



6th March, 2020

SYDNEY EAST REGIONAL SWIMMING CARNIVAL

Congratulations on your recent performance in the Port Hacking Zone Swimming Championships. You have now been selected to compete at the Sydney East Regional Swimming Championships to be held on Tuesday, 17th March 2020.

- Date: Tuesday, 17th March, 2020
- Venue: Sydney Olympic Park Aquatic Centre, Homebush.
- Start: 8:00am (warm up from 7:30 am)
- Cost: \$6.00, payable on entry.
- Travel: Students to make their own way to and from the carnival.
- Dress: Students must wear Port Hacking High School sports uniform to the Regional carnival
- Incidentals: Students should bring their own lunch and drinks, hat, sunscreen, swimming attire and towel.
- Organisation:
- On arrival at the carnival, students must report to the Zone Convener.
 - Competitors must wear a Port Hacking Zone swim cap for individual events. Caps can be purchased on the day for \$5.00.
 - Relay competitors must wear a Port Hacking High School (Red) swim cap for their event. Caps can be collected from the PE staffroom prior to carnival or from a teacher at the carnival.
 - Programs will be available at the carnival for \$3.00.
 - PHHS teachers in attendance at these championships will be Mr Barlow and/or Mr Redrup.

Please complete the permission note attached and return to Mr Barlow as soon as possible. No student will be permitted to attend or compete in this activity without a signed permission note.

B Hugo
Principal

S Barlow
Representative Sports Coordinator





Please return this permission note to *Mr Barlow* ASAP

PERMISSION NOTE SYDNEY EAST REGIONAL SWIMMING CARNIVAL TUESDAY, 17TH MARCH 2020

I give permission for my son/daughter _____, Roll Class _____ to attend the Sydney East Regional swimming carnival at Sydney Olympic Park Aquatic Centre, Homebush on Tuesday, 17th March, 2020

I have read the information provided in relation to this activity and I understand, and give permission for, my son/daughter to participate in water activities.

I confirm that my son/daughter is confident in the water and is a strong swimmer.

I understand and agree that my son/daughter is responsible for making their own way to and from the venue.

My son/daughter has the following special needs (please provide full details and include any relevant medical details).

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My son/daughter is anaphylactic YES NO

In an emergency it could be necessary to obtain medical advice or hospitalisation.

At all times it is understood that teaching staff will try to contact one of the parent's phone contacts. The safety and wellbeing of your child is paramount and medical decisions will be made only in consultation with a medical practitioner. Parents are responsible for all costs for these actions and will reimburse any PHHS staff who incur any costs in regard to medical treatment.

Student name:		Medicare No:		Expiry:	
Private Health cover: Y / N		Fund Name:		M'ship No:	
Parent or caregiver contact details					
Name:					
Home phone:		Work:		Mobile:	
Doctor contact details					
Doctor's Name:				Phone:	
Emergency contact details (nominated by the parent or caregiver as alternate contact)					
1. Name:		Phone:			
2. Name:		Phone:			

Parent/Caregiver Signature :

Date:.....

