



Dear Parent/Guardian,

Today's Date: 15/8/17

Below are the details of an upcoming Excursion / School Activity involving your child:

Excursion Name:	Resistance Training Elective to outside school facilities	Class/Group:	Year 9 Resistance Training
Destination:	PLC, Cross Fit Woy Woy, TCF Gym, Ballistix Gym	Date:	See list on back
		Cost:	Covered in fees

All notes must be returned and elective fees paid to Student Reception and finalised by

Date: **1/9/17**

Organising teacher: Mr Mark Rae Email: mark.rae@det.nsw.edu.au

****BWSC Umina has completed a Risk Assessment for this excursion which can be provided to parents if requested****
Excursion description: For the elective students to experience a wider variety of workouts, training equipment and training environments to enhance their understanding of the subject.

Privacy Advice Notice: The information provided on your child is being obtained by the School for the purpose of ascertaining relevant medical information requirements and other health-care related needs about your child who is currently enrolled at the school and who may participate in school excursions, sporting activities or other educational or school activities conducted by or in conjunction with Brisbane Water Secondary College. It will be used by Officers of the NSW Department of Education and Training to assist planning, to support students and to manage risks when conducting school excursion, sporting or other activities. Other persons or agencies that may be provided with this information include, but are not limited to, volunteers and members of external organisations who join with the school or are otherwise involved in the planning or delivery of the excursion, sporting or other school activity and persons that may be called upon to provide health-care treatment or other assistance during or as a consequence of such excursions or activities. Provision of this information is not required by law. However, a failure to provide the information may mean that your child cannot participate in a particular excursion or school activity. In such circumstances, the school will make available a sound alternative educational experience. Provision of this information will significantly assist the school in planning a safe, educational activity. It will be stored securely. If you have any concerns about provision of this information, please contact the School Principal to discuss further. You may correct any personal information provided at any time by contacting the School Office.

**** Important Note: Whilst excursion refunds will only be given in extenuating circumstances, NO refund will be given for bus costs ****

Departure details:	Time: 12.10pm	Location:	School Campus
Return details:	Time: 2.40pm	Location:	School Campus or home (see options on back)
Transport:	Travel by: walking with the teacher and electing which method to leave from the options provided		
Dress Requirements:	PE uniform or clothing to train in (shoes, shorts, top)	Other Requirements:	Advised to bring water bottle, towel and food and / or money to purchase lunch after.

Mark Rae Exursion Co-ordinator

Ash Jackson Head Teacher

Resistance Training Elective to outside school facilities Permission Note

Student name: _____ **Roll call class:** _____ **Sub Dissection Code:** N/A

I hereby consent to my child attending the Resistance Training Gym visits on see back of this note and travelling by walking with teacher to and from (see options) the venue. I consent to paying the fees for this elective and understand that it is an extra-curricular activity and that all elective fees must be paid prior. I consent to my child being responsible for completing missed work whilst participating on this excursion and for demonstrating appropriate behaviour.

Emergency Contact name: _____ **Emergency Contact Ph number:** _____

Signed: _____ **Date:** _____

Medical condition (circle if applicable) Asthma Anaphylaxis Allergies

Other: _____

Does the medical condition indicated, require an action plan? YES / NO

Medicare Number: _____

Excursions / Gym visits will occur during normal Tuesday elective periods (12.10pm – 2.40pm).

Dates will be: 5/9 – 12/9 – 24/10 – 7/11 – 21/11.

LEAVING SCHOOL AND FROM THE VENUE

At the start of period 4 all students (weather permitting) will be walking to the venue with Mr Rae. As the students will be training through their normal lunch break and finishing the day at the venue, there is the opportunity to leave from the venue and go straight home rather than returning to school. We will be finished at the venue by 2.05pm at the latest to allow time for those students who need to walk back to school with myself to do so. Therefore, I am asking each parent / carer to please indicate below in the options how they will allow their child to leave from the venue.

(Circle & initial please)

1. Student makes their own way home leaving from the venue via parent, bike or walking.
2. Student heads to the Woy Woy Campus (5-10 min walk from Woy Woy venues) to catch normal bus home.
3. Student walks back to school with Mr Rae.

Please circle above and return this with the rest of the signed note opposite.

Thanking You

Mr M. Rae