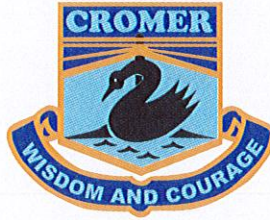


Cromer Public School



16 February 2023

Dear Parents,

Congratulations on your child gaining selection to represent Cromer Public School at the District Swimming Carnival to be held at the **Warringah Aquatic Centre** on **Wednesday, 8 March 2023**. The carnival commences at 9am and all students need to be at the carnival by 8:30am. There is time for a warm up swim from 8:30am, however, students will not be able to warm up until Miss Bayliss or Mrs FitzGerald are present to supervise swimming in the water.

To keep costs down, we are asking parents to organise transportation for their child to and from the Warringah Aquatic Centre. There will be an allocated area for spectators and students are unable to sit in this area with parents. Children will be seated in a Cromer Team area and are to remain there until called for their particular event. Please ensure that your child has their swimmers on prior to arriving at the carnival.

Swimmers should take their recess, lunch, plenty to drink in a resealable bottle, goggles and a towel. Students are required to wear their full school sports uniform to the event and the Cromer school silicone swim cap must be worn, This can be purchased from the uniform shop at a cost of \$18.00.

The children who then qualify for the Regional Swimming Carnival at Sydney Olympic Park Aquatic Centre on 23 March 2023, will be given a note on the completion of their final.

Permission notes are to be returned to the office by **Friday 3 March 2023**. Entry in this event is \$10 and the fee will be added to your statement by the end of February. **Please do not make payment yet** as we are being rolled over into a new finance system.

Mrs. Sharon Newling
Swimming Coordinator

Mrs. Julie Johnson
Principal

Swimming Carnival 2023

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 Mrs Newling.

District Swimming Carnival 2023

- I give permission for my child of class to attend the District Swimming Carnival on **Wednesday 8 March 2023** at the **Warringah Aquatic Centre**.
- I will transport my own child to and from the venue.
- I have organised my child to be transported to and from the venue with
- \$10.00 fee will be added to my statement and **will be paid at a later date** due to the new finance system roll over.
- I have purchased the Cromer Swimming Cap from the uniform shop.
- My child is able to swim 50m competently.
- I give permission for my child _____ of _____ class to dive into the pool at the beginning of the races. I have read the safe water entry information accompanying this note and am aware of the risks associated with this activity.
- I acknowledge that this event is required to be held in accordance with any current NSW Health COVID-19 Public Health orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating in this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

Signed Date