



HOUSE SWIMMING CARNIVAL

10 February 2021

Dear Parents & Carers

On Tuesday 16 February, your son will be competing in the House Swimming Carnival.

The Carnival comprises of two smaller carnivals based on the age your son turns this year.

Times: 8, 9 & 10yrs from 9.15am – 11.15am

11, 12 & 13yrs from 11.45am – 2.30pm

Venue: Knox Aquatic Centre Senior School

Wear: PE uniform (house shirt, Knox sports socks, Knox crested shorts & joggers) with swimmers underneath to school

Bring: Towel, goggles, house swimming cap, change of underwear, tracksuit jacket, wet weather gear, food for the day and drink bottle in their sports bag.

Morning Tea & Lunch:

Years 3 & 4 will have their lunch back at school

NO MORNING TEA ORDERS for Years 3 & 4 on carnival day

Years 5 & 6 will have their lunch (brought from home) at morning tea-time.

NO LUNCH ORDERS for Years 5 & 6 on carnival day.

Boys are not to purchase food from the vending machines in the Aquatic Centre complex.

Underage boys: If your son is a Year 5 who is turning 10 in 2021, he will compete in the morning carnival. Your son will then stay at the pool and support his friends in the afternoon carnival.

House cap: Parents are asked to purchase a house swim cap from the Uniform Shop in Borambil Avenue to wear in his races.

Events: The fastest 8 or 16 boys (depending on times) in the 8/9yrs, 10yrs, 11yrs and 12/13yrs will compete in the 50m freestyle, backstroke, breaststroke, butterfly and 100m freestyle based on their times at the swim trials.

Program: A program will be posted on the Knox Grammar app under Prep House Carnivals prior to Tuesday 16 February.

Only boys competing in 50m & 100m events will be listed in the program. All 25m races are entered on the day as they are not based on times – freestyle, backstroke, breaststroke and butterfly.

Each boy will have the opportunity to compete in at least two races on the day.

Swim Team: The Knox Swim Team will be selected to compete at IPSHA and other Invitation carnivals throughout the year based on results from the House Championships.

Afternoon: All boys will be dismissed from school as per normal. Sports practices will go ahead.

Parents: Due to COVID restrictions we are not able to accommodate parents at this year's carnival.

If you have any queries regarding the House Swimming Carnival do not hesitate to contact me via email – hitchinerm@knox.nsw.edu.au or phone - 9473 9308.

To give your son permission to attend this event please accept the Terms & Conditions (as listed below) on the Parent Lounge no later than **Friday 12 February 2021**.

Yours sincerely



Mr Mark Hitchiner
Prep Sports Coordinator K-6

TERMS & CONDITIONS – HOUSE SWIMMING CARNIVAL

Acknowledgement of Risk, Consent to Participate, Consent to Receive First Aid, Medical Treatment and Children's Paracetamol (or equivalent)

I acknowledge that through participation in the program as organised by Knox Prep School that in addition to the risks commonly accepted at School or home certain risks or dangers may be encountered that could include (amongst others): physical exertion to which my son may not be accustomed; extremes of weather and temperature including sudden and unexpected change; the possibility of accident or illness remote from normal medical services; evacuation difficulties if my son is disabled.

By accepting these Terms and Conditions, I give permission for my son to participate in the above mentioned excursion/incursion.

Medical: I give permission for First Aid to be provided by Knox Prep School staff should the need arise. I understand every effort will be made to contact the parent/guardian in the case of an emergency, however, if this is not possible I give permission for my son to receive medical attention and agree to meet any expenses incurred for medical treatment and evacuation deemed necessary for his safety. This agreement shall be governed in all respects by and in accordance with the Laws of Australia.

I acknowledge that I have provided the most up to date medical information for my son on the Parent Portal.

I give permission to administer Children's Paracetamol (Panadol or equivalent) if the need arises. I acknowledge in the case of emergency and administering of Children's Paracetamol, parents will be contacted as soon as possible and where practical, will be notified of the transfer of the student.

Loss or damage: Knox Prep School will not be responsible for the loss or damage to student property or any medical expenses incurred by the student.