

1 February 2022

## Swimming Carnival 2022

Dear Parents / Carers,

Our School Swimming Carnival will be held at Caringbah Leisure Centre (Jacaranda Road Caringbah) on **Wednesday 9th February 2022**. All students in Years 3 – 6 will be attending. Students in Year 2 who turn eight (8) during 2022 and can swim 50 metres without stopping are invited to participate.

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

**DATE:** **Wednesday 9th February 2022**

**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:** **\$18** 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. \*\* Please be aware that the Leisure Centre is cashless. All purchases made at the kiosks are via EFT. Some parents/carers may choose to supply children with prepaid eftpos cards as an alternative to cash to use at the kiosk.

**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.*

Currently due to ongoing COVID-19, the following changes have been made to mitigate the risk of COVID-19 transmission.

These include:

- **No spectators**
- Our school will have exclusive use of the 50 metre pool
- Students will be seated in stage cohorts

Students who are unable to swim 50 metres have the option to swim in a non-competitive 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 **Monday 7th February 2022**. Payment can be made by cash or Westpac secure payment – POP (via school website).

Thank you.

**Brielle Howlett**  
Carnival Coordinator

**Trent Bridgland**  
Principal

## 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 Allum.

### 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.

