

# PORT NOARLUNGA PRIMARY SCHOOL & AQUATIC CENTRE

Office : 10 James Avenue ~ Port Noarlunga ~ SA ~ 5167

Beach: Wifton Centre, Cnr. Saltfleet Street and Esplanade, Port Noarlunga, next to jetty

Tel: (08) 8384 4802/8384 4275

Email: [PortNoarlunga.Aquatics153@schools.sa.edu.au](mailto:PortNoarlunga.Aquatics153@schools.sa.edu.au)

Website: [www.pnac.com.au](http://www.pnac.com.au)

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Thank you for booking at our Centre.

Please **check the details, sign and return** by email, the enclosed **Final Numbers form by the return date**. Due to the demand on the Centre, if your booking is user pay, and you have a discrepancy between booked numbers and actual attendance you will be charged the greater.

Demand is such that many schools are unable to obtain bookings. It is therefore imperative to confirm within timelines or the booking may be released to another school. Early indication of increase or decrease in numbers is also appreciated.

The Final Numbers form details the number of groups your students will be divided into, based on the student numbers on the form as well as the number of groups per activity in each session. If you would like to select a different activity, or want more/less groups in any particular activity please give us a call and we will try to accommodate you.

Our website [www.pnac.com.au](http://www.pnac.com.au) provides information specific to the port Noarlunga Aquatic Centre. If you require general information about the Swimming and Aquatics program please refer to DECD Swimming & Aquatics website ([www.decd.sa.gov.au/swimmingandaquatics](http://www.decd.sa.gov.au/swimmingandaquatics)).

**To increase participation time, each student needs to have their medical form in their possession to hand to their instructor at their first session.**

## **MEDICAL CONSENT FORM**

- All students must bring a completed medical consent form and any required medication (eg: Ventolin or epipen), with them. Students must provide a health plan for any medical condition that has been detailed on their medical consent form. This includes – asthma, allergies, joint disorder, vision impairment, ear disorder, epilepsy, seizures, diabetes, heart disorder, hearing impairment, skin conditions, incontinence and swallowing issues. The water safety unit have advised us that if students have a recognised condition (indicated on the medical form) and arrive at aquatics without their health care plan they will not be allowed to participate.
- If any medication needs to be kept cold, please make sure that it arrives in a cool bag.
- Medication and Medical/Consent forms need to be collected and taken with you after your last session.
- Please make sure that you complete the Consolidated Health Form. This allows Instructors a quick reference when students change activities / instructors.

## **ROLE OF ONSITE SCHOOL STAFF FORM**

- This form needs to be read, signed and handed to the Instructor In Charge by the supervising school representative attending Port Noarlunga Aquatic Centre.

## **STUDENT FACILITIES AND ATTIRE**

- Students should be wearing bathers (where possible) when they arrive at the centre, as changing facilities are limited. Students also need to bring a towel. If the weather is cool or windy it is a good idea for students to bring a jumper.
- **Toilets and Changing Facilities: Only public toilet facilities are available and a responsible adult must accompany students using these facilities.**  
DECD policy indicates that instructors are employed to provide water safety and aquatics instruction and they are not responsible for supervising change rooms or toilets, this is the responsibility of teachers.  
The Centre offers an outdoor experience, and while we do provide basic changing facilities, it is not our intention to provide any more than that as we are not staffed or equipped to deal with problems associated with a more substantial facility.
- As a DECD service provider the Centre is committed to the 'Sun smart Policies' and students are expected to wear sunscreen, hats and sleeved t-shirts when possible, to keep sun exposure to a minimum. Clothing should be

appropriate for the prevailing weather conditions, i.e. something to wear in cold weather to keep warm. Brief bikinis/speedos are not considered appropriate aquatic attire and modest bathers and board shorts are preferred.

- All students participating in water activities must wear a wetsuit, sleeved t-shirt or similar for sun protection. Sunscreen needs to be supplied by the school or student. Some students have problems with wetsuit rash developing, particularly in the upper thigh area. Lycra bike pants or similar worn underneath the wetsuit helps prevent this.

### **FOOTWEAR**

- **Fishing** students are advised to wear old sand shoes or similar for the walk to the river. **Kayaking** students also require protective footwear. They will change into booties once at the kayak shed. If possible kayak students should bring thongs in their bag to wear when walking from base to the kayak shed and back.
- **Reef Ecology** students. We prefer they wear a pair of old socks to protect both their own feet and the reef. Wetsuit socks must have non rubber soles.

### **EXTRA SUPPORT STUDENTS**

- If you have any students requiring extra support due to problems such as epilepsy, asperser's syndrome, or other special needs, **please complete and return to us as soon as possible, the enclosed form** so we can arrange additional support hours. The Centre can often supply the additional staff for aquatics and swimming sessions, but in some circumstances, teachers will be asked to provide an SSO or teacher to actively participate and cover these students.

### **SECURITY OF PERSONAL BELONGINGS**

- The Centre is "open air" and takes **no responsibility for belongings** left there. Allocating a school staff member to stay with student belongings and ensuring "popular" items such as "brand" shoes and expensive clothing and phones are not brought to the Centre are preventative measures. There is a lost property box where items are kept for a short time.

### **CANCELLATIONS**

- Rosters are set and given to instructors 3 weeks prior to the commencement of the program based on confirmed numbers. If you cancel after this either the full cost or a cancellation fee will apply
- Rescheduling of cancelled hours will require approval.
- If your school has a hot weather policy that involves cancelling when temperatures are **below** 38 degrees and you have a booking in Term 1 and 4 you need to disclose this as we will have to reschedule your booking to Term 2 or 3.

### **COST:**

These are posted on our website: [www.pnac.com.au](http://www.pnac.com.au)

### **EMERGENCY CONTACTS**

- After hours for inclement weather, heat policy, and catastrophic fire danger cancellations, please contact the Instructor in Charge on 0401 121 714 or the beach on **8326 1471**.

### **WE PROVIDE**

- All necessary equipment, safety supervision and instruction for participating students.
- Instructors with appropriate activity accreditation, first aid, criminal history screening and responding to abuse and neglect training.

### **WE EXPECT**

- Punctuality, appropriate behaviour from students and teacher involvement in the program.

### **WE DO NOT**

- Accept responsibility for non-participating students. At least one teacher from each school is expected to be available at the base area to assist with student issues as they arise.
- Accept responsibility for loss of belongings to students or teachers.

We hope you have an interesting and enjoyable learning experience at the Port Noarlunga Aquatic Centre. If you have any suggestions or problems, then do not hesitate to contact the co-ordinator.

Thank you for your booking.

**ANDY HANCOCK**  
**Aquatics Co-ordinator/Manager**