

Forrest Primary School

9 Hobart Avenue, Forrest ACT 2603

Phone: 02 6142 1470

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3 May 2019

**SOUTH WESTON CROSS COUNTRY CARNIVAL 2019**

Dear Parents and Carers,

Congratulations! Your child has been selected to represent Forrest Primary School at the South Weston Cross Country Carnival.

Date: **Monday 3 June 2019**

Time: **9:00 – 1:00**

Place: **Stromlo Forest Park**

On arrival, students are to assemble in the Forrest Primary seating area next to the start/finish line

Transport: **Parents are responsible for transporting their child** to and from the carnival. If you need assistance with transport, please contact Charles Fairfield-Smith at [charles.fairfield-smith@ed.act.edu.au](mailto:charles.fairfield-smith@ed.act.edu.au)

Cost: $20.00

Wear: Appropriate running clothes (running singlets available for students to wear on the day if preferred)

Bring: - Food and water, or money for the venue canteen

- Medication if required (can be left with attending teacher)

- Please ensure all belongings are clearly named

Coordinating teacher: Charles Fairfield-Smith

Means of contact with group: via front office on 6142 1470

Permission note due date: **Monday 27 May 2019**

**Excursion Medical Information**

An Excursion Medical Information and Consent Form is held at Forrest Primary School for your child. To ensure that the information on this form is accurate and current, you are requested to advise the school immediately of any changes that should be noted on the Medical Information and Consent form kept at the school and arrange to update the form. This information will be made available to government or private medical or paramedical staff and other relevant officers in the event of an accident or emergency. School staff have a duty of care to provide first aid assistance when required, therefore for students who are known sufferers of asthma, anaphylaxis, diabetes or epilepsy, a current Emergency Treatment Plan must be completed, signed by both parents/carers and the student’s doctor and provided to school. If there is no treatment plan, we are unable to take the child on any excursion including camp.

**Student Welfare: Expectations and Consequences for Inappropriate Behaviour**

Staff accompanying students on excursions will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff members are not responsible for injuries or damage to property, which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risks to themselves, to others and to property, of impulsive, wilful or disobedient behaviour. Students who indulge in such behaviours may be sent home.

Regards,

Charles Fairfield-Smith

PE Coordinator

IMPORTANT INFROMATION

# SOUTH WESTON CROSS COUNTRY 2019

**Monday 3 June**

**ACT QUALIFICATION** 1st to 10th place getters in the **12 and under** races will represent the South/Weston Region at the ACT Carnival. Once the children finish their race their sticker will be peeled off and placed on a recording sheet. This will provide an accurate record of placings and the competitors will know where they finish.

**SCHOOL AREAS** Each school will have an area near the start/finish line designated by a school sign. It can be hard to hear announcements due to noise and wind so please listen carefully to all announcements.

## PROGRAM

**9.30am BOYS 8 years (2011) 1000m**

**9.45am GIRLS 8 years (2011) 1000m**

**10.00am BOYS 9 years (2010) 1500m**

**10.15amGIRLS 9 years (2010) 1500m**

**10.30am BOYS 10 years (2009) 2000m**

**10.45am GIRLS 10 years (2009) 2000m**

**11.00am BOYS 11 years (2008) 3000m**

**11.15am GIRLS 11 years (2008) 3000m**

**11.30am BOYS 12 years (2007) 3000m**

**11.45am GIRLS 12 years (2007) 3000m**

This Program is a guide only. The timing of events may vary from those stated.

**COURSE**

8 years – 1 lap of short circuit

9 years – 1 lap of short circuit plus hoop (hill) circuit.

10 years – 2 laps of short circuit

11 and 12 years – 2 laps of short circuit with hoop (hill) circuit.

A map of the course is attached.

You are welcome to take your child out to Stromlo Park before the carnival date if they would like to become more familiar with the course.

## RULES

* Consideration and courtesy should be shown at all times.
* All spectators must stay away from the start/finish line.
* Shoes must be worn. Spiked footwear is **NOT** allowed.
* Runners will be disqualified for pushing, tripping or interfering with other runners.
* Runners must follow the course or risk being disqualified.
* No coaching of runners on the course is permitted.
* No drinks are given to runners while on the course.
* In the interest of the child’s welfare, officials may intervene and remove a competitor from a race should the child be physically distressed and/or medically at risk if he/she were to continue.

**FIRST AID** Forrest Primary school tent will have a First Aid Kit. There will be a sports trainer present on the day. Children who may require Ventolin or an Epi-pen should bring it with them.

**WARM UP** Before each race the children will need to warm up. Please make sure students arrive with plenty of time to complete this.

**CANTEEN** There will be a canteen and coffee van available on the day.

**WET WEATHER** If the carnival needs to be cancelled due to **very** poor weather, radio stations Mix 106.3 and FM 104.7 will be notified by 7.30am.

**PERMISSION NOTE – please return to school by Monday 27 May 2019**

**SOUTH WESTON CROSS COUNTRY CARNIVAL 2019**

Please tick the appropriate box:

**I give** permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_

**I do not give** permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of class \_\_\_\_\_\_\_\_\_

to attend the South Weston Cross Country Carnival on Monday 3 June 2019.

I have read the attached information regarding this excursion and understand the content.

Parent name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent contact number on the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **PAYMENT – please make payment by Monday 27 May 2019**

**SOUTH WESTON CROSS COUNTRY CARNIVAL 2019**

### Cost is $20.00, which covers the ACT School Sports costs and Forrest Primary School teacher attendance

Method of payment:

Cash or cheque

Quickweb via [www.forrestps.act.edu.au](http://www.forrestps.act.edu.au) (FEE CODE: SSACT19)

Receipt number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The preferred method of payment is via Quickweb.

All cheques must be made payable to Forrest Primary School.

Cash payments need to be correct money, as we do not have change in the front office.