



PDHPE/Sport Requirements Year 10 2019

Dear Parents and Caregivers,

During the school year, Year 10 students will participate in weekly sport, whole school carnivals and attend the Road Safety excursion across various locations within the metropolitan area. With each of these activities comes a permission note and from time to time some students miss out because the notes are not returned. To streamline this process for both staff and parents we are seeking your permission to include your child in all local carnivals and sporting activities.

An **information note will be sent out 2 weeks** prior to the event outlining purpose, location, student requirements and costs involved. The swimming carnival, cross country carnival, athletics carnival and the Road Safety excursion **are all compulsory for Year 10 students attend.**

The activities undertaken off the school grounds includes weekly sport lessons, three major carnivals, the Road Safety excursion and during times when the PE hall is in use for exams. This note covers all activities of this type for the 2019 school year (*it does not include overnight or extended camps*)

Swimming Carnival (Term 1) Prince Alfred Park Pool, Surry Hills **12/2/19**

Cross Country Carnival (Term 1) Sydney Park **11/4/19**

Athletics Carnival (Term 2) Warm up Track Homebush **24/5/19**

Year 10 B Streetsmart (road safety excursion) (Term 3)

The rules for the RoSA state that each pupil must have '*Adequate experience in Physical Education and Sport in accordance with the Board Syllabus*' and;

- (1) Participate in ALL P. E. and SPORT Lessons. For exemptions from Physical Activity a legitimate note from parents/caregivers or a Medical Certificate is required.
- (2) Wear the required PDHPE uniform: **To be purchased from the school Uniform shop**

Sport Polo Shirt	(\$30.00)	Navy Tracksuit	(\$100.00) (winter)
Sport shorts	(\$30.00)		
- (3) Attend Swimming, Athletic and Cross Country carnivals which are an important part of the school program.
- (4) Attend and participate in integrated sports sessions as per timetabled lessons

PDHPE faculty uniform policy applies to all students. Any student out of uniform on 3 occasions in any one term will be placed on a restorative classroom contract as per the School Behaviour Management Policy. The PDHPE policy states that joggers/sandshoes MUST be worn by ALL students in P.E./Sport classes. Vans/Converses are not acceptable footwear as they do not provide the appropriate foot/ankle support. A baseball cap and sunscreen is compulsory for outdoor activities. If this uniform cannot be worn a note from a parent/caregiver must be brought with alternative sports gear.

E. Reynolds
Head Teacher PDHPE and Sport

P. Shields
Deputy Principal



PDHPE/Sport Permission Note 2019 – Year 10

I have read the attached information and understand the concept of this one permission note to cover all **PDHPE/Sport activities off the school grounds for the 2019 school year.**

With this understanding I give permission for the attendance and participation of my child/ward:

Family name																				
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Given Names																				
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To attend all off school grounds activities for the year (2019).

I understand that the school will inform me of all **planned excursions 2 weeks prior to the event.**

I consent to my child/ward **attending out of school activities, school carnivals and the road safety excursion at the following venues** when the PE hall is not available, whole school events and excursions. Alternative venues for PD/H/PE and SPORT are as follows:

Drummoyne Swim Centre, Drummoyne Enfield Swimming Pool Ashfield Aquatic Centre Sydney Park - Princes Highway, St. Peters Warm up Athletics Track, Homebush Sydney Olympic Athletics Track, Homebush Newtown Primary School, Newtown Prince Alfred Park Pool, Surry Hills	Tempe Reserve and Mackey Park Marrickville High School Newtown GYM, Newtown Strathfield Girls High School HJ Mahoney Field, Marrickville Annette Kellerman Aquatic Centre, Marrickville Athletics Centre, Homebush Steel Park, Marrickville
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Medical Conditions the organiser should be aware of:

It is the parent/carer's responsibility to notify the school of any changes/alterations/additions and/or updates to the medical information and concerns supplied to the school

If there is any change to parent/carer contact details please notify the school immediately by completing the 'Change of Details Form' available on our website

Please Print Name: _____

Signed: _____

Date: _____

All signed notes need to be returned to the drop box outside the PDHPE office as soon as possible. We look forward to your support in this matter and if further information is required, please contact the school.



NEWTOWN GYM PTY LTD



ACKNOWLEDGMENT RELEASE AND ASSUMPTION OF RISK

CASUAL ENTRY UNDER 18 YEARS OF AGE – NEWTOWN HIGH SCHOOL OF THE PERFORMING ARTS

WARNING – THIS IS AN IMPORTANT DOCUMENT WHICH AFFECTS YOUR LEGAL RIGHTS AND OBLIGATIONS. READ IT CAREFULLY AND DO NOT SIGN IT UNLESS YOU ARE SATISFIED THAT YOU UNDERSTAND IT. IF YOU HAVE ANY QUESTIONS PLEASE ASK OUR REPRESENTATIVE.

FITNESS CENTRE OPERATOR – NEWTOWN GYM PTY LIMITED ABN 3207 6092 567

ACKNOWLEDGEMENT OF RISKS, INJURY AND OBLIGATIONS

I ACKNOWLEDGE that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I ACKNOWLEDGE AND UNDERSTAND that whilst participating in such activity:

1. I may be injured, physically or mentally, or may die.
2. My personal property may be lost or damaged.
3. Other persons participating in such activity may cause me injury or damage my property.
4. I may cause injury to other persons or damage their property.
5. The conditions in which the activity is conducted may vary without warning.
6. I may be injured or die or suffer damage to my property as a result of the negligence or breach of contract of the Fitness Centre Operator.
7. There may be no or inadequate facilities for treatment or transport of me if I am injured.
8. I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

RELEASE AND INDEMNITY TO THE FITNESS CENTRE OPERATOR

IN CONSIDERATION of the acceptance of my payment and/or signature for participating in the activity (and except to the extent that the same may be precluded by statute) I AGREE TO RELEASE AND INDEMNIFY the Fitness Centre Operator as follows:

1. I participate in the activity at my sole risk and responsibility.
2. I release, indemnify and hold harmless the Fitness Centre Operator, its servants and agents, from and against all and any actions or claims which may be made by me on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property, whether by negligence, breach of contract or in any way whatsoever.

I ALSO AGREE THAT in the event that I am injured or my property is damaged, I will bring no claim, legal or otherwise, against the Fitness Centre Operator in respect of that injury or damage.

Before signing this document I have read and understood it and know that it affects my legal rights.

I, _____ being the parent or guardian
(please write clearly)

of _____ Childs Age: _____
(please write clearly)

Hereby acknowledge and agree:

1. I have read the whole of this document and understand it,
2. I consent to the person in this Acknowledgment and Release participating in the activity, and
3. I am aware of the risks, dangers and obligations set out in this Acknowledgement and Release.

IN CONSIDERATION OF the person named in the Acknowledgment and Release being accepted to participate in the activity, I AGREE TO RELEASE AND INDEMNIFY the fitness centre operator in the same manner and to the same effect and extent, as if I was the person first named in this Acknowledgment and Release as the person participating in the activity.

I also confirm this Acknowledgement and Release is valid for terms: Term 1 - 19th February 2019 to 12th April 2019 (inclusive), Term 2 - 30th April 2019 to 5th July 2019 (inclusive), Term 3 - 23rd July 2019 to 27th September 2019 (inclusive) and Term 4 - 15th October 2019 to 17th December 2019 (inclusive).

SIGNATURE OF PARENT/GUARDIAN: _____ **DATE:** __/__/__

PARENT/GUARDIAN CONTACT NUMBER: _____

In the unlikely event of an injury, all the staff and instructors at Newtown Gym hold current First Aid and CPR qualifications. There is also a First Aid Kit and Defibrillator on site. In the case of a medical emergency an ambulance would be called.