

02 February 2021

**Swimming Carnival 2021**

Dear Parents / Carers,

Our School Swimming Carnival will be held at Caringbah Leisure Centre (Jacaranda Road Caringbah) on **Wednesday 10th February 2021**. All students in Years 3 – 6 will be attending. Students in Year 2 who turn eight (8) during 2021 and **can swim 50 metres** without stopping are invited to participate.

**VENUE:** Caringbah Leisure Centre (Jacaranda Road Caringbah)

**DATE:**  **Wednesday 10th February 2020**

**TRANSPORT:** Bus

**TIMES:** Leaving school at **8.15am** SHARP. Please ensure your child is at school by **8.00am.** We will be leaving the venue by 2.30pm.

**COST:** **$15** which includes transport and entrance into Caringbah Leisure Centre

**LUNCH:** Students should bring their recess and lunch, however snack food is also available for purchase at the pool kiosk. They should bring plenty of drinking water.

**EQUIPMENT:** \* **Sports Uniform** to wear to and from the pool

 \* Suitable sun protection including hat, t-shirt, sunscreen and sunglasses (optional)

 \* A bag to carry everything in (plastic bags for wet gear)

 \* Towel, goggles and swimming cap (if needed)

 \* *Please label all belongings.*

Due to ongoing COVID-19 restrictions, we are guided by Caringbah Leisure Centre’s COVID Safety Rules. These include:

* No spectators are able to attend the carnival
* Our school will have exclusive use of the 50 metre pool
* No novelties can take place

Students who are unable to swim 50 metres have the option to swim in a 25m race in the shallow end of the pool with staff members in the water with them or alternatively they can elect not to swim at all.

Please send all permission notes with payment to the office by **Friday 5th February 2021.**

Payment can be made by cash or Westpac secure payment – POP (via school website).

Thank you.

**Elliott McKimm Trent Bridgland**

**Carnival Coordinator Principal**

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**SAFE WATER ENTRY**

**INFORMATION FOR PARENTS AND CARERS**

At the swimming carnival there are many events where students need to dive into the water to gain an efficient start. Diving can be difficult to perform and can be dangerous.

Please take the time to go over this information with your child. If your child has no experience with ‘dive starts’, they may prefer to start from in the water. If your child is going to use a dive start during the Swimming Carnival, please go through the following information with them and sign the indemnity form.

The points of emphasis are:

* ALWAYS consider depth when entering the water (check for depth markings). Before using a dive entry check that the water is DEEP and FREE of OBSTACLES.
* Racing dives from platforms mean that the additional height will add depth to a dive and potentially increase risk.
* When preparing to dive, stand with toes of one foot or both feet curled over the edge. This will help to prevent slipping on a wet surface.
* It is important to lock hands and head in position. This position should be maintained throughout the dive and until resurfacing. (Your child may like to practise this position.)
* Upon hearing the starting gun, use your legs to push off from the edge aiming for a long horizontal flight through the air. The hands should remain out in front in a locked position. The head is locked between the arms.

**DON’T DIVE DEEP – AIM FOR A LONG FLIGHT**

* Steer up towards the surface by pointing fingertips upwards and slightly arching the neck and head. Hands should remain in front to protect the head and neck, until the commencement of the first stroke.

If you have any questions regarding safe water entry, please see your class teacher or Mr McKimm.

**SOCIAL MEDIA POLICY**

Cronulla Public School recognises the importance of Social Media and building positive online communities through the appropriate use of technology. Photographs taken of students at school events cannot be used on social media sites without the permission of the parent/carer.



**Swimming Carnival 2021**

Dear Parents / Carers,

Students swimming at a swimming carnival must attend a safe water entry induction course and sign a register to indicate that they have completed the course. During the carnival, announcements will be made over the loudspeaker to remind spectators and competitors of safety related protocols.

When competitors are in the marshalling area prior to each event, the following statement will be read to them:

“The water you are diving into is 2 metres deep at the deep end and 1.2 metres at the shallow end. Remember to lock hands, lock head, steer up for EVERY dive entry.”

Cronulla students will complete an induction course before our swimming carnival. Please take time to read the safe water entry information accompanying this note, with your child.

If you would like your child to dive into the pool at the beginning of each race, please sign the indemnity form below and return this to the office by Friday 5th February 2021. Students, who do not have permission to dive, will start the race in the water.

Students who are unable to swim 50 metres or who do not wish to swim will be required to wear a **fluoro safety wristband**. This will aid in identifying those who will not be competing.

**✂………………………………………………………………………………………………………………………**

**SWIMMING CARNIVAL PERMISSION**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ give permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

of class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to attend the Swimming Carnival being held at Caringbah Leisure Centre on **Wednesday 10th February 2020**. I understand that travel is by bus and that this activity has been authorised by the Principal.

Payment of **$15** has been made by cash, cheque or Westpac secure payment – POP (via school website).

 □ Cash □ POP

**(A) SWIMMING RACES**

My child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_\_\_\_ will be competing in the 50 metre swimming races.

He/She is: □ Able to swim 50 metres unaided

I give permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to dive into the pool at the beginning of the races. I have read the safe water entry information accompanying this note and am aware of the risks associated with this activity.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed (Parent/Carer) Date

**Or ….. (B) 25m Event**

My child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_\_\_\_ will **NOT** be competing in the 50 metre swimming races and I give permission for him/her to participate in the 25m non-competitive events. I understand that he/she will wear a fluoro wristband.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed (Parent/Carer) Date

**Or ….. (C)**

My child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_\_\_\_ will **NOT** be swimming on the day

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed (Parent/Carer) Date