Lake Illawarra South Public School



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Wednesday 31st March 2021

CROSS COUNTRY 2021

Dear Parents and Carers,

Our school Cross Country will be held on **Friday 23rd April**, commencing at 9:00am and concluding at approximately 10:40am. The carnival will take place on school grounds. There is no cost for this event.

All students in K-6 will have the opportunity to participate on the day. Please note that as with all PSSA events, only students 8 years of age and over will go on to the District Cross Country Carnival to be held at Blackbutt Reserve on Friday 7th May. The first six students for each age group category (8 and up) will represent our school on this day. Each age group category will run the following distance:

5/6 Years – 1 lap of the eastern playground (will be guided by older students)
7 Years – 1 lap of the eastern playground (will be guided by older students)
8/9 Years – 2km (2 laps)
10 Years – 2 km (2 laps)
11 Years – 3 km (3 laps)
12/13 Years – 3km (3 laps)

Students should wear full sports uniform or house colours. All students require sensible footwear (joggers), hat, sunscreen and plenty of water.

House Colours

Swans: red Pelicans: yellow Cranes: green Gulls: blue

In the event of inclement weather on the day, the carnival will be postponed. A notification will be sent to parents via SkoolBag and SMS.

A reminder that adult spectators must adhere to the COVID-19 Safety guidelines as follows:

- 1. All spectators are required to check the website www.nsw.gov.au for current public health advice on locations attended by people confirmed to have COVID-19. Anyone who attended these locations at the listed date and time and who is required to get tested and self- isolate must not attend the carnival.
- 2. If you or anyone you have been in contact with are displaying symptoms do not attend the carnival.
- 3. All spectators are required to scan the QR code at the entrance or manually check in.
- 4. All spectators are required to use the **hand sanitiser** available at the gates as you enter the school.
- 5. All spectators are required to **physically distance** throughout the carnival. Upon entry go straight to the spectator zone located in the Eastern Playground.

Please complete and return the permission slip on the back of this note to school no later than Wednesday 21st April.

School Cross Country 2021

☐ I give permission for my child				to participate in
the School Cross Country on Friday 23rd April	2021. I understa	nd that the	carnival may	be postponed due to
inclement weather.				
My child has the following medical needs				
OR				
☐ My child	of class		will not be pa	rticipating in the
Cross Country Carnival due to the medical cor	ndition			(please list).
Parent/Carer signature:		Date:		