



# KARABAR HIGH SCHOOL

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## Excursion Permission Note

Excursion Name:

Excursion Venue:

Group/class attending:

Date(s):  to  Start Time:  Finish Time:

Cost:  Payment/Permission notes by:

Travel by:

Student will need to bring:

Additional consent required: **Water Activities**  YES  NO **Overnight**  YES  NO **Private Car**  YES  NO

Excursion Organiser:

*Tear off and keep the upper half of this form for your own reference*

## Karabar High School - Parental Consent Form

Excursion Name:

I hereby give my consent for .....of year ..... to participate

in the above excursion on  to

Have your child's medical details changed recently? YES / NO (If yes, and details are relevant to this excursion, please attach documentation)

I understand that my child will receive medical treatment in case of an emergency.

Parent signature: ..... Date: / /

Emergency contact phone number(s): .....

I wish to pay / have paid \$..... (amount) by:

Online payment Receipt No  Date of Payment   
(www.karabarhigh.com.au/MakeAPayment.aspx)

Credit Card (please phone the school if you wish to pay by credit card)

**ALL signed excursion forms and payments (if applicable) should be taken to the FRONT OFFICE**

### OFFICE USE ONLY

Excursion name:

Payment description (Ref No):

Payments close on:  Amount  Deposit of  due by:

## ADDITIONAL EXCURSION INFORMATION

### \* WATER ACTIVITIES

If the permission at the bottom of this page is not completed and returned, your child will not be allowed to attend.

Supervising staff with current CPR for water activities:

The excursion will involve the following water or swimming activities:

These activities will  
take place at:

The school will provide the following devices to students who require assistance:

Additional information: (special requirements, clothing, equipment)

### \* OVERNIGHT STAY

Overnight Supervising Staff with CPR

Other personnel:

Accommodation will be at:

Additional information (special requirements, clothing, equipment):

### \* TRAVEL BY PRIVATE CAR

Driver:

Car Make:

Model:

No plate:

## ADDITIONAL EXCURSION CONSENT FORM

In relation to the proposed water/swimming activities or travel by private car:

- |   |                              |                             |   |
|---|------------------------------|-----------------------------|---|
| I give permission for my child to participate in the water or swimming activities   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> N/A |
| My child can swim 50 metres un-aided  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> N/A |
| My child requires a flotation device to assist him/her in the water                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> N/A |
| I undertake to provide the device so that my child can participate in the excursion | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> N/A |
| I give permission for my child to travel in the above stated private car            | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input checked="" type="checkbox"/> N/A |

Parent signature: ..... Date: ...../...../.....



Principal: Andrew Turvey M.Ed

29 October 2019

Dear Parent/Carer,

From 2-4 March 2020, your child will have the opportunity to attend the Year 7 Camp at Jindabyne Sport and Recreation Centre.

Payment for camp can be staggered, with payments open over the January period through the school's online payment system (click on 'Make a Payment' on the school's website – [www.karabarhigh.com.au](http://www.karabarhigh.com.au)).

- The total amount payable for camp is \$300.
- A deposit of **\$50** is due by Monday, 16 December 2019.
- Final payments for camp will be due by 14 February 2020 (Week 3, Term 1).

Prior to the camp, you are required to complete an online medical and consent form on behalf of your child. Once you submit the form, the information is sent to the Centre so the staff can prepare for your child's visit. The following information about your child is required:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

The form is available at <https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

It is vital that you complete the online form using the details below by **Monday, 14 February 2020**.

**Booking Number:** 558723  
**Booking Start Date:** 02/03/2020  
**Booking Venue:** Jindabyne Sport and Recreation Centre

For information on camp life and what to pack, please see the attached information.

Regards

Stephen Barrett  
Head Teacher Wellbeing (Relieving)



## Health and safety

### Medical and Consent form

The information you provide on the Medical and Consent form will help us look after your child's health needs at camp. If your child has an injury or pre-existing condition, allergy, special dietary needs or is on prescription medicines, please provide full details on this form. Sport and Recreation will share the information you provide with your child's school.

### Medication at camp

Your child should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your child's name, the dosage and frequency. You should discuss this with your child's teacher as they will be responsible for making sure your child takes their medication.

### Asthma and anaphylaxis

If your child suffers from asthma or anaphylaxis, they should have an asthma management plan or anaphylaxis action plan which has been prepared by their doctor. Download sample plan templates from Australasian Society of Clinical Immunology and Allergy website. If your child has a plan, please provide it to the Centre at least three weeks prior to attending camp.

Children with asthma need to bring their own peak flow meters to camp and carry their inhaler with them at all times. Children at risk of anaphylaxis need to bring at least one adrenaline auto injector. On catered programs, children with food allergies are required to wear an identifying red wristband. This is an added precaution to assist staff when managing situations where food allergens may be present. Find out more about processes and procedures in place to manage allergies and anaphylaxis.

### Bed wetting

If your child is prone to bed wetting, please advise the school or Centre staff in advance so staff can deal with the situation in a discreet and caring manner. If required, please provide a waterproof mattress protector.

## **Camp life**

### **Accommodation**

Students stay in comfortable rooms or lodges with male and female students accommodated separately. At least one visiting teacher will stay in a room nearby and will be responsible for student safety and behaviour.

### **Meals**

Our qualified catering team prepare nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it's crucial that these are listed on the Medical and Consent form. It's also a good idea to mention it to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

### **Behaviour**

So that camp is a fun and safe experience for everybody, we have rules in place for students to follow. These will be explained to your child on arrival at camp. If your child misbehaves, we will discuss with your child's teacher the best course of action. Sport and Recreation has a zero tolerance stance on bullying.

### **Outdoor safety**

Every effort is made to ensure your child's safety and comfort while at camp. Our SunSmart policy promotes wearing broad-brimmed hats and sunscreen and we minimise sun exposure during the hottest part of the day.

### **Money and valuables**

Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items.

### **Accidents or emergencies**

Centre staff hold senior first aid accreditations and can administer first aid, if required. If your child requires medical assistance, they will be taken to the nearest medical centre or hospital and we will notify you. In case of emergencies, parents can contact the Centre between 8:30am and 5:00pm Monday to Friday.

## What to pack

### Luggage

One piece of luggage, a sleeping bag and a small day backpack is recommended per child. These should be clearly marked with your child's name, address and phone number.

Remember, your child will have to carry their luggage so it's good to make sure it's not too big or too heavy. Items needed on the trip should be packed in the backpack.

### Checklist

Please label all clothing, towels and sleeping bag with your child's name.

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Pyjamas
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- A towel
- Pillow, sleeping bag or doona and two single flat sheets
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

### Optional

- Camera

### What not to bring

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable

### Prohibited

Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported to the police immediately.