

4 September 2019

Dear Parents

### Year 8 Surf Safety Program – Term 4

Year 8 students will be undertaking a Senior Swim and Survive program during Sport in Term 4. The program aims to build cardiovascular fitness for summer activities and introduces students to the hazards and safety measures of swimming in the ocean.

**Commencing Thursday 17 October** (Week 1 of Term 4), students will travel by bus to Warringah Aquatic Centre every Thursday for six weeks, with sessions taking place during their usual sport time. Students need to bring a towel, swimmers, swimming cap and goggles to each session. As part of the course, on **Thursday 14 November** they will also need to bring a set of clothes to swim in (i.e. tracksuit pants, long sleeve t-shirt, tracksuit top and socks).

On **Thursday 28 November**, all of Year 8 will go on an excursion to Long Reef beach to learn about surf safety. Students will travel by bus, leaving school at 12.00pm, and returning in time to catch the normal buses home. During this excursion students will be taught how to stay safe at the beach and in the surf, board safety, and how to identify and negotiate rips, currents and sandbanks. Instructors will also reinforce rescue techniques students have learnt in the pool.

This component of the program will be conducted by Manly Surf School whose instructors are highly trained and experienced in running programs such as these. Students will need to bring suitable swimmers, towel, sunscreen, hat, and a plastic bag for their wet clothes.

We live in a society that spends a lot of recreational time at the beach and we believe this is a vital program to educate our students on identifying and negotiating the dangers present in this environment.

Please complete and return the permission slip below, as well as the attached Indemnity Form, by **Friday 20 September 2019**. Students who fail to return their note by this date will not be permitted to enter the water but will still need to attend the session each week.

Yours in the service of Christian education



Ms D Kane  
K-12 Sports Coordinator



Mr T Smithies  
Director of School Administration

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**Please complete, detach and return to the Sports Box outside H18, or to Ms Kane, by Friday 20 September.**

I give permission for my child \_\_\_\_\_ of Home Class \_\_\_\_\_  
to participate in:

- Water safety sessions at Warringah Aquatic Centre pool for six weeks during Term 4.
- Surf safety excursion to Long Reef beach on Thursday 28 November 2019.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian)



bookings@manlysurfschool.com  
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**MANLY BEACH  
COLLARROY / LONG REEF BEACH  
PALM BEACH  
HPSC**

## SURFING AUSTRALIA REGISTRATION FORM



Course Date(s): \_\_\_\_\_

Name: \_\_\_\_\_

Address or country of origin: \_\_\_\_\_ Age: \_\_\_\_\_

\_\_\_\_\_ Ph#: \_\_\_\_\_

Email: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Medication: \_\_\_\_\_

Swimming Ability:      Weak       Proficient       Advanced

Surfing Ability:      Beginner       Intermediate       Advanced

School Name: \_\_\_\_\_

### Indemnity Declaration:

I and / or my dependant wish to participate in a Surfing Australia Surf School with Manly Surf School and / or the High Performance Surf Center (HPSC) or surfing activity as indicated on this registration form. I understand that Surfing Australia and Manly Surf School take all possible care, but will not be held liable for any injury that my dependant or myself may sustain to our person or our property. I acknowledge that this activity is conducted in an environment controlled by a natural element and therefore I and my dependant will abide by all safety instructions. This indemnity form is valid for 6 months from the time it was signed.

\_\_\_\_\_  
Signature of applicant/Guardian

Date signed: \_\_\_\_/\_\_\_\_/\_\_\_\_