

# KOTARA HIGH SCHOOL

## SURFING PERMISSION NOTE



**Please return this note when paying bus fare to the office and prior to the sport commencing.**

The Kotara High School Sports Program offers its students a variety of activities, some of which require leaving the school grounds. Parental permission is required when leaving the school to firstly participate in the WATER BASED activity and secondly for the bus travel involved.

Students will also be walking in the local environment at the beach and must ensure they wear the correct footwear and follow all safety instructions and pedestrian rules.

Surfing will be usually be conducted at Dixon Park, Bar Beach or Merewether and will vary depending on conditions that day. Students may also be swimming in Merewether Baths for testing or if the surf setting is not suitable.

Students will not be permitted to surf until they have returned the signed permission note. Students will also be required to complete a supervised swim/pre-activity water survival challenge to assess their aquatic proficiency or present documentation of their accreditation.

Participating students must possess either a Surf Life Saving Association (SLSA) Surf Survival Certificate, Australian Professional Ocean Lifeguard Association (APOLA) Ocean Safety Surfer Award or higher-level award. The teacher-in-charge must ensure that each intending participant is competent swimmer and demonstrate under teacher supervision that they are capable of swimming 200m, in a still water pool not less than 25m in length, in under 5 minutes. Additionally, students should be assessed annually in rescue techniques and first aid/emergency care procedures. This is an annual requirement.

Students are to use adequate sun protection in all conditions. This includes suitable water-resistant sunscreen reapplied regularly, wetsuit and school issued rash-vest. Surfboard riders must wear leg-ropes, bodyboard riders must wear wrist-leashes and correctly fitted flippers with a flipper-saver or another approved flipper securing device.

To the best of my knowledge my child has no medical condition, disability or injury which puts him/her at risk in participating in this activity. (NB: if there is please put relevant information on the bottom of this note and inform the supervising teacher). All relevant medical information regarding my child has been submitted to the Front Office at the school.

In the event of illness or injury, I authorise the seeking of such medical assistance on my behalf that my child might require.

I give my Son/Daughter \_\_\_\_\_ of Year \_\_\_\_\_ permission to participate in Surfing for Term \_\_\_\_2022. I also give permission for my child to travel to and from the venue.

Please tick the appropriate box –

- ☐ My child has one of the current qualifications listed above
- ☐ my child is a competent board rider and is permitted to go in the surf.

**I am also prepared to pay the \$30 bus fare by the first week of sport.**

Parent/Guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

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