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23 October 2018

Dear Parent / Guardian,

As part of the PDHPE course it is **compulsory** for Year 7 students to participate in a **swimming and lifesaving program**. The focus of the day at the pool is to improve your child's ability to respond to emergencies in and around water environments. First Aid will be a focus. Students will be utilizing manikins when performing DRSABCD. Your child's life saving practical application will be assessed. They will also complete the RLSSA Apply First Aid Examination before they attend during one of their PDHPE lessons.

We also aim to enhance their current swimming ability. All levels of ability will be specifically catered for as they progress through the Royal Lifesaving Society's (RLSSA) levels of achievement at a pace that is appropriate for their swimming ability. This level will be decided during the first session on the day during the grading component and they will be placed in a group corresponding to their level of capability.

We have a special program for those children who cannot swim and they do not have to enter the water unless they feel comfortable. They will engage in the dry water rescue activities any other student who cannot swim for personal reasons will fulfil lifesaving activities outside the pool that does not require them to enter the water.

Due to the timing of this program, Year 7 Swimming and Lifesaving **Assessment Grades will be placed on their Year 8, Semester 1 Reports** in 2018.

11 SLR and 10 PASS students will be leading the activities with the facilitation of the teachers.

Date: Monday 10 December 2018-Year 7 PDHPE classes 7.1 and 7.2
Tuesday 11 December 2018-Year 7 PDHPE classes 7.3 and 7.4
Venue: Penrith Ripples Swimming Centre (Phone: 4721 3625)
Cost: Nil (*Covered under Excursion Fees Levy on school fees*)
Lunch: Packed lunch and plenty of fluids or make us of the kiosk
Clothes: FULL SPORTS UNIFORM needs to be worn to school, including school bag. No thongs (thongs can be worn at the pool). Laced shoes must be worn to school. Swimming wear will be changed into at the pool. It would be ideal for all students to wear a rash vest, t-shirt, or singlet in and out of the water, in order to protect them from the sun and to be dressed in a conservative fashion. Females are to swim in one-piece costumes, or if they are wearing bikinis they are to have a rash vest, t-shirt, or a singlet over the top.
Other Equipment: All students are to bring a hat, towel and sunscreen.
Depart: 9:15am
Return: 3:00pm (*Delays may occur, expected time of return may vary*).
Transport: Bus
Emergency contact number: 0400 244 616

Please return the permission slip below to your PDHPE teacher. Thank you for your continued support of your child's education and the support of us, as teachers, as we provide the most worthwhile experiences for your child.

Yours sincerely,

Mrs Tania Cairns
Principal Leader

Mr Ben Hunt
PDHPE Coordinator

PERMISSION SLIP – PLEASE RETURN TO SCHOOL

Name of Excursion: Year 7 Swimming and Lifesaving Program

Return your permission note to your PDHPE Teacher

Students Name: _____ **Year: 7 Homeroom:** _____

- I give permission for my child to attend the above noted excursion
 I give permission for any emergency medical aid to be administered, if appropriate.

Please indicate with a tick the distance you feel your child is capable of swimming comfortably in a pool:

<input type="checkbox"/> Non-swimmer	<input type="checkbox"/> 0-10m	<input type="checkbox"/> 10-50m	<input type="checkbox"/> 50-100m	<input type="checkbox"/> 100m+
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Parent Signature: _____ **Date:** _____
(Parent/Guardian)

