



ST MONICA'S PRIMARY SCHOOL
MOYNIHAN STREET
EVATT ACT 2617

Swimming Carnival



INFORMATION REGARDING THE 2020
COMPETITIVE SWIMMING CARNIVAL

6 February 2020

Dear Parents/Guardians,

The St Monica's school swimming carnival is for **competitive swimmers in Years 2 - 5 and for all 6 students**, whether they are swimming or not..

The 2020 swimming carnival attendees, include:

- Children aged 8-12 years, including children in Year 2 who are turning 8 this year, and can **confidently** swim **50m** are invited to nominate in their chosen event/s.
- 25m events **will not be offered** as these events are not included in the Belconnen Region Carnival.
- All children in Year 6 are to attend as part of their leadership role.
- Those Year 6 students who pass the water safety test, will have the opportunity to participate in a 25m fun event.
- If time permits we will offer the Year 5 & 6 children the opportunity to participate in a 25m freestyle event to earn points for their team, this will ensure everyone has the opportunity to participate in the carnival.
- Year 6 students not permitted in the Olympic pool will have the opportunity to take part in a novelty activity.

Generally, at a carnival the non-swimmers or those who do not pass the swimming competency test, spent most of the carnival in the stands and visiting the canteen. All students at school on the day will take part in several fun sport activities.

Carnival and Sport Activity Day Information

<u>Swimming Carnival - Children attending the Pool</u>	<u>Sport Activity Day - Children at School Years 1-5 (Kindergarten Rest Day)</u>
<p><u>Date:</u> Wednesday 19 February</p> <p><u>Time:</u> 9:15 departure from school</p> <p><u>Cost:</u> The cost for transport and admission to the pool will be covered by the Curriculum Levy.</p> <p><u>What to bring:</u> Swimmers, cap, goggles, towel, water bottle, change of clothes, recess and lunch.</p> <p>Canteen facilities will be available at the pool for snack food only.</p>	<p><u>Date:</u> Wednesday 19 February</p> <p><u>What to bring:</u> Students may wear casual clothes and their runners and bring their morning tea and lunch. Children will receive a special treat at morning tea.</p> <p><u>At this stage there is no canteen.</u></p>

If you have any questions, please contact Mrs Foster at the school.
St Monica's Swimming Committee

Children attending the Swimming Carnival

All students need to:

- Arrive at school on time as the buses are leaving at **9:15 am sharp**.
 - Wear their swimmers under their sports uniform. Students may wear a house colour T-shirt.
 - Bring a towel, school hat and sunscreen (there will be an opportunity to go outside onto the grass area).
 - Ensure they have their lunch, snacks and drinks.
- Canteen facilities will be available for snacks only from 11:00 am.**
- Remember that coloured zinc, paper streamers and hair colour are not allowed in the pool area.

As mandated by the Department and CE all students will require an assessment of their swimming ability in the **Water Safety Challenge** which takes place prior to the commencement of the carnival.

The challenge will be carried out by the Gungahlin Leisure Centre staff. **Students who do not meet the safety requirements during this assessment will be unable to partake in any water activity.**

Once the assessment has been completed, the students will receive a coloured wristband indicating their swimming ability. This procedure is mandated for planning and safety reasons.

The Water Safety Challenge is as follows:

Entry	Perform a slide in entry. Walk 5 metres through the water
Survival Swimming	Continuously swim 25 metres Using an action that resembles a stroke.
Survival Sequence	Survival Sequence Survival scull, float and/or tread water for 1 minute in deep water. Call for help once within the sequence.
Exit	Exit the water unassisted
Rescue Sequence	Voice Rescue Reassure the person in difficulty. <ul style="list-style-type: none">• Talk to the person in difficulty in an attempt to calm and encourage them all the way to safety.• Call for assistance.

Please help your child with their selection of events on the attached sheet. We encourage all parents to ensure that your child participates in the races if they are capable of swimming 50 metres.

Please note that in line with **School Sports Association (SSA) guidelines** *only children who exhibit the correct strokes can be selected to participate at District carnivals*. Students need to swim the longest distance that they are able to swim. 25m event will only be offered to those Year 5 and 6 students who pass the Water Competence Challenge.

Entries for the competitive swimming carnival for the 8-12 year olds DUE: Friday 14 February

The swimming carnival requires a considerable amount of organisation and we rely upon the generosity of parents to assist in the running of the day. If you can help, even for a few hours, please indicate on the attached form. If you wish to assist, you **must** hold a **Working With Vulnerable People Card**. You must provide a copy of your card to the front office, if you have not done so already. **You will be required to wear your WWVP card on the day.** Parents are most welcome to join us as spectators on the day. The pool is charging an entry fee of **\$2.55 for adults and free for 3 and under accompanying children.**

Please return your child's permission note to your child's teacher by **Friday 14 February**

Thank you for your continued support.

St Monica's Swimming Committee

PERMISSION NOTE- ST MONICA'S COMPETITIVE SWIMMING CARNIVAL 2020

I give permission for my child _____ to attend the school swimming carnival on Wednesday 19 February 2020 at Gungahlin Leisure Centre. I understand that my child will be transported to and from the venue by bus.

Emergency Contact on the day

Name: _____ Phone Number: _____

Any Medical Issues or medication required: _____

Treatment Plan: _____

I authorise the teachers in charge to obtain medical assistance, which they deem necessary in the event of an accident, should I not be able to be contacted to give approval and agree to pay all medical expenses incurred relating to my child.

I have read the attached information and understand what it contains.

I elect to transport my child ☐ to the pool ☐ from the pool

Parent signature: _____ Date: _____

SWIMMING EVENT NOMINATION FORM 2020

Name: _____ Class: _____

House: _____ D.O.B: _____ Age (turning in 2020): ____

Please circle your events:

Please note:

- If you can swim 50m (e.g. FS) please swim in that event as it is a school sport selection event. A 25m event will be offered as a fun event to earn point for your house to those who do not swim 50m – if time permits
- You **can** swim the 100m and the 50m races in the same stroke.

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY	
100m	50m	100m	50m	100m	50m	100m	50m

If time allows: ☐ Individual Medley 200m

Years 5 & 6 students only not competing in competitive events -

Plan to nominate for ☐ Year 6 Novelty and/or ☐ 25 Freestyle if offered on the day to years 5/6

OFFER TO ASSIST- ST MONICA'S SWIMMING CARNIVAL 2020

Name (please print): _____

Phone Number(s): _____

☐ I have my **Working with Vulnerable Card** Card Number _____ Expiry Date _____

☐ I have provided the office with a copy of my **Working with Vulnerable Card**

Preferred Task (please circle) Assistant Marshall Recorder Timekeeper Hospitality