



5th May 2023

TUGGERAH LAKES ZONE CROSS COUNTRY

Congratulations, your child has made the Wyong Public School Zone Cross Country team. **All children** are required to catch the bus from school due to the late start, early finish and bus costs.

- WHEN:** Friday, 12th May 2023
- TIME:** Meet teachers in the school hall at 8.30am to have rolls marked and then catch bus to venue to return to school by 2.30pm
- WHERE:** Duffy's Oval, Terrigal
- WHO:** All students who have qualified for Zone
- TRANSPORT:** Bus
- COST:** \$9 per student
- EVENTS:** 8/9yrs, 10yrs run 2km
11yrs, 12/13yrs run 3km
8.45am bus must leave school – meet in the hall at 8.30am
10:15am assemble and course orientation (walk the course)
- CLOSING DATE:** Complete the permission note and attached medical information form and return with payment of \$9 per student NO later than Tuesday, 9th May 2023.

SPECIAL INSTRUCTION:

- Sunscreen, sports uniform, hat, jumper (it's cold there), food and lots of drink. Running shoes must be worn.
- Please be advised parents are permitted to attend the event.
- If parents are picking their children up from Duffy's Oval, they are encouraged to park and collect their child from their school group. They will need to meet with their teacher to sign their child out from the carnival.

**** All students who suffer from asthma must bring their puffer and run with it at all times. ****

All students **MUST** fill out the attached Medical Information Form and return it with the note and money.

Thank you

Mrs C Brechney
Sports Coordinator

Damien Borrow
Principal (Relieving)



TUGGERAH LAKES ZONE CROSS COUNTRY

I give permission for my child in class to participate in the
(please print)
Zone Cross Country held at Duffy's Oval, Terrigal on Friday, 12th May 2023

- I understand the cost will be \$9 per student.
- I understand that transport will be by bus for **ALL** students.
- **Payment and notes must be returned NO later than Tuesday, 9th May 2023** with the completed attached medical form.

Parent/Carers Name
(Please Print)

Signature.....Date.....
(Parent/Carer)

I have made an online payment

My receipt number is Date
Amount paid
Signature

TUGGERAH LAKES

PRIMARY SCHOOL SPORTS ASSOCIATION



TLPSSA Cross Country Carnival - STUDENT PERMISSION/INFORMATION NOTE

Event Information	
CARNIVAL:	Tuggerah Lakes Primary School Sports Association Cross Country Carnival.
DATE:	Friday, 12th May, 2023
VENUE:	Duffy's Oval, Duffy's Road, Terrigal
TIME:	All students are required to be at the venue by 9:30am.
COST:	NIL
CARNIVAL CONVENOR:	Kylie Haines
TRAVEL:	
ADDITIONAL INFORMATION:	<p>Students are required to wear their school sports uniform. A representative singlet will be handed out the day before the carnival. Please bring recess, lunch, adequate water for the day, sunscreen and something to sit on. There will be no canteen available on the day.</p> <p>Sydney North Cross Country Carnival at Gosford Entertainment Grounds will be held on Thursday 15th June 2023</p>
Privacy Advice	
<p>The personal information provided on this permission note, will be used and disclosed by the Department of Education for general administration, communication with parents or carers, and matters relating to the health safety and welfare of your child in connection with your child's participation at this event or for any other purpose required or permitted by law. The provision of this information is voluntary but your child may not be able to participate if it is not provided. This information will be held securely and disposed of securely when no longer needed. You may correct personal details recorded on the form at any time by contacting the team management.</p>	
Student Details	
Full Name: _____ School: _____	
Date of Birth: _____ Age this year: _____ Male/Female (please circle)	
Emergency Contact Details/Parent or Caregiver Details	
Full Name: _____ Address: _____	
_____ Postcode: _____	
Phone Home: _____ Work: _____ Mobile: _____	
Email: _____	
Medical Details	
Medicare Number: _____ Expiry Date: _____	
Date of child's last <i>tetanus</i> injection was: _____	
My child is <i>allergic</i> to: _____	
My child is required to carry an EpiPen: YES / NO	
Does your child have an ASCIA action plan? YES / NO	
If YES a copy must be attached to this consent form.	
Has your child suffered a head injury / concussion in the last 10 days? YES / NO .	
If YES a medical clearance must be attached.	
Please detail any medical or special needs which the team manager should be aware of, including any behaviour management or other specialised plans. (copies of plans to be attached).	
<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	
Important Information	
<p>In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the department of its duty of care to students that may result in claims for compensation.</p>	

Parents and caregivers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, school sport zone, region and state school sport associations when deciding whether additional insurance cover is required prior to their child's involvement in the program. Personal accident insurance cover is available through normal retail insurance outlets.

Parents who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate.

The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body. The Supplementary Scheme does not cover medical expenses or dental costs. Further information can be obtained from

<https://www.icare.nsw.gov.au/injured-or-ill-people/sporting-injuries/payments/#gref> Further information regarding student accident insurance and private health cover is provided at: <https://app.education.nsw.gov.au/sport/File/1449>

Travel Details

My child WILL travel privately with _____ to and from the event.

Contact Number _____.

Parental Consent

- I have read the information issued and I do / do not consent to my child participating in this event.
- I understand that my child will be under teacher supervision at the event.
- I understand that transport to and from the event is my responsibility and that the arrival and departure arrangements are also the responsibility of the parent/caregivers unless otherwise specified. In the event of any accident or illness, I authorise the obtaining, on my behalf, of an ambulance and any such medical assistance that my child may require. I accept full responsibility for all expenses incurred.
- To the best of my knowledge, my child has no medical condition or injury that places them at risk in participating in this sport activity.

Signature of Parent/Caregiver: _____ Date: ____/____/____

PLEASE NOTE: 1. Return this completed 'Student Permission/Information Note' to your School Sports Organiser.



Tuggerah Lakes PSSA are now on Team App. Get the latest updates straight on your phone or device.

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Additional Event Information

Please be advised parents are permitted to attend the event. If parents are dropping students off at Duffy's Oval they are encouraged to walk their child to their school area where they meet their school's representative and have their names marked off. Schools arriving by bus are encouraged to make their way towards their school area straight away.

If parents are picking their children up from Duffy's Oval, they are encouraged to park and collect their child from their school group. They will need to meet with their school's teacher to sign their child out from the carnival.

Outline of the day:

- **9.45am arrival**
- **10.00am greeting by the convenor**
- **10.15am walk the course**
- **11.00am first race commences:**
- **1.30pm-2pm Conclusion of Carnival**

ORDER OF EVENTS:

<i>EVENT</i>	<i>TIME</i>	<i>AGE</i>	<i>DISTANCE</i>
1	11:00AM	10YR BOYS	2KM
2	11:20AM	10YR GIRLS	2KM
3	11:40AM	11YR BOYS	3KM
4	12:00PM	11YR GIRLS	3KM
5	12:20PM	8/9YR BOYS	2KM
6	12:40PM	8/9YR GIRLS	2KM
7	1:00PM	12YR BOYS	3KM
8	1:20PM	12YR GIRLS	3KM