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Principal: Mrs Julie Perkins



15 October 2020

### **WATER SAFETY/SNORKELING PRACTICE - YEAR 9 MARINE STUDIES**

As part of the mandatory skills component for Marine Studies, students will need to revise the safety procedures for water exercises and field work.

In this excursion, all students will undertake a range of practical activities to test their confidence in the water. Students will also be given an opportunity to practice snorkeling techniques to improve their skills in this area prior to going out into the field.

- Dates:** **Wednesday 4 Nov 2020**  
**Wednesday 18 Nov 2020**  
**Wednesday 2 Dec 2020**
- Time:** 9:10am to 10:30 am
- Venue:** Menai Swimming Academy, 788-798 Old Illawarra Rd, Menai  
Students are to make their own way to the venue - meet at the entrance of the complex by 9.10am.  
Students will walk back to school at the end of lesson.
- Cost:** **\$7 entry to the pool each day (payable upon entry)**
- What to bring:**
- Swimmers, towel, plastic bag to place wet clothes into after the lesson,
  - BYO snorkeling gear (if you have it),
  - Uniform to change back into once swim is over,
  - Books etc for periods 3 to 6 when they will return to school.

- Permissions (online or printed permissions) for all excursions/incursions and extra-curricular programs, **MUST** be returned by the due date as stated on the permission note.
- If permission is not received by the due date, your child will not be allowed to attend/participate in the event.

**Please return the permission by Friday 29 October.**

If your child has anaphylaxis or asthma, they **MUST** carry their own EpiPen and/or puffer and ASCIA action plan.

Yours sincerely

Arlene Head and Frida Schincaglia  
**Organising Teachers**

Julie Perkins  
**Acting Principal**

# LUCAS HEIGHTS COMMUNITY SCHOOL

## WATER SAFETY/SNORKELING PRACTICE - YEAR 9 MARINE STUDIES

I give permission for my child ..... of class ..... to attend the Year 9 Water Safety/Snorkelling excursion on **Wednesday 4 November, Wednesday 18 November AND Wednesday 2 December**. I understand the cost is \$7 each day and travel to the venue is by own arrangements and students will be walking back to school after completion.

In the event of wet weather, students will be catching the 961 bus back from Menai to the School at an additional cost of \$3.20. (OPAL card to be purchased on the day, if not prior, to cover travel to/from the venue and other travel in between. School OPAL Cards are not valid for travel on school excursions).

I identify the swimming and water skills of..... of class..... to be: (please highlight that which applies)

- highly competent
- competent
- developing competency
- below required competency requirements

Parent/Guardian name: .....

Parent/Guardian signature: ..... Date: .....

### Medical conditions: (please tick)

- Asthma       Diabetes       Epilepsy       Anaphylaxis
- Other .....
- Allergies as follows .....

Medication required on the day .....

*(include name of medication, instructions for administration, time of administration & any possible reactions)*

**\* If your child has anaphylaxis and/or asthma they *MUST* carry their own EpiPen and/or puffer and ASCIA action plan.**

**Medical Insurance:**  
Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, school sport zone, area and state school sport associations when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets. 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 use of some prescribed part of the body.

**Office Use Only:** Please return form to Ms A. Head / 29 Oct.