

2023 South Coast Swimming Championships

Date Friday 10 March 2023

Venue Dapto Olympic Pool
Bangaroo Road, Dapto NSW 2530

Time 8.15am Team Managers
8:30am Officials
9:00am First race
Warm up time is available from 8:15am to 8:45am (50m pool)

Entry Paid by Sapphire Coast District (\$5 per child)
Spectator entry – covered by competitor levy

Championship Information

Championships will commence at 9:00am. The first marshalling call will be at 8:45am. Team Managers need to report by 8.15am. Officials need to report at 8:30am.

- Individual Medley events will be conducted in 2 age divisions – Junior (8,9,10yrs) and Senior (11,12/13yrs) for girls and boys. The 9 fastest times submitted by districts for the medley and 100m freestyle will be accepted. Schools will be notified of the fields asap after all entries are received.
- There is no restriction upon the number of events a competitor may enter.
- Events for athletes with a disability (multi-Class events) will be conducted at these championships. Entries should be included on the district shell entries.

Spectators/ livestreaming

Spectators welcome, but we ask they do not congregate on the concrete apron surrounding the pool.

Livestreaming of the South Coast Swimming Championships will be available through the South Coast School Sports Association website <https://app.education.nsw.gov.au/sport/SouthCoast>

Relay events will be restricted to **three heats only**- 1st and 2nd place in each district

Students are encouraged to arrive at least 45 minutes before their scheduled race time.

Results will not be posted but will be given to district managers.

Students need to remain in their district areas unless competing.

Wherever possible, students are encouraged to come dressed ready to compete to minimise changeroom use.

Hoodie sales will be online (see below).

Canteen

A canteen service catering for light refreshments will be available (hot dogs, pies, sausage rolls, donuts, drinks etc). Cash only. Students are encouraged to bring their own food and drinks.

Please note there is no ATM at the pool. The closest ATM is located at Dapto Mall.

Hoodies

This year they are black with aqua inside the hood. *These will be available for pick up at the pool only- buying instructions MUST be followed carefully.*

An online South Coast School Sports Association shop has been set up and will be open from **7pm Friday 24 February- 9:00am Monday 6 March only**. The shop can be found through a link under Merchandise on the South Coast School Sports Association website.

Sizes available: XXXS (junior 8), XXS (junior 10), XS (junior 12), small (junior 14), medium (junior 16), large (junior 18)

IMPORTANT INFORMATION FOR SOUTH COAST SWIMMING HOODIE SALES

Please follow buying instructions carefully.

- 2023 South Coast swimming hoodies will be black in colour, with aqua inside the hood, and are \$60.
- The online shop for hoodie sales will be open 7pm Friday 24 February- 9:00am Monday 6 March ONLY- no products will appear in the catalog before this time (catalog found under South Coast SSA logo). The shop may be accessed by students who were successful at their district or zone carnivals.
- The shop can be accessed under the Merchandise tab on our website <https://app.education.nsw.gov.au/sport/SouthCoast>
- Purchasers MUST give their mobile phone number when checking out, as there have been issues with email confirmations bouncing back.
- Sales will be by PICK UP ONLY AT THE CARNIVAL- ORDER NUMBER IS **ESSENTIAL**. *Please note delivery information is still required when checking out.*
- Please ensure you add the student's name, school, district/ zone and event/s in the notes section in your cart- see pic below

Your cart

[Continue shopping](#)

PRODUCT	PRICE	QUANTITY	TOTAL
 South Coast Bucket Hat Size: L/XL Remove	\$20.00	1	\$20.00

Add a note to your order

Joe Smith- Jerangle PS- Junior boys relay

Subtotal \$20.00 AUD

Taxes and shipping calculated at checkout

CHECK OUT

Shelter

Districts are requested to provide shelter for their students.

Behaviour

- A Code of Behaviour will be on display at the championships. Everybody attending the championships, including spectators, is expected to abide by this. Penalties may apply.
- District team managers are reminded that they are responsible for maintaining good order and discipline. Competitors who misbehave will be omitted from competition.
- The concrete apron surrounding the pool is out of bounds to all but carnival officials.
- The toddler pool is out of bounds for competitors and spectators.
- Loitering in shower/toilet areas is not allowed.
- The recorders' room is out of bounds to all except for carnival officials and district managers.
- All areas that have been fenced off by pool or carnival officials are out of bounds. This is for safety reasons and **must be obeyed**.

Competitors

During these championships, competitors will be selected to represent the South Coast SSA at the NSW PSSA State Swimming Championships to be held at the Sydney Olympic Park Aquatic Centre (SOPAC) on 5 April - 6 April. State information will be handed out on the day.

In 2023, all South Coast athletes will provide their details for parental and school consent through the online Dash platform. It is strongly suggested that you register immediately following the South Coast championships as school approval can take a few days, and the online platform does not allow for late registration or payment. Please contact the office on 4267 6162 if payment is an issue.

Conditions and Instructions

1. Method of starting

Competitors must be placed in their lanes and one-half pace behind the starting position. The Referee will give a long whistle to signal competitors to take their positions on the starting platform and remain there, or for backstroke, to immediately enter the water. On the starters command they shall immediately take up a starting position with at least one foot at the front of the starting platform and **remain stationary** (for backstroke a second long whistle will be sounded to take your position). The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

The one start rule will apply in all events. Any swimmer starting before the starting signal has been given shall be disqualified and be withdrawn from the event.

2. Protests shall be lodged in writing by the relevant District Team Manager within 15 minutes of the conclusion of the event to the Championship Convener. Team managers will be wearing hi-vis vests with their district name, so they are easily located.

Lodgement by parents will not be accepted.

3. All events will be timed finals. Competitors will be seeded, as per NSW Swimming rules, based on entry times.

Results for each event will be determined by the times achieved in the heats – **there will be no finals.**

4. Once competitors are in the hands of officials controlling the event, they are not to receive any coaching or advice. **Penalty: Disqualification.**

5. Program

The Championship Convener reserves the right to alter the program if this is deemed necessary.

Program of events- events with times will be available at a later date

- Team Managers to assemble at 8.15am.
- Officials to assemble at 8:30am.
- All events are timed finals – there will be no finals conducted for any events.
- All competitors must be marshalled 15 minutes before the scheduled time of the event.
- Junior events are for 8-10yrs, senior 11-13yrs.

Event no.	Age/ Gender	Name of event
1	Junior boys	4x50m Freestyle relay
2	Open girls	100m Freestyle
3	Open boys	100m Freestyle
4	Open girls MC	100m Freestyle Multiclass
5	Open boys MC	100m Freestyle Multiclass
6	Junior girls	50m Breaststroke
7	Junior boys	50m Breaststroke
8	11yrs girls	50m Breaststroke
9	11yrs boys	50m Breaststroke
10	12/13yrs girls	50m Breaststroke
11	12/13yrs boys	50m Breaststroke
12	10 & Under girls MC	50m Breaststroke Multiclass
13	10 & Under boys MS	50m Breaststroke Multiclass
14	11-13yrs girls MC	50m Breaststroke Multiclass
15	11-13yrs boys MC	50m Breaststroke Multiclass
16	Junior girls	4x50m Freestyle relay
17	Earl McGee	4x50m Freestyle relay
18	Peter Dobson	4x50m Freestyle relay
19	10 & Under girls MC	50m Backstroke Multiclass
20	10 & Under boys MS	50m Backstroke Multiclass
21	11-13yrs girls MC	50m Backstroke Multiclass
22	11-13yrs boys MC	50m Backstroke Multiclass
23	Junior girls	50m Backstroke

Event no.	Age/ Gender	Name of event
24	Junior boys	50m Backstroke
25	11yrs girls	50m Backstroke
26	11yrs boys	50m Backstroke
27	12/13yrs girls	50m Backstroke
28	12/13yrs boys	50m Backstroke
29	10 & Under girls MC	50m Freestyle Multiclass
30	10 & Under boys MS	50m Freestyle Multiclass
31	11-13yrs girls MC	50m Freestyle Multiclass
32	11-13yrs boys MC	50m Freestyle Multiclass
33	8yrs girls	50m Freestyle
34	8yrs boys	50m Freestyle
35	9yrs girls	50m Freestyle
36	9yrs boys	50m Freestyle
37	10yrs girls	50m Freestyle
38	10yrs boys	50m Freestyle
39	11yrs girls	50m Freestyle
40	11yrs boys	50m Freestyle
41	12yrs girls	50m Freestyle
42	12yrs boys	50m Freestyle
43	13yrs girls	50m Freestyle
44	13yrs boys	50m Freestyle
45	Junior girls	200m IM
46	Junior boys	200m IM
47	Senior girls	200m IM
48	Senior boys	200m IM
BREAK		
49	Senior boys	4x50m Freestyle relay
50	10 & Under girls MC	50m Butterfly Multiclass
51	10 & Under boys MC	50m Butterfly Multiclass
52	11-13yrs girls MC	50m Butterfly Multiclass

Event no.	Age/ Gender	Name of event
53	11-13yrs boys MC	50m Butterfly Multiclass
54	Junior girls	50m Butterfly
55	Junior boys	50m Butterfly
56	11yrs girls	50m Butterfly
57	11yrs boys	50m Butterfly
58	12/13yrs girls	50m Butterfly
59	12/13yrs boys	50m Butterfly
60	Senior girls	4x50m Freestyle relay

REPRESENTATIVE CONSENT FORM



Event Details

Sport: South Coast Regional Swimming Championships

Date: Friday 10th March, 2023

Venue: Dapto Olympic Pool Bangaroo Road, Dapto

1. Student details (please print clearly)

First name: _____ Surname: _____

Date of Birth: _____ School: _____

Gender: Male/ Female/ Other/ Not specified (Please circle one option)

Does your child/ward identify as Aboriginal or Torres Strait Islander? (Please circle) **YES/NO or Prefer not to say**

Parent/Caregivers details

First name: _____ Surname: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: (H) _____ (W) _____ (M) _____

Email: _____

2. Student Medical Details

Medicare Number: _____ Exp Date: _____

My child/ward is allergic to: _____

Does your child/ward have an ASCIA action plan? **YES or NO** (please circle).

If **YES**, a copy must be attached to this consent form.

Please detail any medical or additional requirements which the team manager should be aware of, including any behaviour management or other specialised plans. (Copies of details / plans to be attached).

Concussion Clearance

The Australian Medical Association recommends students being symptom free of concussion for 14 days before returning to sport.

- If your child/ward sustains a concussion, or experiences any concussion symptoms, in the 14 days period prior to the event commencing, you must report this to team officials, and a medical clearance is required for your child/ward to participate in the event.
- Medical clearances can be attached to this consent form or can be submitted to team officials separately.

Important Information:

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.

Parents and caregivers are advised to assess the level and extent of their child's / ward's involvement in the sport program offered by the school, school sporting zone, region and state school sport associations when deciding whether additional insurance cover is required prior to their child's/ward'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>.

3. Privacy Notice:

The information requested in this note is being collected by the Department of Education. The Department will use the information, in connection with your child/ward's participation in this event, for the following purposes:

- i. Administration.
- ii. Communication with parents/carers; and
- iii. For the health, safety, and welfare of your child/ward.

Additionally, the Department will use Information about your child/ward's Aboriginal or Torres Strait Islander status for the purpose of implementing its Aboriginal Education Policy in the context of representative sport.

The provision of all information requested in this note is voluntary, however (except for information about Aboriginal or Torres Strait Islander status), your child/ward may not be able to participate if it is not provided.

The Department might share the information requested in this note with health care providers if your child/ward requires urgent medical attention. All personal information will be held securely and disposed of securely when no longer needed.

You have the right to access and correct the information you provide in this note. If you wish to do so, please contact the South Coast School Sport Unit.

Permission to Publish Student information

The DoE may publish or disclose information about your child/ward for the purposes of event promotion and sharing results. This information may include your child's / ward's name, age, and school. It may also include information collected during this event such as photographs, live streaming, sound, and visual recordings of your child/ward. The communications in which your child's/ward's information may be published or disclosed include but are not limited to:

- The event program and results
- Public websites of the Department of Education including the School Sport Unit website
- the Department of Education intranet (staff only), blogs and wikis
- Department of Education publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically
- the Department of Education, School Sport Unit, and school social media accounts on networks such as YouTube, Facebook and Twitter
- Local and metropolitan newspapers and magazines and other media outlets
- Parents should be aware that when information is published on public websites and social media channels it can be linked to by third parties and may be discoverable online for several years, if not permanently. Search engines may also cache or retain copies of published information.

Permission to Publish: I have read the information about disclosing and publishing student information (above) and

☐ I give permission

☐ I do not give permission

for the Department to publish and disclose information about my child/ward in publicly accessible communications. This permission remains effective until I advise otherwise. I understand that if I have not given permission to publish, my child's/ward's name will not appear in event programs and results.

SIGNED:

(Parent/Caregiver)

(Date)

4. Travel Details

Private travel

I am aware that I need to make transport arrangements for my child/ward to and from the event.

- I will be transporting my child/ward to and from the event. **YES or NO** (please circle).
- I will be transporting my child/ward to the event and someone else will be transporting my child/ward for the return trip **YES or NO** (please circle).
- Someone else will be transporting my child/ward to the event and I will be transporting my child/ward for the return trip **YES or NO** (please circle).

Someone else will be transporting my child/ward to and from the event. **YES or NO** (please circle).

If someone else will be transporting your child/ward to and/or from the event, please provide details below:

Full name of person transporting child: _____

Relationship to child: _____

Departing from: (location, time, and date) _____

Returning to: (location, time, and date) _____

5. Accommodation Details (If required)

Private accommodation

I am aware that I need to make accommodation arrangements for my child/ward whilst at the event.

- My child/ward will be staying with me. **YES or NO** (please circle)
- My child/ward will be staying with another supervising adult. **YES or NO** (please circle) if yes please provide the supervising adult's details:

(Full name): _____

(Relationship to child): _____

(Contact details): _____

Details of arrangements for privately organised accommodation:

Accommodation details:

Dates: arrival date: _____ departure date: _____

Where: _____

Address: _____

Supervising adult:

Name of supervising adult (Full name): _____

(Relationship to child): _____ (Contact details): _____

6. Principal's Declaration

- I certify that the student whose details appear on this form is enrolled at this school.
- I have verified that the date of birth as stated on this form is correct.
- I certify that the student has the school authority to represent on this occasion.
- A copy of this consent form will be retained by my school.
- I certify this student **has or has not** (please circle) parental / caregiver permission to publish as stated in the "Permission to publish" above.

Name: _____

SIGNED: _____

(Principal)

(Date)

Sports Organiser endorsement

I endorse the selection of this student to represent the school at this activity.

Name: _____

SIGNED: _____

(School Sports Organiser)

(Date)

7. Parental Acknowledgment and Consent

- I have read the information provided and I hereby consent to my child/ward participating in this event.
- I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.
- I acknowledge that my child/ward will be under the supervision of team officials during the event.
- I have sighted the Code of Conduct and acknowledge that if my child/ward seriously contravenes behavioural expectations, they may be immediately excluded from the team. Should this eventuate, I accept full responsibility for my child/ward upon notification of their exclusion by the team manager including the cost of return transport and accommodation.
- 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/ward may require. I accept full responsibility for all expenses incurred.
- I acknowledge that if my child/ward sustains a concussion, or experiences any concussion symptoms, in the 14-day period prior to the event commencing, I am required to report this to team officials. I further acknowledge that, should this occur, my child/ward will only be permitted to participate in the event if a medical clearance is provided.
- I affirm that, 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.
- I confirm I have completed the "Permission to Publish Student Information" section.

Name: _____

SIGNED: _____

(Parent/Caregiver)

(Date)