



Shellharbour Public School

Sincerity Provides Strength

Kindergarten to Year 6 Cross Country Carnival Thursday 2nd May 2024



Dear parent/carer

Our annual school Cross Country Carnival – for students from Kindergarten to Year 6, will be held in the school's back playground on Thursday, 2nd May 2024, from 9 am up until lunchtime. The District Cross Country Carnival will be held at Kembla Joggers, 88 Darkes Road, Kembla Grange – 7 students from each age group will represent our school at this District Carnival and successful students will be notified by the end of the week.

This event has been planned to supplement the healthy, safe and active lifestyles unit we will be studying in Physical Education. Parents and carers are welcome to come along and watch this event.

The cost of the in-school activity is nil.

Students are to wear their school sports uniform or house colours, including a school hat, which is compulsory (no studded running shoes). The Sun Safe Policy states that parents must apply sunscreen to children before this event.

The principal has approved this in-school activity. Class teachers with recognised and current training in emergency care and CPR will be present.

Order of events:

1st race will commence at 9:10 am – 12/13 Year Boys and Girls – 3000m

11 Year Boys and Girls – 3000m

10 Year Boys and Girls – 2000m

8/9 Year Boys and Girls and Multi-class – 2000m

7 Year Boys and Girls – 1 lap of oval

5/6 Year Boys and Girls – 1 lap of oval

Important information

Personal Injury statement

In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation. Parents/Carers are advised to assess the level and extent of their child/ward's involvement in the sports program offered by the school, school sports zone, region and state school sports associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance coverage is available through normal retail outlets. Parents/Carers who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate. The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the loss of use of certain prescribed parts of the body. The Supplementary Scheme does not cover medical costs or dental costs. Further information can be obtained from

<https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/#gref>

Further information regarding student accident insurance and private health coverage is provided at:
<https://app.education.nsw.gov.au/sport/file/1449>



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Concussion Clearance

The Australian Medical Association recommends that students be symptom-free of concussion for 14 days before returning to sport. Students who have suffered a concussion within 14 days of the event must provide written clearance from a medical practitioner prior to participating.

- If your child/ward sustains a concussion or experiences any concussion symptoms, in the 14 days period prior to the event commencing, you must report this to team officials, and a medical clearance is required in order for your child/ward to participate in the event.
- Medical clearances can be attached to this consent form or can be submitted to team officials separately

Miss Whyte and Mr Smith, Cross Country Co-Ordinators

~~X~~-----Please detach and return the section below to class teacher by-----
Wednesday, 1 May, to confirm attendance

Shellharbour Public School – Cross Country – Permission Note

I hereby consent to my son/daughter/ward (full name) _____ in Class _____ participating in the Shellharbour Public School Kindergarten to Year 6 Cross Country Carnival on **Thursday, 2nd May 2024**, from **9 am** in the **school's back playground**.

I understand that my child is responsible for reapplying their sunscreen.

I understand that I need to give my child a drink bottle of water for rehydration.

I can confirm that I understand that, in the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. (Personal injury statement)

I acknowledge that if my child/ward sustains a concussion or experiences any concussion symptoms, in the 14-day period prior to the event commencing, I am required to report this to team officials. I further acknowledge that, should this occur, my child/ward will only be permitted to participate in the event, if a medical clearance is provided. (Concussion statement)

Signature of parent/carer: _____ Date: _____