



## Education Outside the Classroom| Aquatics Skills Programmes 2020 Surf Lifesaving & Swimming

7 Feb 2020

Dear Parents/Caregivers,

We are thrilled to be able to offer these two exciting programmes as part of our Health and Physical Education learning this year.

Because we are leaving the school, we need your permission for your child to attend and participate in our Surf Lifesaving day, and in weekly swimming lessons. You can sign your consent on Skoolloop, or email your child's class teacher, or Joanne in the office, or return this notice. If you have any questions, please get in touch by email or drop in and see us!

There are different programmes for different year levels. Please read the following for more information.

### **Surf Lifesaving Beach Ed Day at Worser Bay Beach**

Beach Ed is a full day surf safety course delivered at the beach by surf lifeguards. Beach Ed is age-appropriate learning for school year levels 1-8. The Beach Ed programme goes ahead rain, wind or shine. Children will need warm layers and a sunhat and if they are Years 3-8 they will need togs or wet suit, towel (goggles etc) and a hearty packed lunch.

#### **Beach Ed Modules:**

- Tour of club
- Teaching of surf safety rules - number of rules depends on year group
- Identification of and how to escape a rip current
- Beach games - relating to a skill to stay safe on the beach including a sand sculpture of a rip current
- How to set up a beach patrol - reinforces safety messages
- Water activities - may include mock rescues, body boards, channel/hole identification, survival using flotation device.
- Lifeguard in a rip
- Sun smart



**Aft, Lower Deck, Upper Deck and Lower Bridge Surf Lifesaving Day  
Wednesday 12<sup>th</sup> February, Travelling by bus to and from venue.**

- Years 1 and 2 (Aft and Lower Deck) will participate in the club room and sand activities only from 9am -12 noon, and return to school for lunch. They will not be going into the sea. We would love parents to join us on this trip to help support and encourage our children in the clubrooms, on the sand, and in the bus!
- Upper Deck and Lower Bridge (Years 3-5) will attend 9am-3pm and will participate in the full day of activities. We require parent helpers to join us, especially in the sea!

**The Long Boat and Upper Bridge Surf Lifesaving Day, 9am-3pm  
Thursday 13<sup>th</sup> February, Travelling by bus to and from venue.**

The Long Boat and Upper Bridge will attend 9am-3pm and will participate in the full day of activities. We require parent helpers to join us, especially in the sea!



**Swimming Lessons for Aft, Lower Deck, Upper Deck and Lower Bridge:  
Berhampore School**

Swimming starts on 18<sup>th</sup> February, and is every Tuesday for the rest of the term. Classes will bus to and from Berhampore School pool, (Aft and Lower Deck in the first run, and Upper Deck/Lower Bridge in the second). Students will be assessed at their first session and grouped. Lessons are half an hour for each group. Children will need togs, goggles and swim cap to be able to participate in the lessons. Please let us know if you need help with sourcing a swim cap or goggles.

**Swimming Lessons for The Long Boat and Upper Bridge:  
Wellington Aquatic Centre**

Swimming starts on 18<sup>th</sup> February, and is every Tuesday after that for the rest of the term, except for Thursday 9<sup>th</sup> April instead of Tuesday 7<sup>th</sup>. Classes will bus to and from the Wellington Aquatic Centre pool from 12-1pm. Students will be assessed at their first session and grouped. Lessons are half an hour for each group. Swimmers will need togs, goggles and a swim cap if they have long hair to be able to participate in the lessons.