

# Mukinbudin District High School

## An Independent Public School

A: White Street, Mukinbudin, WA 6479 | P: 9083400  
E: Mukinbudin.DHS@education.wa.edu.au



### **DISA SWIMMING CARNIVAL & PRACTISE**

#### **INFORMATION FORM FOR PARENT/GUARDIAN (to be retained by Parent/Guardian)**

Dear Parent/Guardian,

As you may be aware from last year, DISA has now been changed meaning that all students will be given the opportunity to attend the Swimming and Athletics carnivals this year. I am pleased to provide you with the following details regarding the **Swimming Practise excursion** held at **Mukinbudin Memorial Swimming Pool** on **Thursday 18th February**.

#### **AND**

The following details for the **DISA Swimming Carnival** which will be held at the **Mukinbudin Memorial Swimming Pool** for Pre-Primary – Year 6 students.

**DATES:**           **Practise Swimming - Thursday 18<sup>th</sup> February, 2021**  
                          **DISA Swimming Carnival - Monday 8<sup>th</sup> March, 2021**

#### **LUNCH (Swimming Carnival only):**

There will be lunch orders on this day. Forms will be sent out at a later date.  
Families must take their own snacks.

#### **TRANSPORT ARRANGEMENTS:**

The students will be walking to the pool for the swimming practice.  
No buses will be provided for the carnival day, you will need to arrange transport for your child.  
**Please indicate on the consent form your transport arrangements for the day.**

#### **SWIMMING CARNIVAL ITINERARY**

- Students need to be in the school bay by 8:45am
- Schools assemble at 9:00am
- Carnival to start at 9:15am
- The day is scheduled to finish at approximately 2:30pm

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### **SUPERVISION TO BE PROVIDED:**

Rebecca Clarke (Health & Physical Education Teacher)  
Zoe Bolt (Year 5/6 Teacher)  
Katie Rice (Year 3/4 Teacher)  
Tim Goulter (1/2 Teacher)  
Kari Lamond (Pre- Primary Teacher)

### **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, lunch (if not ordered) and snacks.

### **Medical Information & Consent Forms**

Please find attached the excursion consent form, which must be completed and signed for your child to compete. However, if any medical information has changed please provide details in the space allocated on the consent form.

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 9048 3400, during school hours.

Please retain this Information Form for your records but return the accompanying consent form to the classroom teacher by **Monday 15<sup>th</sup> February, 2020**

Yours sincerely,

Rebecca Clarke  
Health & Physical Education Teacher  
03 February 2021

### **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 DISA Swimming Carnival

TO BE RETURNED TO SCHOOL BY Monday, 15<sup>th</sup> February 2021

#### CONTACT INFORMATION

Home	Work	Mobile
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Other

I have read and understood the information regarding the Practise Swimming excursion held at Mukinbudin Memorial Swimming Pool on Thursday 18<sup>th</sup> February

#### AND

I have read and understood the information regarding the DISA Interschool Swimming Carnival excursion held at Mukinbudin Memorial Swimming Pool on Monday, March 8<sup>th</sup> and give my consent for my son/daughter \_\_\_\_\_ to attend.

Please place a tick in the transport arrangements relevant to your child/ren for the DISA Swimming Carnival.

- I will be driving my child/ren to and from the carnival.
- My child/ren will be going with \_\_\_\_\_ to the Carnival.
- Other: Please explain \_\_\_\_\_

**Please tick the level you believe your child is at:**

- Non- Swimmer
- Weak swimmer
- Average swimmer
- Strong swimmer
- My child will not be participating in the carnival but will be participating in novelty games

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**Signature of Parent/Guardian** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

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# Mukinbudin District High School

## An Independent Public School

A Water Street, Mukinbudin, WA 6474. Phone: (08) 94573491  
 E: Mukinbudin.DHS@education.wa.gov.au



### 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

<b>1 Stage 1</b> 1. Enter water safely 2. Submerge in water 3. Demonstrate control in water 4. Submerge 5. Slide forward and recover 6. Float on side, backward and recover 31. Safety survival sequence no. 1	<b>4 Stage 4</b> 16. Swim 15 m freestyle 17. Swim 40 m backstroke 18. Swim 30 m survival backstroke or 19. Swim 3 m breaststroke kick 20. Soul head first on back 21. Recover in object 22. Swim in deep water 34. Safety survival sequence no. 4	<b>7 Stage 7</b> 33. Soul head first on back 34. Demonstrate egg/bottle kick 35. Swim 100 m + 25 m backstroke + 50 m breaststroke + 50 m freestyle + 25 m survival backstroke 37. Safety survival sequence no. 7
<b>2 Stage 2</b> 7. Slide forward and kick 3 m 8. Slide backward, kick and recover 9. Swim 2 m freestyle 10. Soul head water 32. Safety survival sequence no. 2	<b>5 Stage 5</b> 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 35. Safety survival sequence no. 5	<b>8 Stage 8</b> 36. Swim 25 m sidestroke 37. Demonstrate dolphin kick (optional) 38. Swim 200 m + 50 m backstroke + 50 m freestyle + 25 m survival backstroke + 25 m sidestroke 39. Safety survival sequence no. 8
<b>3 Stage 3</b> 11. Swim 10 m freestyle 12. Slide backward and kick 3 m 13. Demonstrate breaststroke leg action 14. Demonstrate survival floating 15. Demonstrate a forward roll - alternative 33. Safety survival sequence no. 3	<b>6 Stage 6</b> 28. Swim continuously 30 m freestyle or + 25 m freestyle and + 25 m on 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	<b>9 Stage 9</b> 39. Swim 10 m surface, underwater 40. Demonstrate a tumble turn (optional) 41. Swim 300 m + 50 m freestyle or 25 m butterfly + 50 m backstroke + 20 m breaststroke + 30 m freestyle + 30 m sidestroke + 50 m survival backstroke 42. Basic techniques of CPR (optional) 50. Safety survival sequence no. 9 (optional)

My child has achieved stage:

Date achieved: \_\_\_\_\_

I am unsure. Please assess my child:

