

Mukinbudin District High School

An Independent Public School

A: White Street, Mukinbudin, WA 6479 | P: 90483400

E: Mukinbudin.DHS@education.wa.edu.au



HIGH SCHOOL SWIMMING CARNIVAL **INFORMATION FORM FOR PARENT/GUARDIAN (to be retained by Parent/Guardian)**

Dear Parent/Guardian,

I am pleased to provide you with the following details regarding our Mukinbudin District High School Faction Swimming Carnival for High School students.

PURPOSE OF THE EXCURSION:

Participate in the annual Faction Swimming Carnival of Mukinbudin District High School for High Schoolers (Year 7-12.)

DATE: Thursday 4th March, 2021

COST: Entrance fee into the Mukinbudin Swimming Pool is covered by an arrangement with MDHS and Mukinbudin Shire.

LUNCH:

Please ensure all students bring their own water and snacks.
A FREE Sausage Sizzle will be provided to students for lunch at the pool.

TRANSPORT ARRANGEMENTS:

Students will walk down to the pool at 11:30am and walk back to school at 2.45pm

SUPERVISION TO BE PROVIDED:

Rebecca Clarke, Will Roberts, Arasu Shan and Matthew Baltovich

STAFF ACTION IN CASE OF ACCIDENT OR ILLNESS ON THE EXCURSION

Parents will be contacted by mobile phone and children transported to medical attention if required.

SPECIAL ITEMS / CLOTHING REQUIRED

School sports uniform, bathers, towel, hat, sunscreen, water and snacks.

Parents are required to inform the organisers well before the scheduled excursion departure of any change to their child's health and fitness so that appropriate supervision may be arranged. Where it is considered necessary, school staff will arrange medical assessment and treatment of students.

Should you have any queries please do not hesitate to contact me, the teacher in charge of the excursion, on 90483 400 or alternatively rebecca.jones2@education.wa.edu.au during school hours.

Please retain this Information Form for your records but return the accompanying consent forms and event list to the classroom teacher by **Monday, 22nd February, 2021**

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Yours sincerely,

Rebecca Clarke
Health & Physical Education Teacher

Please note that:

Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Parents/guardians should be aware that staff members are not responsible for injuries or damage to property which may occur on an excursion where, in all circumstances, staff have not been negligent.

In the case of an excursion not involving an overnight stay, costs incurred as a result of accident or illness is the responsibility of the parent/guardian.

The school camp/excursions insurance policy applies for approved camps/excursions involving an overnight stay. The policy covers students to a maximum of \$50,000 for medical and ancillary expenses where Medicare or private insurance does not cover these costs.

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CONSENT FORM FOR High School Faction Swimming Carnival

TO BE RETURNED TO SCHOOL BY **Monday 22nd February, 2021**

CONTACT INFORMATION

Home	Work	Mobile
Other		
<p>I have read and understood the information regarding the <u>MDHS Faction Swimming Carnival</u> and give my consent for my son/daughter _____ to attend.</p>		
<p>Signature of Parent/Guardian _____ Date: _____</p>		

Please tick the level you believe your child is at:

- Non- Swimmer
- Weak swimmer
- Average swimmer
- Strong swimmer

The following details have changed from those recorded on my child's Health Information Form:

Mukinbudin District High School

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A: 10/122 Street, Mukinbudin, NT 13478, Australia (08) 874400
 F: Mukinbudin District High School (08) 874400



Consent Form for Water Based Excursions

This form is intended to assist the school and supervision teachers in the event of an emergency involving your child. It is required for all children attending water based excursions.

There are two types of water based excursions:

- **Closed Water:** water in a controlled environment (still or slow moving) such as swimming pool, sheltered coastal areas, dam or inland water body.
- **Open Water:** water in an uncontrolled environment (fast moving or turbulent) such as a surf beach, flowing river or waterway with tidal waters.

Your child has been invited to attend a CLOSED water excursion.

Student Details

Student Name: _____ Date of Birth: _____

Parent or guardian's full name: _____

Address: _____

Main Ph No: _____ Other Ph No/s: _____

Family Dr: _____ Dr Phone No. _____

Swimming Ability:

Department of Swimming and Water Safety levels

Swimming and water safety continuum

1 Stage 1 1. Enter water safely 2. Submerge water 3. Demonstrate surface water 4. Submerge 5. Give forward and recover 6. Recover after backward and recover 7. Safety survival sequence no. 1	4 Stage 4 16. Swim 15 m freestyle 17. Swim 10 m backstroke 18. Swim 20 m survival backstroke or 19. Swim 5 m breaststroke kick 20. Squat head motion back 21. Recover at float 22. Swim in deep water 23. Safety survival sequence no. 4	7 Stage 7 33. Squat head feet on back 34. Demonstrate egg/water kick 35. Swim 100 m = 25 m backstroke = 50 m breaststroke = 50 m freestyle = 25 m survival backstroke 37. Safety survival sequence no. 7
2 Stage 2 7. Give forward and kick 3 m 8. Give backward, kick and recover 9. Swim 5 m freestyle 10. Squat head water 12. Safety survival sequence no. 2	5 Stage 5 23. Swim 25 m freestyle 24. Swim 10 m backstroke 25. Swim 15 m survival backstroke or 26. Swim 15 m breaststroke 27. Demonstrate a surface dive 29. Safety survival sequence no. 5	8 Stage 8 36. Swim 15 m sidestroke 37. Demonstrate dolphin kick (extension) 38. Swim 200 m = 50 m backstroke = 50 m freestyle = 50 m survival backstroke = 25 m sidestroke 39. Safety survival sequence no. 8
3 Stage 3 11. Swim 10 m freestyle 12. Give backward and kick 3 m 13. Demonstrate breaststroke leg action 14. Demonstrate survival diving 15. Demonstrate a forward roll (extension) 16. Safety survival sequence no. 3	6 Stage 6 28. Swim continuously 50 m freestyle or = 25 m freestyle and = 25 m backstroke or survival backstroke or breaststroke 29. Swim 25 m backstroke 30. Swim 25 m survival backstroke 31. Swim 25 m breaststroke 32. Demonstrate a dive entry 36. Safety survival sequence no. 6	9 Stage 9 39. Swim 10 m butterfly (extension) 40. Demonstrate a multiple turn (extension) 41. Swim 300 m = 50 m freestyle or 15 m butterfly and 15 m freestyle = 30 m backstroke = 50 m breaststroke = 50 m freestyle = 50 m butterfly = 50 m survival backstroke 42. Basic principles of CPR (extension) 50. Safety survival sequence no. 9 (extension)

My child has achieved stage:

Date achieved: _____

I am unsure. Please assess my child:

