



Monday 26th April 2021

DISTRICT CROSS COUNTRY 2021

Dear Parents and Carers,

Mid-South PSSA District Cross Country Carnival 2021

Your child has qualified to represent Lake Illawarra South Public School at the Mid-South District PSSA Cross Country Carnival. Please read the carnival details below and complete, sign and return the attached consent forms.

Date: **Friday 7th May 2021 (Term 2, Week 3)**

Back Up Date: Friday 14th May (Term 2 Week 4)

Venue: Blackbutt Reserve, Blackbutt Way, Barrack Heights

Time: Meet at school at 8.15am
Bus departing at 8.20am
1.30pm carnival concludes
Students will return for normal end of day dismissal

Transport: Bus

Cost: **\$8.00** to cover transport costs and Mid-South PSSA Levy.

Mid-South tops are available for \$30. (**CASH ONLY. Payable at the carnival**)

Parents: Parents are welcome to attend the carnival but must remain away from the student supervision area and must maintain social distancing with other parents.

Attire: Students are to wear their full school uniform, including the school hat. Footwear and shorts/pants appropriate for running. Please ensure all students' belongings are clearly labelled with their name.

Canteen: There will be **NO** canteen facilities. A coffee van will be operating on the day.

Code of Conduct: Please read through the Code of Conduct with your child prior to the carnival.

DISTRICT REPRESENTATIVES - Students placing 1st-7th at District

Competitors who place in the top 7 of their age group at the Mid-South carnival at Blackbutt will be invited to compete at the Regional Cross Country Championships in Nowra on Friday 11 June 2021. Those competing in Nowra must wear a Mid-South representative shirt. These shirts will be available for \$30 (cash only) on the day of our District Cross Country at Blackbutt.

GROUND MAINTENANCE/RESPECT

Students are expected to show respect for all areas, including toilets. All schools will help to clean up after the event to avoid a fine.

Please read and sign the permission note attached and return to school
no later than **Tuesday 4th May 2021.**

We ask for your prompt response so that the number of students, the carnival program and its organisation can be finalised at the earliest possible time. If your child is unable to attend, please inform Miss Olender so a replacement can be arranged.

Sarah Olender
Event Organiser

Karen Simula
Principal

**Mid South District PSSA
Cross Country Carnival – Blackbutt Reserve
Carnival Program**

- 9.15am All students assemble at venue
- 9.30am Officials meeting
- 9.45am Walk the course

Proposed Program/Order of Events

2km Races Commence

- 10 year old boys
- 10 year old girls
- 8/9 year old boys
- 8/9 year girls

Lunch break

3km Races Commence

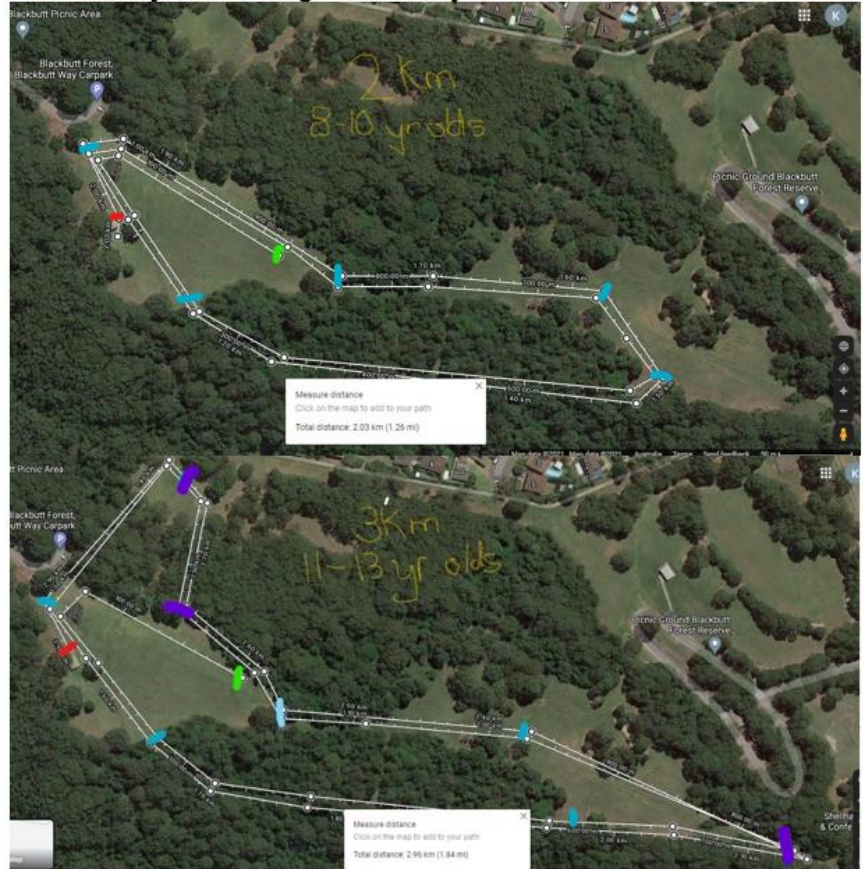
- 11 year old boys
- 11 year old girls
- 12/13 year old boys
- 12/13 year old girls

Assemble in school groups to clean up area.

1.30pm Carnival concludes

N.B. These are proposed times and may be subject to change.

Course subject to change on the day.



DISTRICT CROSS COUNTRY 2021

I give permission for my child _____ of class _____ to participate in the District Cross Country to be held at Blackbutt reserve on Friday 7th May. (Back up date: 14th May). I understand that transport to and from the venue is by bus.

Payment

I have enclosed \$8.00

or

I have paid online and my receipt number is _____

Medication Required: _____

Parent Signature: _____

Date: _____

MID SOUTH PSSA CROSS COUNTRY CONSENT FORM

Competitors who place in the top 7 of their age group at the Mid-South carnival at Blackbutt will be invited to compete at the Regional Cross Country Championships in Nowra on the 11th of June. Those competing in Nowra must wear a Mid-South representative shirt. These shirts will be available for \$30 (cash only) on the day of our District Cross Country at Blackbutt.

1. Student Details (Please print clearly)

Student Full Name: _____ Class: _____

Parents/Caregiver Full Name: _____

Address: _____ Postcode: _____

Date of Birth: _____ School: _____

Phone: (Home) _____ (Work) _____ (Mobile) _____

2. Medical Details

Medicare Number: _____ Exp Date _____

The date of my child's last tetanus injection was: _____

My child is allergic to: _____

Does your child have an ASCIA action plan? **YES / NO**. If **YES** a copy must be attached to this consent form.

Has your child suffered a head injury / concussion in the last 10 days? **YES / NO**. If **YES** a medical clearance must be attached.

Please detail any medical or special needs which the team manager should be aware of, including any behaviour management or other specialised plans. (copies of plans to be attached).

Important Information: 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 and caregivers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, school sport zone, region and state school sport associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance cover is available through normal retail insurance outlets. Parents 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 use of some prescribed part of the body. The Supplementary Scheme does not cover medical expenses or dental costs. Further information can be obtained from www.sportinginjuries.com.au Further information regarding student accident insurance and private health cover is provided at: <http://www.sports.det.nsw.edu.au/spguide/activities/general/resources/protection.php#medi>

3. COVID SAFE PRACTICES

My child has displayed flu-like systems and/or been tested for COVID 19 in the last 14 days **YES/ NO**

My child has visited any COVID 'hotspots' as identified by NSW Health in the last 14 days **YES/ NO**

My child understands the need to follow COVID Safe practices, such as keeping 1.5m distance, not sharing equipment/ food/ towels etc, and has agreed to do so **YES/ NO**

My child will have their own sanitation products, such as disinfectant wipes and hand sanitiser **YES/ NO**

4. Privacy Notice

The personal information provided on this permission note, will be used and disclosed by the Department of Education for general administration, communication with parents or carers and matters relating to the health safety and welfare of your child in connection with your child's participation at this event or for any other purpose required or permitted by law. The provision of this information is voluntary but your child may not be able to participate if it is not provided. This information will be held securely and disposed of securely when no longer needed. You may correct personal details recorded on the form at any time by contacting the team management.

Publishing student information: The Department of Education may publish or disclose information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community.

This information may include your child's name, age, information collected during this event such as photographs, sound & visual recordings of your child.

The communications in which your child's information may be published or disclosed include but are not limited to:

Public websites of the Department of Education including the School Sport Unit website at <https://app.education.nsw.gov.au/sport>

- the Department of Education intranet(staff only), blogs and wikis
- Department of Education publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department's websites
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter.
- Local and metropolitan newspapers and magazines and other media outlets.
- Parents should be aware that when information is published on public websites and social media channels it can be linked to by third parties and may be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information.

Permission to publish: I have read the information about disclosing and publishing student information(above) and

I give permission

I do not give permission

for the Department to publish and disclose information about my child in publicly accessible communications. This permission remains effective until I advise otherwise.

SIGNED: _____
(Parent/Caregiver)

(Date)

5. School's Declaration

- I certify that the student whose details appear on this form is enrolled at this school.
- I have verified that the date of birth as stated on this form is correct.
- He/she has the school authority to represent on this occasion.
- A copy of this consent form will be retained by my school.
- I certify this student has / has not parental / caregiver permission to publish as stated in the '**Publishing student information**' above.

NOTED BY: _____
(School Sports Organiser)

6. Parental Consent

- I have read the information issued and I hereby consent to my child participating in this event.
- I understand that my child will be under the supervision of Team Manager/s and will not be allowed to visit friends or relatives without my written permission and that of the Team Managers.
- I have sighted the enclosed Code of Behaviour and agree that if my child/ward seriously contravenes behavioural expectations, he/she may be immediately excluded from the team. Should this eventuate, I accept full responsibility for my child/ward upon notification of his/her exclusion by the team manager including the cost of return transport and accommodation.
- In the event of any accident or illness, I authorise the obtaining, on my behalf, an ambulance and any such medical assistance that my child may require. I accept full responsibility for all expenses incurred.
- To assist team management at the Carnival and to the best of my knowledge, my child has no medical condition or injury that places them at risk in participating in this sport activity.

SIGNED: _____
(Parent/Caregiver)

(Student)

(Date)_____

Mid-South District PSSA Codes of Conduct

Student Code of Behaviour

- When chosen to represent the school at Mid-South PSSA, Southern Illawarra Zone, South Coast Region, State, Gala Days or any other external sporting event, students are expected to behave in an exemplary manner both on and off the sports field. This includes wearing the full specified sports uniform or representative attire.
- Full sports/representative uniform includes wearing the specified hat and necessary safety equipment for specific sports (i.e. helmet, shin pads, mouth guard etc.) Soft studs are only to be worn while playing rugby league, rugby union, touch, AFL and soccer. They must be removed at the conclusion of the game and prior to returning to school. The same applies to shin pads and other safety gear.
- Students are to agree to a Player Code of Conduct prior to attending/participating in Mid-South PSSA sport, district trials and Gala Days (competitive and non-competitive) and any other external sporting event. It is expected that students uphold the Player Code of Conduct at all times, which they must agree to in order to participate. Failure to do so will result in behaviour management procedures being put in place, as stated in schools' Student Welfare Policies.
- The convenor will contact the school if there is a breach in this code of conduct by any student attending sport and trials.
- Players, parents, spectators, teachers and coaches must all abide by the District PSSA Code of Conduct Policy.
- The school/Convener/Team Manager reserves the right to suspend a student's participation in sporting activities if their behaviour is inappropriate in any school activities.

Parent Code of Behaviour

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.