



Ambarvale High School

Thomas Rose Drive Rosemeadow NSW 2560
PO Box 90 Campbelltown NSW 2560
Phone: (02) 4627 1800 Fax: (02) 4628 5289
Email: ambarvale-h.school@det.nsw.edu.au

Principal: Ms L Barnott-Clement, M.A., M.Ed., B.A., Dip.Ed.
Deputy Principal: Ms S Arts, M.Ed., B.Sci., Dip.Ed.
Deputy Principal: Ms E Fitzgerald, B. Health Science, Dip.Ed.

Educational Excursion Information and Consent TRREC Reward Excursion – Jamberoo Action Park and ‘The Challenge Test’

Dear Parent

Congratulations! Your child has consistently demonstrated our TRREC values of Trust, Respect, Responsibility, Excellence and Cooperation and has been invited to attend the end of year TRREC Ambassador excursion to Jamberoo Action Park, Jamberoo.

Traditionally, our TRREC excursions have a focus on leadership, teamwork and enrichment for our students, however, this terms focus will be on physical activity and wellbeing. The excursion will be highly structured and students who cannot swim are encouraged not to attend due to the high level of water activities involved.

To ensure the school follows Department of Education guidelines around unstructured water activities, students will need to undergo a ‘challenge test’ to determine their ability as a swimmer.

Step 1 - ‘The Challenge Test’	Step 2 - Jamberoo TRREC Excursion
<p>‘The Challenge’ identifies the proficiency that each student demonstrates at the time of testing. If a student is able to walk with balance in the water but is unable to complete ‘The Challenge’, a yellow wrist band is issued.</p>	<p>When: Friday, 13 December 2019</p>
<p>When: Monday, 2 December 2019</p>	<p>Where: Jamberoo Action Park – 125 Jamberoo Road, Jamberoo</p>
<p>Where: Gordon Fetterplace Aquatic Centre, The Parkway, Bradbury</p>	<p>Cost: (see below)</p>
<p>Cost: \$4.20 to be paid on entrance to Aquatic Centre</p>	<p>Departure from: Ambarvale High School at 8:30am</p>
<p>Departure from: Ambarvale High School at 1:00pm</p>	<p>Return to: Ambarvale High School at approximately 4:00pm</p>
<p>Return to: Ambarvale High School at 2:50pm</p>	<p>Parents are responsible for their child’s transport and safety prior to departure time at location and following return time at location.</p>

Cost: \$56.00 (This includes travel by bus for ‘The Challenge Test’ and entry and all rides at Jamberoo and travel by bus, A non-refundable deposit of \$20.00 must be paid to the office by Wednesday, 27 November 2019 to reserve your child a place (only 50 places available). **No new payments will be taken after this date.** Final balance of payment must be paid by Friday 6 December 2019.

Please complete and sign the permission notes attached and provide relevant medical information.

Ms S Arts
Relieving Principal
15 November 2019



Additional Information

'The Challenge Test'

'The Challenge' consists of five elements:

- **Entry** – Slide in entry into shallow water and walk five metres (Please note: This is the minimum benchmark for yellow wristbanded students)
- **Survival Swimming** – 25 metre swim with recognisable strokes
- **Survival Sequence** – Scull, float or tread water for 1 minute, call out for help once
- **Exit** – Exit the water unassisted
- **Rescue Sequence** – Demonstrate a simple voice rescue

To be regarded as proficient, each student is required to demonstrate proficiency against 'The Challenge' elements, must-see criteria and must-see validation are outlined above.

Itinerary and transport:

- Students will meet staff in the quad at 1:00pm
- Students will travel by bus to the Aquatic Centre
- Students will complete 'The Challenge Test' under the supervision of teachers attending the excursion
- Students will return to school at 2:50pm (students will miss lunch break and period 5 of the school day)

What to bring: Swimmers, towel, sunscreen, a hat and goggles if required. Students must wear full PE uniform to school and after the session at the pool. Lunch to eat at the pool. Access to the kiosk will not be available.

Dress Code: Students must wear full PE uniform to school and after the session at the pool

Supervising Teacher/s:

Emergency Care

First Aid Certificate

Teacher in Charge: Ms A Sinclair



Other Staff Attending: TBA

Emergency Contact Number: 4627 1800

Step 2 – Jamberoo Action Park TRREC Excursion

Upon arrival, your child will be issued with a wristband indicating their swimming level. They will then be allocated to a group with at least one supervising teacher.

The venue has qualified lifeguards at each ride and aquatic area as well as security cameras on all possible aquatic areas.

Itinerary and transport:

- Students are to assemble in the quad at 8:20am
- Students will board a coach at 8:30am and be taken to Jamberoo Action Park.
- Students will return to school at approximately 4:00pm, dependent upon traffic. Students are to make their own way home when they arrive back at school. Students may need to make alternative arrangements to get to and from school.

What to bring: Swimmers, towel, sunscreen, water bottle, a hat and goggles if students' eyes are sensitive in the water. **Note:** persons to enter the venue are permitted to bring a packed lunch. Alternatively, please bring appropriate money for food and drink for the day if your child is purchasing extra food on the day (it can be expensive - about \$15.00 for a small meal). Large quantities of food, eskies, and commercially prepared food are not permitted.

Dress Code: Students need to wear comfortable and respectable clothing (including a shirt that covers their shoulders and stomach – no singlets or crop tops). Full piece swimsuits for girls are recommended due to the nature of water activities at Jamberoo.

Supervising Teacher/s:

Emergency Care

First Aid Certificate

Teacher in Charge: Ms A Sinclair



Other Staff Attending:

TBC closer to date

Emergency Contact Number: 4627 1800



**Excursion Consent
'The Challenge Test'**

I give permission for my child _____ to attend 'The Challenge Test' on Monday, 2 December 2019. I understand that students will travel to the Gordon Fetterplace Aquatic Centre by bus and will depart from Ambarvale High School at 1:00pm, and will return to Ambarvale High School at approximately 2:50pm. My child must wear their full PE uniform and bring their swimmers, goggles (if required) and a towel. I understand my child will need to pay \$4.20 upon entry to the Aquatic Centre and the cost to be paid to the school is \$56.00 including a non-refundable deposit of \$20.00 that must be paid to the office by Wednesday, 27 November 2019. **No new payments will be taken after this date.** The balance of payment must be paid by Friday, 6 December 2019.

Water or swimming activities - advice

The excursion will involve the following water or swimming activities:

- 'The Challenge Test' in a swimming pool

Water or swimming activities - response

I give permission for my child _____ to participate in 'The Challenge Test'.

In relation to the proposed water or swimming activities, I advise that my child is a:
(please tick one)

Strong swimmer Average swimmer Poor Swimmer Non Swimmer

Parent Signature: _____ **Date:** _____

MEDICAL INFORMATION:

Medical conditions _____

Allergies _____

Diet requirements _____

Medication _____

Other _____

Medicare Number (optional) _____

Parent/Emergency Contacts:

	Name	Contact Number	Relationship to Student
1.	_____	_____	_____
2.	_____	_____	_____

Parent Signature: _____ **Date:** _____



Excursion Consent
TRREC Reward Excursion – Jamberoo Action Park

I give permission for my child _____ to attend the TRREC Reward Excursion to Jamberoo Action Park on Friday, 13 December 2019. I understand that students will travel to Jamberoo by coach and will depart from Ambarvale High School at 8:30am, and will return to Ambarvale High School at approximately 4:00pm. I understand that students may need to make alternative arrangements to get to and from school. My child must wear comfortable and respectable clothing. The total cost of the excursion is \$56.00 including a non-refundable deposit of \$20.00 that must be paid to the office by Wednesday, 27 November 2019. **No new payments will be taken after this date.** The balance of payment must be paid by Friday, 6 December 2019.

Parents are responsible for their child’s transport and safety prior to departure time at location and following return time at location.

Water or swimming activities - advice

The excursion will involve the following water or swimming activities:

- Recreational swimming in a swimming pool / water activities

Water or swimming activities - response

I give permission for my child _____ to participate in the water or swimming activities.

In relation to the proposed water or swimming activities, I advise that my child is a:
(please tick one)

- Strong swimmer
 Average swimmer
 Poor Swimmer
 Non Swimmer

Parent Signature: _____ **Date:** _____

MEDICAL INFORMATION:

Medical conditions _____

Allergies _____

Diet requirements _____

Medication _____

Other _____

Medicare Number (optional) _____

Parent/Emergency Contacts:

	Name	Contact Number	Relationship to Student
1.	_____	_____	_____
2.	_____	_____	_____

Parent Signature: _____ **Date:** _____