



August 2017

## 2017 INTENSIVE SWIMMING

Dear Parents and Carers,

This year's aquatics program will be run by the Australian Institute of Sport. Fully qualified instructors will provide swimming lessons and water activities for the children in small groups of approximately 8, dependent upon ability. Ten lessons will run over the first two weeks of Term 4. This will provide all students with excellent preparation for summer swimming activities. Lessons will be held each day commencing Monday 9 October and concluding with testing on Friday 20 October.

Attached to this note are three forms.

- St Matthew's school permission form
- AIS Conditions of Enrolment Form
- AIS School Swimming Registration Form & School Swimming – Release and Indemnity Form.

**It is vital that ALL 3 forms are filled out and returned at the same time, to school by Friday 1 September.**

Aquatics and water safety form an integral part of the Personal Development, Health and Physical Education programme offered at St Matthew's. For this reason we expect that all children from Kindergarten to Year 6 will participate in this whole school activity. With your support we can keep these sessions affordable, and provide a great opportunity for students to improve their swimming and increase their water confidence and safety.

**PLEASE NOTE** the Swim and Fitness centre at the AIS has clearly stated they will NOT be able to give refunds, discounts or make-up lessons. Children will be charged a full fee regardless of whether they attend one lesson or the full ten. Children, who for medical reasons are not participating, will be sent to their 'Day Away' classrooms and will not return to their own classroom until their class has returned to school.

The cost of the program, including the water safety program, bus transport, swimming cap, certificate, and pool admission has been included in this year's school fees.

With regards to children getting dressed in the classrooms, the teachers will manage this. We thank you for your support, but parent help will not be needed during this time. More information with regards to lesson times will be available and sent home in the coming weeks.

Warm Regards,

Rachel Powell  
Curriculum Coordinator  
Rachel.Powell@cg.catholic.edu.au



**Permission Form  
Intensive Swimming Program, 2017**

Please return this form to school by Friday 1 September 2017

- I give permission / do not give permission (please circle) for my child \_\_\_\_\_ of class \_\_\_\_ to attend the Intensive Swimming Program at the AIS beginning Monday 9 October and concluding Friday 20 October.
  
- I give permission for my child to travel to and from the AIS by bus.
- I have attached the AIS School Swimming Registration Form
- I have attached the Release and Indemnity Form
- I understand that there will be no refund for any missed days of the swimming program
- I give permission for medical assistance to be given to my child if deemed necessary by staff. Listed below are specific medical requirements relevant to my child participating in the excursion and contact details for the day.

<b>Medical condition</b> ( <i>e.g. allergies, asthma, anaphylaxis</i> )	<b>Treatment Plan</b>
<b>Emergency Contact Details on the day</b>	
Name _____	
Phone contact/s 1. _____ 2. _____	

\_\_\_\_\_  
Please Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## 2017 AIS School Swimming - Conditions of Enrolment

Before registering your child, we ask that you read and you accept the following conditions of enrolment:

- Parents are only permitted to attend swimming lessons in the second week of the program.
- All enquiries regarding your child's swimming lessons must be directed to the swimming contact at your school, who will then notify us.
- Our School Swimming lessons are charged at \$67.00 per student for 10 lessons. This is a savings of over 60% off our regular term lessons. Therefore, **no further discounts will be applied and no missed lessons can be made-up or refunded.**
- All children swimming are required to wear the AIS Swim School cap they will receive. If your child comes to lessons without this cap, he/she will receive another one and a charge of \$3.00 will be invoiced to your school. As swim caps are colour coded for each school, we cannot allow children to wear their own personal cap.
- Please keep in mind that students will be active throughout their swimming classes, therefore, attire that is conducive to lessons must be worn. All swimmers should be well fitted and we ask that neither recreational bikinis nor long board shorts are worn as they impede correction and movement through the water.
- The ASC, from time to time, may take photographic, sound and video images of your child or your child's likeness and use them in print, digital and electronic media for the purpose of promoting the AIS and the ASC. Any objection to this must be noted to the swimming contact at your school.
- ***Please note that if your child's assessment letter and indemnity form are not received at least two weeks prior to the commencement of lessons, he/she will not be able to participate in lessons.***

### Assessment Form

*Please circle the appropriate answers indicating your child's swimming ability. This is a guide only: your child will be assessed by AIS Swim School staff during the program.*

My child swam with AIS School Swimming last year, and their re-enrolment level was \_\_\_\_\_

My child currently participates in afterschool / weekend lessons at AIS in the level \_\_\_\_\_

Can your child exhale and submerge in the water? Can your child float unassisted on back and front?	Yes	No	
	Yes	No	
Can your child kick unassisted for 5m on back and front?	Yes	No	
My child can swim freestyle with basic technique	Yes	No	Distance _____
My child does this with correct bilateral breathing	Yes	No	
My child does this with correct unilateral breathing	Yes	No	
My child can swim backstroke with basic technique	Yes	No	Distance _____
My child can swim breaststroke with advanced technique	Yes	No	Distance _____
My child can swim butterfly with advanced technique	Yes	No	Distance _____

# School Swimming Registration Form

Please use BLOCK LETTERS

Child's Name: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_ Teacher: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

## Emergency Contact Information:

Parent/Guardian's name: \_\_\_\_\_

Tel: \_\_\_\_\_ Mob: \_\_\_\_\_

Child's address: \_\_\_\_\_

## RELEASE AND INDEMNITY

In consideration of the AIS Swim School allowing me to participate in any activity conducted by, or allowing me to use the facilities and equipment of, the AIS Aquatic Centre, I agree to:

- (a) The conditions of enrolment listed above. *Please note that your child is not permitted to swim if this is not signed.*
- (b) Release the Australian Sports Commission (ASC), its officers, employees and agents from liability for any property damage, illness, personal injury or death incurred or suffered by me/my child in connection with my/their participation in such activities or my/their use of such facilities and equipment; and
- (c) Indemnify the ASC, its officers, employees and agents from and against all losses, damages, claims and expenses (including legal costs) incurred or suffered by them that are caused by me/my child in connection with my/their participation in such activities or my/their use of such facilities and equipment:

\*Except to the extent that the liability, losses, damages, claims and expenses referred to in (a) and (b) are directly caused by the negligence of the ASC, its officers, employees and agents.

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(Signature of Participant or Parent /Guardian)

(Date)