



Swim, Survive and Stay Alive



2019

Dear parents and caregivers,

Every year during Weeks 8 and 9 of Term 4 our students from Year 2 to Year 6 participate in our school swimming scheme. This is run as two specific programs: intensive learn to swim and swim survival.

The programs are conducted over ten days with each daily lesson taking 45 minutes. Our Year 2 and non-swimmers will participate in an intensive learn to swim program that develops water confidence and provides basic skills in water safety and survival.

All other students, with some swimming ability through to our very capable swimmers, will participate in a rigorous swim fitness, water safety and rescue program.

Our teachers are trained to deliver this valuable program, which is designed to develop awareness of potential hazards in all types of aquatic environments, including backyard swimming pools, rivers, lakes, dams and the ocean.

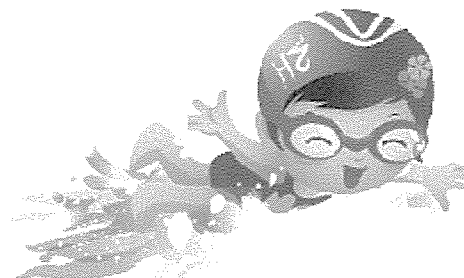
The swimming scheme, which isn't offered by many other schools, is an important component of our physical education program at Illaroo Road Public School.

Please be sure to send payment to school as soon as possible to support your child's learning.

Let's keep our kids safe in and around water!

Clare Brooks
Assistant Principal and Austswim trained teacher

Monday, October 28, 2019



ILLAROO ROAD PUBLIC SCHOOL
Swimming and Lifesaving Scheme – 2019

DATE: Monday, 2 December to Friday, 13 December, 2019

VENUE: Bomaderry Swimming Complex

The children spend 45 minutes at the pool and then return to school.

The swimming programs runs for 10 days.

COST: **\$50.00.** The cost includes bus travel, coaching fees and pool entry.

Anyone wishing to make part payments (ie \$5 p/week) can do so.

Financial assistance is available. An application forms can be collected from the office and must be returned by Friday, 8 November, 2019.

WHO GOES?: All Year 2, 3, 4, 5 and 6 students will be expected to attend the swimming program and life saving, whether they are competent swimmers or not. The Illaroo Road Public School swimming and lifesaving program will cater for all students in conjunction with the DET 'Learn to Swim' program. **This is a compulsory part of the PDHPE program for all students in Years 2-6.**

TRAVEL: Bus

SCHOOL UNIFORM: Must be worn by all children. (Sport uniform is satisfactory)

WHAT TO TAKE:

1. Towel and costumes.	3. A change of underwear.
2. Hat and sunscreen lotion.	4. A suitable carry bag.

NOTE:

1. All clothing and any other items must have name clearly marked.
2. There will be no time for showers.

STAFF: Teachers accompanying the group(s) will be Year 2 – 6 staff and all have emergency care and CPR certification.

DETAILS: This program is run annually by the school to assist both non-swimmers and swimmers to improve their swimming, fitness and water safety skills. The better swimmers are taught a range of lifesaving, water safety and first aid skills as well. All students receive a certificate of achievement at the end of the program. The school canteen will operate as normal and will be flexible with its opening times to cater for all swimming sessions.

This excursion has been approved by the principal.

Excursion Coordinator: Ms Brooks

**Please complete the section below and return along with payment to your class teacher
by Friday 22 November, 2019**



PERMISSION NOTE
Swimming and Lifesaving Scheme - 2019

I hereby consent to my son/daughter/ward (full name) _____ Class: _____
participating in the IRPS Swimming and Lifesaving Scheme from Monday, 2 December to Friday, 13 December, 2019.
I am aware of all the details and requirements for the excursion and that my child will be travelling by bus.

Special needs/instructions for my child are (include medical/allergy details): _____

Please tick one of the following boxes:

- My child **can** swim 50m competently in deep water.
- My child **cannot** swim 50m competently.
- My child is a non-swimmer or a very weak swimmer.
- Level completed last year (if known)

I acknowledge that I have ticked the appropriate box above and understand that by signing this note I give permission for my child to receive medical treatment in case of emergency.

Please find enclosed **\$50.00**

I have made an online payment. for **\$50.00**

Receipt number:

Signature of parent/guardian: _____ Date: _____