



## 2025 Vincentia High School Swimming Carnival

Dear Parent/Guardian,

The annual Vincentia High School Swimming Carnival will be held on Friday the 14<sup>th</sup> of February.

The carnival is held at the Nowra Olympic Pool. The cost of attending the carnival, which is subsidised by the school, is \$10. This includes the return bus trip into Nowra, pool entry, water slide and hire of facilities. All students regardless of travel arrangements are required to **pay \$10 as they enter the pool on the day.**

Students will attend school as normal and after home room embark on the bus trip into Nowra. Students will be returned in time for the afternoon buses. The day is about having fun, getting involved and being active. As in previous years it is compulsory attendance. Non attenders must provide a note of explanation from parent/caregiver.

### IMPORTANT NOTICE:

- Students will need permission to publish in order to progress through to Zone carnivals. If this is an issue please contact Haidee Lynch 4441 6766, [vincentia-h.school@det.nsw.edu.au](mailto:vincentia-h.school@det.nsw.edu.au)

The day is about having fun, cheering on your peers and being active. First event of the day will be at 8.45am.

WEAR : House Colours. BRING: hat, sunscreen, water bottle, house colours, food or money for canteen.

A full canteen will be operating on the day, run by Nowra Olympic Pool.

In the case of wet weather check Vincentia High Schools Facebook page for up to date information.

Students' medical information will be accessed through the VHS database. Please ensure this information is up to date prior to the event. Contact the front office for assistance if needed.

The first 2 male and female competitors in each age group in each stroke (+ first 4 in freestyle), will qualify to represent Vincentia at the Zone Swimming Carnival to be held on 28<sup>th</sup> of February at Nowra Aquatic Centre.

### HOUSE / COLOUR / SURNAME

Gwiyala - Yellow (A-D) Bilima -Green (E-L) Gunya - Black (M-R) Walimbura - Red (S-Z)

### Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

## Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

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## IMPORTANT – Parent/Carer permission sign off.

Please complete below and return to the front office by **Wednesday the 12th February**.

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to participate in the school swimming carnival on Friday 14th February at Nowra Aquatic Park.

I have read and understood the requirements and arrangements for the school swimming carnival outlined above.

Is your child permitted to swim (please tick response):

- No. As a non-swimmer, I am aware that my child will not enter the water.
- Yes. I am aware that all students will be closely monitored during the carnival. To assist with planning, please tick which statement best describes your child's swimming ability:
  - I don't know how well my child swims. I understand that this may limit their opportunities to participate in the carnival.
  - A weak swimmer: My child can swim/paddle but only in shallow water where they can stand. I understand that this may limit their opportunities to participate in the carnival.
  - An average swimmer: My child can swim 25 metres without stopping and is confident in deep water where they cannot stand.
  - A strong swimmer: My child can comfortably swim 50 metres in deep water in one stroke without stopping.

Student's name:

Parent's Name:

Parent's Signature:

Date:

Ms Ruth Winfield

Principal

Mrs Haidee Lynch

PDHPE Sports Coordinator