

Unstructured swimming activities – mandatory inclusion

Schools must add the information in this document to all permission notes for any activity that involves unstructured swimming.

Students will be participating in unstructured swimming activities at *insert name of venue*.

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.

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 <i>school to insert activities</i>
Non-swimmers: Land-based activities only. These students will not participate in the Water Survival Challenge or enter the water.	<i>Land-based splash games, examples include splash parks, water balloons, water games.</i>
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.	<i>Shallow water, examples include wading novelty events, water slide with a walking exit.</i>
Average and strong swimmers: These students can swim at least 25 metres without stopping and are comfortable in deep water where they cannot stand.	<i>Examples include free swim on school camp, water slides with a splash down.</i>

These students will be assessed in the Water Survival Challenge.

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.



Parent/carers permission sign off

Do you give your child permission to participate in the unstructured swimming activities in Table 1?

- ☐ No. I do not give permission for my child to participate in the unstructured swimming activities listed. I understand they will participate in the land-based activities listed in Table 1.
- ☐ Yes. I give permission for my child to participate in the unstructured swimming activities listed, I understand the Water Survival Challenge will determine the activities they are able to participate in.

To assist with planning, please use the swimming levels outlined in Table 1 to indicate your child's swimming ability.

- ☐ I don't know how well my child swims. I understand my child's swimming ability will be assessed in the Water Survival Challenge to determine which swimming or land-based activities are suitable for my child to participate in.
- ☐ Weak swimmer: My child can swim/paddle but is only comfortable in shallow water where they can stand.
- ☐ Average swimmer: My child can swim 25 metres without stopping and is comfortable 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.

I acknowledge that:

- 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.

Student’s name:

Parent/carer’s signature

Parent/carer’s name:

Date: