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

My son/daughter has the following special needs (please provide full details and include any relevant medical details).

.....  
.....

Please make sure to tick each box below that is appropriate to your child.

- ☐ I am aware that there is no personal injury insurance cover provided by the Department of Education for school activities.
- ☐ I am aware students will be walking to and from the school supervised by teachers.
- ☐ I give permission for my child to walk home from the pool at the end of the session.
- ☐ I am aware that if notes are not returned by the due date my child may be excluded from the Lifesaving Program.
- ☐ My child would like to complete/renew the advanced awards and will need to complete their oxygen resuscitation certificate. I understand this will take place during the First Aid course running at Walcha Central School on a date to be confirmed during Term 1, 2020.
- ☐ My child is 16 years (or older) and would like to attempt the Junior Instructors Award.

### Water activities – response

In relation to the proposed water activities, I advise that my child is a:  
(please tick one)

☐ strong swimmer      ☐ average swimmer      ☐ poor swimmer      ☐ non-swimmer

NAME: .....  
Parent's name

SIGNATURE: .....  
Parent's signature

DATE: ..... / ..... / .....