

# Year 10 Activities Day – Big Splash

Wednesday 30<sup>th</sup> November 2022

## Permission for Swimming Activities

Teachers are required to assess the swimming ability of every child they take on an excursion where there is water for swimming or aquatic activities. To help ensure the safety of your child, please provide the following information relating to their swimming ability:

1. **Name of Child:** \_\_\_\_\_

2. **School Year:** \_\_\_\_\_

3. **My child can swim:**  No  
 Yes

4. **Distance my child can confidently swim. Please circle.**  
10m, 25m, 50m, 100m

5. **I agree/do not agree to my child taking part in swimming / aquatic activities associated with this excursion.**

Name of Parent / Carer: *(please print)* \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

The **Survival Challenge Proficiency Test\*** is a five-step process. A student will be deemed a proficient swimmer if they can:

1. Perform a slide-in-entry and walk through 5 metres of water with acceptable stability and co-ordination
2. Swim continuously for 25 metres using an action that resembles a stroke
3. Perform survival skull, float or tread water for 1 minute in deep water. Call for help once within the minute
4. Exit water unassisted, and
5. Perform a voice rescue to a buddy who is pretending to be in trouble. Reassure the victim and encourage them to a point of safety. Call for assistance.

*\*This test is valid for 12 months, students who attend the CHS swimming carnival in week 7 and are deemed proficient swimmers will not need to complete the test on this Year 10 activity day.*