

# Cambridge Park Public School

Principal: Katrina Berwick  
35 Oxford St, Cambridge Park  
Darug Country, 2747  
Phone: (02) 4721 2556

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## Cambridge Park Public School Swimming Time Trial 2025 – Final Permission Note

The Cambridge Park Public School Swimming Time Trial is a twilight event and will be held on **Monday 10 February 2025** at Ripples Penrith, 119 Station St PENRITH commencing at **7:00pm**. In our initial registration form in term 4 2024, you indicated your child would be **turning 8 or above in 2025** and were a confident swimmer. A confident swimmer can swim a stroke, 50m without stopping or assistance. The purpose of the time trial is to obtain current times which will be submitted to the zone committee for consideration for entry in the Zone Carnival.

This year we will only be running 100, Freestyle, 50m Freestyle and 50m Backstroke at the time trial. **For all other events, students will need to submit times from their swimming club to Miss Berwick on the night of the carnival.** Please come prepared with these written down.

### **Information about the event:**

**Date:** Monday 10 February 2025 **Start time:** Arrival 6:45pm for 7:00pm start.

**Event location:** Ripples Penrith, 119 Station St PENRITH.

**Transport:** Parents are responsible for transporting their children to and from the pool. All parents and students are to pay the pool entry fee at the front pool gate.

**Cost:** Swimmer participants \$6.30, Spectator fees \$3.25 (Please note Ripples swimming centres are cashless)

**Permission should be given on the Sentral Parent Portal by Friday 7 February 2025.**

**Supervision:** All participating students must be accompanied by a responsible adult while at the carnival and arrive at the pool no later than 6:45pm so that races can start on time. Parents will be responsible for the safety and the behaviour of their children, and students are expected to follow teacher direction just as they would do at any school event.

**Uniform Requirements:** All students should wear appropriate swimwear including a swim cap. If successful to gain entry to the Zone carnival all swimmers will be expected to wear a swim cap. Wearing goggles is permitted. Please note that board shorts and t-shirts cause drag in the water and make it more difficult to swim efficiently and safely.

**Items Requirements:** As the time trial is in the evening and the weather has been unpredictable all students will need to bring warm clothes and at least 2 towels to stay dry and warm between races.

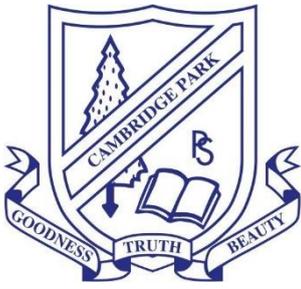
**Additional Information:** At the pool there is plenty of covered area if it rains. However, there is limited seating undercover, so it is advisable to bring some folding chairs especially if the weather looks changeable. We would like parents and students to sit in family groups and maintain social distancing rules.

Please note that there will be no access to the western side of the pool or swimming in the other pools. The marshalling area and both the starting area and finishing end of the pool are for staff only.

The school has only the use of the 50m pool. The canteen, training pool and the water park are closed to students and visitors.

You may bring drinks (no alcohol) in plastic bottles and cans (no glass bottles) and small snacks for between the races. Please do not bring crepe paper streamers to the pool.

If for any reason the school swimming carnival is postponed, the school will communicate this through *Class Dojo*



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## 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.

Miss Katrina Berwick  
Principal

Mrs Melissa Copeland  
Organiser

### Privacy - advice

The information provided on is being obtained for the purpose of ascertaining relevant medical information, requirements and other health care related needs about your child who is currently enrolled at the school and who may participate in school excursions, sporting activities or other educational or school activities conducted by or in conjunction with Cambridge Park Public School. It will be used by the NSW Department of Education to assist planning, to support students, and to minimise risks when conducting school excursions, sporting or other school activities. Other persons or agencies that may be provided with this information include, but are not limited to, volunteers and members of external organisations who join with the school or are otherwise involved in the planning or delivery of the excursion, sporting or other school activity; and persons that may be called upon to provide health care treatment or other assistance during or as a consequence of such excursions or activities. A failure to provide the information may mean that your child can not participate in a particular excursion or school activity. In such circumstances the school will make available a sound alternative educational experience. Provision of this information will significantly assist the school in planning a safer educational activity. It will be stored securely. If you have any concerns about provision of this information, please contact the school principal to discuss further. You may correct any personal information provided at any time by contacting the school office.