



26th July 2010

Dear Parents

SWIMMING SCHOOL – 13th September to 24th September 2010

Swim School will take place in Term 3, beginning **Monday 13th September until Friday 24th September (Weeks 9 and 10)**. All of our students from Kindergarten to Year 6 are expected to attend.

Students will receive 10 lessons of 40 mins duration over the 10 days. Students will be tested and placed into groups according to their ability at the beginning of the program. They will then receive instruction based on their swimming competency. Non-swimmers will be placed into smaller groups of 4-6 students. The maximum number of students in a group, for competent swimmers, will be approximately 10.

Swim School will be held at Waves Swim School, Baulkham Hills. The pool is heated.

The Swimming Program is part of the NSW DET **PE Health PD** Syllabus. It covers required content in the **Safe Living, Personal Health Choices, Games and Sport and Active Lifestyle** Strands.

In answer to enquiries regarding the Swim and Survive component of the lessons, below are examples of certificate requirements.

Level 1: Water Discovery

To achieve this award, you will need to be able to:

- Enter and exit the water safely and confidently.
- Submerge in waist depth water, open eyes and blow bubbles.
- Float to stand. Recover from a face down float or glide to a standing or other secure position.
- Be pulled to safety by grasping a rescue aid.
- Float with a flotation aid for 30 seconds.
- Move through the water unassisted with the feet clear of the bottom for a distance of 3 metres.
- Answer questions about dangers in the aquatic environment.

Level 6: Swim and Survive

To achieve this award, you will need to be able to:

- Perform a stride entry.
- Demonstrate a backward and forward somersault in the water.
- Swim continuously: 50 metres sidestroke, 50 metres backstroke, 50 metres breaststroke and 50 metres freestyle.
Efficient stroke techniques should be used.
- Survival Skills
Dressed in swimwear, long pants, long-sleeved shirt and jumper, perform the following as a continuous sequence:
Enter deep water using a feet first entry.
Submerge feet first, swim underwater on the back, looking up at the surface.
Swim 50 metres quickly as if escaping from a dangerous situation and then swim 50 metres slowly.
Float using a buoyant aid for 1 minute.
Swim slowly demonstrating survival strokes for 6 minutes.
Scull, float or tread water for 3 minutes waving for help intermittently. Clothing may be removed.
- Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.
- Perform a throw rescue using an unweighted rope over a distance of 6 metres.
- Answer questions on water safety and personal survival techniques.
- Extension: Swim butterfly for 15 metres using an efficient stroke action and correct breathing technique.

Details of the Swim and Survive program at each level can be viewed at the web address below.

<http://www.royallifesaving.com.au/www/html/493-level-1---water-discovery.asp>

Any student not participating in the Swimming Program will complete a series of Water Safety lessons at school, based on topics covered in the Swim and Survive Program. This will ensure that these students have access to the Water Safety content required in the *Safe Living, Personal Health Choices* strands.

The cost of the 10 day Swimming program including travel and lessons is yet to be finalised, it is anticipated the cost will be approximately \$90.00 per student. A reduced rate for families with 3 or more children will be available. The payment will be included in your Term 3 invoice.

Please complete and sign the consent form below and return it in the attached envelope to the collection box outside the school office **before Friday 13th August 2010**. DO NOT INCLUDE PAYMENT.

If you have significant reasons for your child not participating in the swimming program, please notify Mr Luther, in writing, stating those reasons.

Yours sincerely,

SCOTT LUTHER
Principal

LYN WELSH
Assistant Principal



SCHOOL SWIMMING PROGRAM 2010 - CONSENT FORM

I hereby consent to the attendance of my son/daughter _____ Class _____ at the School Swimming Program. Classes will be held at Waves Swim School at Baulkham Hills from Monday 13th September until Friday 24th September 2010. Travel will be by bus.

In the event of injury or illness, I also authorise (on my behalf) the seeking of such medical assistance that my child may require. My child has special needs that you should be aware of (e.g. allergies, sensory impairment). These are:

Comments: _____

Parent's signature: _____ Date: _____

Competency: Non Swimmer Beginning Swimmer Competent Swimmer

Do not include money with this permission note.

TO BE RETAINED AT THE SCHOOL

Privacy Notice

The personal information provided on this permission note, will be used by the NSW Department of Education and Training for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely.