# WAKEFIELD SCHOOL
## Beach Activities Permission Note

2/2/2026

Dear Parent/ Caregiver,

Our school values sport and physical activity and the essential role it plays in contributing to the overall wellbeing of all students. School sport is co-curricular and is a mandatory part of the school week for all students.

This term, your child will be participating in beach activities that involves transport and/or personal protective equipment.

Table 1 outlines the details of the beach activities program offered in term 4. Please take note of the location, travel, and equipment students are required to bring including any changes to arrival or dismissal times.

*Table 1*

| SPORT | School equipment supplied | Student equipment required | Location | Travel | Cost | Changes to school arrival/dismissal arrangements |
|---|---|---|---|---|---|---|
| Body Boarding | Body boards<br>Sunscreen | Appropriate swimwear – Rash vests are encouraged<br>Towel<br>Thongs/shower shoes<br>Personal googles and sunscreen if preferred | Caves Beach | School Vehicle | $0 | Weekly on Tuesdays in term 4<br>Depart school 9.15<br>Return 1.45pm |

### Unstructured swimming activities

Students will be participating in unstructured swimming activities at *Caves Beach.*

Unstructured swimming activities are free swimming activities supervised by teachers.

Prior to participation, all students nominated on this form by their parent/carer as being a swimmer will be required to participate in a pre-activity swimming assessment – The Water Survival Challenge.

### Water Survival Challenge

The Water Survival Challenge involves the following continuous progression:

1. Enter the water using a 'slide-in entry'.
2. Show a balanced walk of 5 metres in the shallow end of pool.
3. Swim 25 metres without stopping.
4. Keep themselves above water for one minute by floating, sculling and/or treading water in deep water. Students can switch between these skills.
5. Exit the water.

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Students will receive a wristband based on their results from the Water Survival Challenge, the wristband indicates the aquatic activities they are able to participate in.

- A blue wristband allows participation in deep water, shallow water and land-based activities with water.
- A yellow wristband allows participation in shallow water and land-based water activities with water.
- No wristband allows participation in land-based activities with water.

Table 1 outlines the activities available to students according to their swimming level.

**Table 1**

| Swimming level | Activity |
|---|---|
| **Non-swimmers: Land-based activities only.** These students will not participate in the Water Survival Challenge or enter the water. | *Land-based games and activities on the sand or grass area, e.g. beach cricket, frisbee, sandcastle making, walks to the caves pending tides, Finska, Jenga.* |
| **Weak swimmers:** These students can swim but only in shallow water where they can **stand**. These students will be assessed in the Water Survival Challenge. | *Hip height maximum water free swim and body boarding,* |
| **Average and strong swimmers:** These students can swim at least 25 meters without stopping and are comfortable in deep water where they cannot stand.<br>These students will be assessed in the Water Survival Challenge. | *Fee swim and body boarding in between the flags* |

### 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.

Please complete the permission slip and return to the school.

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Parent/carer permission sign off

I give permission for my child _____ to participate in the Beach Activities program. I acknowledge that:

- my child will provide equipment indicated in the student equipment required column.
- there are specific travel arrangements
- my child will participate in land-based activities if they are unsuccessful in demonstrating the components of the Water Survival Challenge, or if I have indicated with a response of "no" to their participation in the swimming activities listed in Table 1
- this event/activity is required to be held in accordance with any current NSW Health and NSW Department of Education's policies and procedures
- my child will be under the supervision of NSW Department of Education teaching staff for the duration of the activity
- I have read and understand the 'accident insurance information' and 'concussion management' statements
- to the best of my knowledge, my child has no medical condition or injury that places them at risk by participating in this sport activity.

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

- ☐ No. As a non-swimmer, I am aware that land-based activities will be provided for my child.
- ☐ Yes. All students will be closely monitored during the swimming activity. 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 my child's swimming ability will be graded prior to the activity to determine which swimming or land-based activities are suitable for my child to participate in.
    - ☐ A weak swimmer: My child can swim/paddle but is only comfortable in shallow water where they can stand.
    - ☐ 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.

Parent/Carer's name: _____

Parent/Carer's signature: _____

Date: _____