



YEAR 7 COMPULSORY SWIM AND SURVIVE PROGRAM 2018

Dear Parent/Guardian

This year at Irrawang High School, students in Year 7 will take part in a Swim and Survive program that is organised under the guidelines and award structure of the Royal Life Saving Society (NSW). The staff at this school places great value in strengthening students' swimming abilities as well as teaching them a variety of lifesaving skills which one day might save them or somebody else.

This year, Year 7 will participate in the Swim and Survive program during Weeks 8 and 9 of Term 4, commencing on Tuesday 4th December 2018 and concluding on Friday 14th December 2018. Students will report to the pool each day at 8.55 am for roll marking and will be dismissed at 2:50pm Tuesday, Thursday and Friday with a 2:15pm finish on the Wednesday.

This year the program has been split into 2 programs due to pool availability.

Tuesday 4th December to Thursday 6th December inclusive for 7E, 7L, 7T & 7C

Thursday 13th to Friday 14th December inclusive for 7M, 7R, 7P & 7S

During this program students are instructed by trained Year 9 students (under the supervision of teachers). These students are striving for their RLSS Junior Instructors Award. Once students have been instructed, they are examined by teachers who have years of experience and have achieved many awards themselves.

Pool entry will be \$13.00 for the 3 day program and \$9 for the 2 day program. Students should pay money to the School Office or online by Friday 30th November 2018 to cover entry costs.

At the conclusion of the program, students may choose to receive a certificate acknowledging the highest award that they achieved. \$5.50 can be paid at the school office AFTER the requirements of the award have been satisfied. Certificates will only be available to students that have paid.

Please remember that this program is compulsory for all students in Years 7. The knowledge and skills that students acquire during this program will prove invaluable for your child in years to come. Please encourage your child to attend each day. If your child is unable to swim due to a medical condition, they are still encouraged to attend lifesaving as the theory component is extremely valuable and many of the practical skills are practiced from the side of the pool.

Parents need to ensure student swimming abilities are indicated on the proceeding note and will be assessed for group placements.

For all sessions at the pool, students will need to provide all necessary swimming equipment, i.e. swimmers, towels, sunscreen, hat etc. During the swim and survive program, theory will also be completed, therefore writing materials will be required.

Please sign the attached permission note and complete the health details form and have your child return both to their PE teacher as soon as possible.

Mr Peter Hosking
PD/H/PE Head Teacher/Lifesaving Coordinator

Mr Paul Baxter
Principal



YEAR 7 SWIM AND SURVIVE PROGRAM 2018

I hereby consent to the involvement of my son/daughter _____ of Year 7 in the Swim and Survive Program to be held at Lakeside Leisure Centre Pool on the following dates -

- 7E, 7L, 7T & 7C** - Tuesday 4th December to Thursday 6th December 2018 (3 day program)
OR
- 7M, 7R, 7P & 7S** Thursday 13th December to Friday 14th December 2018 (2 day program)

I understand that students will report directly to Lakeside Leisure Centre pool by 8.55am each day and will be dismissed from the pool at the end of the day (2.15pm on Wednesday and 2:45 pm on other days).

- Total cost for the 3 day program is \$13.00**
- Total cost of the 2 day program is \$9**
Payable to the office or online by Friday 30th November 2018. Online receipt number _____

Special needs of my child of which you should be aware (Please include medications & routines, medical conditions and allergies/intolerances and treatments required):

In what year was your child last immunized against Tetanus? _____

How far can your child swim? (Please circle) <Less than 25m> <25-50m> <50-100m> <100m +>

Is there any other information we may need to be aware of that may impact on any activities undertaken during the program?

In the event of any injury or illness I authorise the seeking of any medical assistance that my child may require.

Signed: _____ Date: _____
(Parent/Guardian)