



1st September 2023

Dear Parent/Carer

To celebrate the end of the year and acknowledge student success and achievements, **Year 10** students have the opportunity to attend a 3-day, 2-night excursion to **Gerringong** departing **Monday 11th December** and returning on **Wednesday, 13th December 2023**.

An itinerary of all activities, required clothing and equipment is included. Students are to wear appropriate neat casual wear with sturdy enclosed shoes for walking.

Transport will be by coach provided by Goodes Coaches **departing Tumut High School Bus Shelter at 5.30am on Monday 11th December** and **returning to school between 9-9.30pm on Wednesday, 13th December 2023**. The supervising staff accompanying students on this excursion will be Ms Whyte (Year Adviser), and up to three other staff to be advised. Students will need to bring money to purchase breakfast at South Goulburn along with morning tea, a packed lunch, plenty of snacks and drinking water on the first day. They will also need to have additional money to purchase food while at Jamberoo and dinner on the way home.

Accommodation will be at Chittick Lodge, Gerringong in dormitory style rooms (4 students per room), shared bathroom facilities with dinner and breakfast included, along with a packed lunch on Tuesday, 12th December 2023. Students will need to bring their own fitted sheet, sleeping bag, pillow, bath towel and toiletries. Staff will be located in their own rooms close by the student rooms.

Other activities that students will partake in include a visit to:

- **Minnamurra Rainforest** – Students will view a power point presentation followed by a guided walk through the rich, remnant rainforest teeming with diversity on the beautiful Lyrebird Rainforest Loop walk. The walk is graded as 'easy' with suspension bridges, viewing platforms and interpretive signs along the way. At the conclusion of the guided walk students and staff will continue on along the Minnamurra Falls walk. This walk is graded as 'steep' along a formed track, clearly signposted with occasional steps.
- **Kiama Blowhole to Kiama Lighthouse** – Kiama's famous Blowhole is the largest in the world, and is most spectacular when the swell is running from the south-east. Students will be split into groups of 15 to complete parts of the coastal walk viewing the Blowhole from the public viewing platform, passing the Lighthouse.
- **Pines Surfing Academy** – Students will have the opportunity to have a 2-hour Surfing and a 2-hour Stand Up Paddle (SUP) lesson. Surfing lessons will take place at "The Farm" Killalea State Park with SUP lessons at Trevethan Reserve, The Village Minnamurra.
- **Jamberoo Action Park** - Jamberoo Action Park water rides and attractions are defined as unstructured swimming activities by the NSW Department of Education. Prior to being able access any water rides, students will be required to participate in an aquatic pre-activity Water Survival Challenge to assess your child's aquatic proficiency. At the completion of the Water Survival Challenge your child will be issued with either a blue wrist band allowing them to participate in deep water unstructured activities or a yellow wrist band allowing them to participate in shallow water (waist deep) activities. Staff at Jamberoo Action Park deliver ride specific safety briefings (safety rules for each area) and supervision of all water activities with trained attendants and pool lifeguards.

ITINERARY

Monday, 11th December 2023

- 5.15am Students to meet at Tumut High School Bus Shelter and load bus
- 5.30am Depart Tumut High
- 8.00am – 8.30am ½ hour breakfast break at McDonalds, South Goulburn
- 10.30am – 2.30pm Minnamurra Rainforest
- 3.30 pm Kiama Blow Hole
- 5.30pm Arrive/check-in at Chittick Lodge, Gerringong
- 6.00 pm Group activities at the Lodge
- 7.00pm Dinner (individual serves to each student/staff member)
- 8.00pm Group activities at the Lodge

Tuesday, 12th December 2023

- 8.00am Depart Chittick Lodge
- 9.00am – 11.00am Group 1: Surfing at The Farm
Group 2: SUP at Minnamurra River
- 11.00am – 12.00noon Lunch (packed lunch provided by Chittick Lodge)
- 1.00pm – 3.00pm Group 1: SUP at Minnamurra River
Group 2: Surfing at The Farm
- 4.00 pm Group activities at the Lodge
- 7.00pm Dinner (individual serves to each student/staff member)
- 8.00pm Group activities at the Lodge

Wednesday, 13th December 2023

- 8.00am Depart Chittick Lodge
- 8.45am Arrive Jamberoo Action Park
- 9.00am Pre-activity Water Survival Challenge
- 10.00 – 2.00pm Students split into small groups to enjoy rides at Jamberoo
- 2.00pm Meet teachers at designated area and change into dry clothing
- 2.30pm Depart Jamberoo Action Park
- 5.30pm – 6.30pm Dinner at McDonalds, South Goulburn
- 8.30pm–9.00pm Arrive Tumut High School Bus Shelter

What to Bring

- Morning tea and packed lunch, water bottle for day one (plus additional snacks for Day 2 & 3)
- x1 small bag with clothing & essential items
- x1 backpack for Surfing/SUP Lessons and day at Jamberoo Action Park with change of clothes
- Fitted sheet, sleeping bag, pillow, bath towel & toiletries (including soap)
- Appropriate swimwear & towel
- Hat, sunglasses, sunscreen
- Hand sanitiser
- Money to purchasing breakfast on Tuesday
- Money to purchase lunch/snacks at Jamberoo Action Park and dinner at McDonalds, South Goulburn on Wednesday

MEDICAL INFORMATION FORM

Year 10 End of Year Excursion to Gerringong

In addition to providing consent, the information we are asking you to provide is being obtained for the purpose of ascertaining relevant medical information, requirements and other health care related needs about your child who will be participating in the Year 10 End of Year Excursion to Gerringong in conjunction with Tumut High School.

It will be used by participating, NSW Department of Education staff at Tumut High School to assist planning, to support students, and to minimise risks whilst travelling and participating in activities during the Year 10 End of Year Excursion to Gerringong.

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; and persons that may be called upon to provide health care treatment or other assistance during or as a consequence of this excursion and activities.

Provision of this information will significantly assist the school in planning a safer 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 Mrs Titjen in the school office.

- ☐ I have provided online permission for my child to attend this event
- ☐ I have made an online payment of \$200.00 being the deposit
- ☐ I have made an online payment of \$380.00 being full payment

Student Name: _____		
Medicare number (optional)		
Parent / Caregiver Contact Details		
Name:		
Address:		
Home Phone:	Work Phone:	Mobile:
Doctor Contact Details (during the excursion)		
Name:		
Address:		
Doctor's Telephone:	1.	2.



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MINNAMURRA RIVER
THE FARM (KILLALEA STATE PARK)



REGISTRATION FORM

DATE: TUESDAY 12th DEC 2023

TIME: 9:00am to 11:00am & 1:00pm - 3:00pm **AMOUNT DUE:**

DURATION: 2hrs

PAID:

Lesson Type: (please tick appropriate boxes)

	Lesson	<input type="checkbox"/> 1hr.	<input type="checkbox"/> 2hrs
	TUMUT HIGH SCHOOL		
X	SURFING		X
X	SUP		X
	PASS		
	Other:	\$	\$

Name: _____

Date of Birth: _____

Address or country of origin: _____

Ph#: _____ E-mail: _____

Illness, allergy, medical condition, or current medication: _____

Level of ability: Beginner ☐ Intermediate ☐ Advanced ☐

APPLICANT'S DECLARATION AND INDEMNITY

- I understand and acknowledge that surf activities are dangerous and that there are inherent risks which may result in serious injury to myself. Additionally, waves/ocean can act in a sudden and unpredictable (changeable) way.
- There is a condition called **Surfers Myelopathy** that can result in paralysis below the waist. It is extremely rare and appears to result when the spine is arched. It is not conclusive who may be affected, although cases have been in adults. Prior to onset, legs may feel weak, there is back or leg pain or discomfort, possible tingling may occur with the discomfort and pain intensifying. Any of these symptoms should be immediately reported to the surfing instructor during the surf lesson. I agree that Pines Surfing Academy (PSA) retains the right to utilise images of participation in the above activity or lesson for the purposes of promoting PSA.
- I declare that I can swim 50 metres (150 feet).
- I declare that I do not have any medical or physical conditions that would affect my participation in the activity. (e.g. please advise instructor of asthma, previous broken bones, dislocated joints, diabetes, allergic reactions, wear contact lenses/hearing aids, any disabilities, etc.)
- I agree not to drink alcohol or take prohibited drugs before or during surf activities.
- I authorise the Surf Business to arrange medical or hospital treatment as necessary and I agree to pay for all associated costs.
- I declare I do not have any COVID19 or flu symptoms and agree to abide by social distancing at all times.
- I ACCEPT THE RISKS INVOLVED and will be responsible for my own actions and /or involvement. I understand that my signature to this document constitutes a complete and unconditional release of all liability of the proprietors of the Surf School and its employees and agents to the greatest extent allowed by the law in the event of me and/or the children under my care, suffering injury or death.

Signature of Applicant: _____

Date: _____

(Parent or guardian must fill out section below if applicant is less than 18 years of age.)

I, _____ am the parent or guardian of the applicant. I agree to personally accept the conditions set out in this application and declaration.

Signature of Parent / Guardian: _____

Date: _____

Swimming Response for Surf / SUP Activities

Please clearly indicate:

STUDENT NAME: _____

- ☐ My child is **permitted** to go in the water
- ☐ My child is **not permitted** to go in the water (alternate activities will be planned)

If your child is permitted to go in the water please indicate:

- ☐ My child is a **non-swimmer**
- ☐ My child is a **weak swimmer** (comfortable and confident in shallow water but cannot swim very well)
- ☐ My child is an **average swimmer** (reasonable swimmer but is not very strong or confident in deep water)
- ☐ My child is a **strong swimmer** (strong swimmer and very confident in deep water)

Parent / Caregiver Name:

Parent / Caregiver Signature:

Date:

Contact Telephone Numbers:/.....

Emergency Contact - Name:

Phone Number:

Relationship to student:

Privacy Notice:

This information is being obtained for organisational purposes for the Year 10 excursion to Gerringong. It will be used by supervising staff at Tumut High School for any emergencies that may arise whilst travelling. Other persons or agencies will be provided with this information if required. Provision of this information is required by law. It will be stored securely