



11 November 2020

## YEAR 6 SURF AWARENESS PROGRAM 2020

Dear Parents and Carers,

Students in Year 6 will be attending a Surf Awareness course as part of their Physical Education Program in Term 4. The program is run by the Surf Life Saving Association of Australia.

The broad program including swimming, water safety, beach activities and survival skills is in preparation for a lifetime of safe activity in or near the water. The program develops:

- Water Safety
- Swimming Technique
- Water Confidence
- Survival Skills
- Endurance

All levels of swimming ability will be catered for, with qualified Surf Lifesaving instructors supervising the children in a variety of activities such as board training, swimming skills (both in the surf and pool), beach volleyball, beach flag training, novelty games and the importance of respecting our beach environment and sea creatures. It should be stressed that this program is essentially a survival, safety and fitness course and does not advocate nor encourage children to get into the water to save others.

**Venue:** Bilgola Rock Pool & Palm Beach Rock Pool

**Date:** Monday, 7 December to Friday, 11 December 2020.

Students will travel to and from the pool by bus leaving school at 9.30am and returning at 12.30pm.

**Cost:** \$135.00 covering bus & course fees was included on your Semester Two Statement of Account. **Please ensure this has been paid by Friday 20 November.**

It is imperative that you fill in the permission note attached accurately, indicating the swimming ability of your child in the ocean **without the use of an aid or board**. All children should be able to swim 100 metres in the surf without the use of an aid to be classified as a strong swimmer. If your child is participating in Nippers on Sundays in 2020, please indicate in the box provided.

**Please complete the permission note and return to your child's teacher by  
Friday, 20 November 2020.**

All children are required to wear sports uniform and bring:

- Wide brimmed hat
- Sunscreen
- Towel
- Swim wear
- Change of clothes
- Bottle of water
- Morning tea
- Rash vests are provided by Surf Life Saving, but children may bring their own.
- Wetsuits are optional

Corey Whitaker  
Co-ordinator

Lisa Weber  
Deputy Principal



**YEAR 6 SURF AWARENESS PROGRAM 2020 PERMISSION NOTE**

I give permission for \_\_\_\_\_ in Class \_\_\_\_\_  
to participate in the Surf Awareness Program at Bilgola Rock Pool & Palm Beach Rock Pool from  
Monday, 7 December to Friday, 11 December 2020.

I authorise the supervising teacher to seek medical aid if it is considered necessary.

Does your child suffer from a medical condition which might put him/her at risk in the water?

YES     NO

**If YES**, a medical certificate must be obtained for the student to participate in the swimming program.

Special needs of my child of which you should be aware (e.g. allergies, medication - please provide details):

Asthma – **Students who suffer from asthma need to carry a puffer.**

Anaphylaxis (please state) \_\_\_\_\_  
**A current EpiPen must be supplied to the office and accompany student on excursion.**

Allergies (please state) \_\_\_\_\_

Other (please state) \_\_\_\_\_

**WATER OR SWIMMING ACTIVITIES**

I give permission for my child to participate in the water/swimming activities.  
(both in the surf and pool)

I do not give permission for my child to participate in the water/swimming activities.  
(both in the surf and pool)

I advise that my child can swim freestyle without stopping for:

- |   |   |
|---|---|
| <input type="checkbox"/> less than 50m              | <input type="checkbox"/> up to 100m     |
| <input type="checkbox"/> 100m                       | <input type="checkbox"/> 200m           |
| <input type="checkbox"/> 500m                       | <input type="checkbox"/> more than 500m |
| <input type="checkbox"/> other (please state) _____ |   |

My child attends / does not attend Nippers in 2020. (please circle one)

My child is confident / not confident **to swim 100m in the surf without an aid.**  
(please circle one)

Signature of Parent/Carer: \_\_\_\_\_ Date: \_\_\_\_\_