



Year 5 Beach Water Safety Program Term 1 2018

Dear Parents and Guardians,

Year 5 students have the opportunity to participate in a fully supervised beach water safety program at Mount Martha Life Saving Club on the **Tuesday 13th & Wednesday 14th of March.**

Year 5 students will spend two days at the beach rotating through the following activities;

- | | |
|--------------------------------------|--|
| 1. Learn CPR | 2. Beach Flag Races and other beach activities |
| 3. Rescue Tubes & rescue simulations | 4. Survival Swimming Skills |
| 5. Nipper Boards | 6. Bomboras / surf skis |
| 9. Swim / Wade skills for the beach | 8. Snorkelling experience |

Year 5 two day program cost is \$40.

The cost for these programs includes; hire of Mount Martha Life Saving Club Rooms, use of their equipment, 7 lifesavers qualified to conduct the water based activities and bus transport.

Learning to swim and how to be safe around water is such an important life skill, especially when we live by the beach and these skills formulate part of the health and physical education curriculum in Victoria.

Payment is due back to school on Tuesday 6th of March and early payments are most welcome!

Please return the slip below indicating your child's swimming ability along with payment.

Should you require a payment plan, please speak with the office one week prior to the above due date.

During the program students will need to bring along the following;

school hat, sunscreen bathers, thongs, towel, t-shirt or rash vest to wear swimming reducing chances of sun exposure, a wetsuit (personal choice) should the weather be cool, rain coat and warm clothes for at the beach if weather is inclement, school uniform appropriate to weather to change into at the end of the day, morning snack, lunch, afternoon snack and water /drink.

A more detailed note will come home closer to the time.

Thank you,
Mr Dowling & Year 5 Teachers

My child _____ of class _____ has a swimming ability where they can comfortably swim a distance of;

Cannot swim (0m) Weak swimmer who lacks confidence (under 50m)

Fair swimmer, but lacks confidence (50-100m) competent swimmer (100-200m continuously)

Strong swimmer (200m+ continuously and confidently)

Parent name (please print) _____

Parent signature _____ Date: _____