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Dear Parent,

You have registered your child(ren) to attend our holiday camp. At that camp we plan to take campers swimming on two occasions. On one occasion we plan to swim at the beach. On another occasion we plan to swim at the Fraser Coast Aquatic Centre. This form requests that you sign off on your child's swimming ability and also give permission for them to attend these swimming activities.

**Beach Swimming**

The beach is just over 10 mins walk from Campialba. When the tide is out, the water recedes several hundred meters from the shore. When the tide is in, the water is a suitable depth to enjoy swimming. We plan to take the campers swimming and to manage the activity in accordance with our Beach Swimming Activity Management Plan which you can see on our website on this link

<https://www.campialba.com.au/planning-a-camp> .



**Aquatic Centre Swimming**

We plan to bus the campers to the Aquatic Centre and spend a reasonable portion of the day there. This will include the lunch-time. The Aquatic Centre requires us to have parental permission and sign-off on swimming ability. We plan to manage this activity in accordance with our Aquatic Centre Swimming Activity Management Plan which you can find on our website on this link

<https://www.campialba.com.au/planning-a-camp> .

Please sign this attached form and hand it in when you drop your child in at the start of camp. If you are unable to verify that your child has sufficient swimming competence, please let us know and we will arrange alternative activities for them during those times.

I give permission for my child ..... to participate in the following activities whilst on camp from 3<sup>rd</sup> – 8<sup>th</sup> January 2020. I have completed the Water Survival Challenge Proficiency Criteria sheet (attached) to indicate the proficiency level of my child.

- Beach Swimming
- Aquatic Centre Swimming

.....  
NAME

.....  
SIGNATURE

.....  
DATE

**\* PLEASE ALSO COMPLETE THE NEXT PAGE**

# WATER SURVIVAL CHALLENGE PROFICIENCY CRITERIA

Student Name.....

Elements	For the purposes of survival, a <b>COMPETANT</b> person can ...	My child is
<b>Entry</b>	Successfully enter a pool. This includes <ul style="list-style-type: none"> <li>• Unassisted, hold the side of pool.</li> <li>• Turn their body to face wall while lowering body into water.</li> <li>• Feel for the bottom with feet.</li> <li>• Walk for 5m through water maintaining balance and control of direction.</li> <li>• Keep their head still and eyes open.</li> </ul>	<input type="checkbox"/> Competent <input type="checkbox"/> Not Competent
<b>Survival Swimming</b>	Swim to safety. This includes <ul style="list-style-type: none"> <li>• Continuous swim for 25m using a stroke of their choice.</li> </ul>	<input type="checkbox"/> Competent <input type="checkbox"/> Not Competent
<b>Survival Sequence</b>	Stay afloat for survival purposes. This includes <ul style="list-style-type: none"> <li>• Attempt controlled survival sculling action. (e.g. tread water) for 1 minute.</li> <li>• Maintain a stationary position.</li> <li>• Keep their face clear of the water.</li> <li>• Call out in a loud clear voice.</li> </ul>	<input type="checkbox"/> Competent <input type="checkbox"/> Not Competent
<b>Exit</b>	Exit the water unassisted. This includes <ul style="list-style-type: none"> <li>• Hold onto the edge of the pool.</li> <li>• Move to a point (using hand over hand movements so as not to let go of the edge of the pool) in the pool where they are able to exit.</li> </ul>	<input type="checkbox"/> Competent <input type="checkbox"/> Not Competent
<b>Rescue Sequence</b>	Help others by <ul style="list-style-type: none"> <li>• Maintaining good eye contact.</li> <li>• Giving calm clear instructions.</li> <li>• Alerting lifeguard or adult that assistance is needed while still maintaining eye contact with person in difficulty.</li> </ul>	<input type="checkbox"/> Competent <input type="checkbox"/> Not Competent

## CLASSIFYING STUDENTS

All campers will be issued with an appropriate coloured band at the Aquatic Centre. Campialba will document the campers' proficiency in case a band is lost or damaged during an activity.

Proficient campers will be issued with a **blue wrist band** and will be deemed safe to participate fully. Non-proficient campers will be issued with a **yellow wrist band** and can participate in shallow water activities, at a depth no higher than their waist.

<b>Survival Challenge – Banding Of Students</b>	
BLUE BANDS	YELLOW BANDS
Proficient students - safe to participate in deep water	Non-proficient students - can participate in shallow water activities, at a depth no higher than a student's waist.