

# 2018—2019 VACSWIM Enrolment Form

VACSWIM is a government funded water safety program which allows children to develop the survival skills needed to be confident and competent in the water, in a fun and safe environment.



## ELIGIBILITY

The annual VACSWIM program is open to all school age children 5-13 years (to participate in the 2018-2019 VACSWIM program, children must be 5 years of age or older before 30<sup>th</sup> April 2019.)

## PROGRAM DATES

VACSWIM lessons for RLSS-SA Levels 1-7 will be held at both the Bordertown and Keith Swimming Pools.

**BORDERTOWN:** 17th—21st December 2018 (1x 63 minute lesson per day) \* Five day program

**KEITH:** 7th—11th January 2019 (1x 63 minute lesson per day) \* Monday to Friday

## FEES

**POOL SEASON TICKET HOLDERS:** \$52.00 \* Enrolment Fee—\$30, Equipment and Location Fee—\$22

**NON SEASON TICKET HOLDERS:** \$67.00 \* Non Season Ticket Holder Pool Entry Fee—\$15

NOTE: Families that have 4 or more children participating are entitled to a large **FAMILY DISCOUNT**  
When enrolling at the Council Office, please present Medicare card listing each family member

**LARGE FAMILY DISCOUNT FEE:** \$100.00 \* Equipment and Location Fee—\$22 and Entry Fee (If Applicable)

## ENROLMENT DATES & INFORMATION

Enrolments **OPEN** on 3rd September 2018

Please note that enrolments **CLOSE** on:

**BORDERTOWN:** 3rd December 2018 \* There will be NO enrolments taken after these dates

**KEITH:** 17th December 2018 \* Payment by cash, cheque or credit card can be made at the Bordertown and Keith Council Offices

## COUNCIL OFFICES

**BORDERTOWN OFFICE:**

43 Woolshed Street  
Bordertown SA 5268

**KEITH OFFICE:**

34 Hender Street  
Keith SA 5267

## CONTACT DETAILS

**BORDERTOWN COUNCIL OFFICE:**

Phone: (08) 8752 1044

Email: [office@tatiara.sa.gov.au](mailto:office@tatiara.sa.gov.au)

**KEITH COUNCIL OFFICE:**

Phone: (08) 8755 3347

Email: [office@tatiara.sa.gov.au](mailto:office@tatiara.sa.gov.au)

**AQUATICS CO-ORDINATOR:**

Laura Nash - Phone: 0437 017 242



# TERMS & CONDITIONS

**Release:** As parent/guardian of the child/children listed on the enrolment form, I declare that the information I have provided is true and correct. I give my consent for him/her to participate in the 2018-2019 VACSWIM program and agree to delegate my authority to the supervising instructors. If my child/children requires medical treatment as a result of an emergency or accident, and contact with me is impracticable or impossible, I authorise the VACSWIM staff to arrange whatever medical assistance is necessary. I will pay all medical and dental expenses incurred on behalf of my child. I have detailed on the enrolment form health care information including details of any additional health support he/she requires to safely participate in the 2018-2019 VACSWIM program. I acknowledge that I have read and understood the terms and conditions for participating in the 2018-2019 VACSWIM program and agree that my child will comply with the VACSWIM rules, standards and requirements. I agree to abide by the VACSWIM refund policy outlined in the terms & conditions. I acknowledge that my child participates at his/her own risk and will not hold the Minister for Recreation and Sport, employees or volunteers of the YMCA of SA and Tatiara District Council liable for any accident, injury, property, loss or cost occurring as a result of participating in the 2018-2019 VACSWIM program unless caused by negligence or a wrongful act or omission by the Minister for Recreation and Sport, employees or volunteers of the YMCA of SA and Tatiara District Council.

**Photograph Release:** I agree to allow the VASWIM office, YMCA of SA and the Tatiara District Council to use any photographs taken of my child during the course of the program for future promotions or reporting purposes in any media with regards to promoting water safety awareness (you will be given the option to agree or decline to this section. **\*Please sign the 'release' on the enrolment form after reading this section\***

**Privacy Policy:** Privacy Policy in accordance with the *Privacy Act 1988* and *Privacy Amendment (Private Sector) Act 2000* and all information collected and stored on the VACSWIM and Tatiara District Council student database will only be used for the purpose, nature and duration of the VACSWIM program. There will not be any disclosure of any information collected or stored on the VACSWIM and Tatiara District Council student database to a third party for any reason other than medical related situations unless there has been prior written consent.

## Terms and Conditions:

**Parent/Guardian Role at the Location:** Parents/guardians are expected to remain at the location at all times during their child's participation in their designated class.

**Handover/Duty of Care:** When arriving at the location, the parent/guardian should take their child to their designated instructor and ensure that their child's name is marked 'in' on the attendance sheet for that day. No child will be accepted more than 10 minutes before the start of their designated class. After class, the instructor will ensure that the child is released directly into the care of the parent/guardian before marking the child 'out' on the attendance sheet and allowing them to leave the location.

**Refund Policy:** If a location is cancelled for any reason you may request a full refund or transfer your children to an alternative location. If classes are cancelled due to extreme weather or for any other reason they will be rescheduled where possible, however if circumstances dictate that rescheduling is not possible refunds for a pro-rata proportion of the enrolment fee will be made. Refunds for children unable to attend classes due to medical reasons, will only be issued if a participant attends no more than 2 days of the program.

**Medical:** To claim a medical refund, parents must send a letter outlining the number of days attended together with a medical certificate and a copy of the program receipt. Requests for medical refunds must be received by the Tatiara District Council no later than **1<sup>st</sup> February 2018**. The pool entry fee, where applicable, will not be refunded for medical refunds where the child has attended part of the program.

**Transferring Between Locations:** Transferring from one location to another is possible, however children will only be accommodated if a vacancy exists at the new location. Children transferring to another location will not be given additional instruction to the detriment of the existing participants. An enrolment receipt and certificate of participation signed by the instructor in charge of the original location must be produced when enrolling at the new location. For further clarification about transferring between locations, please speak to the instructor in charge or the VACSWIM office.

**Medical Conditions:** If your child has a medical condition, for example asthma, attention deficit disorder, diabetes, epilepsy and/or others (state clearly), it must be written and detailed in the 'child details section' of the enrolment form. If necessary, please include additional information/notes in the 'child details section', providing a detailed explanation of your child's medical condition. Please note that under no circumstances will VACSWIM instructors or volunteers administer any medicines.

**Children with a Disability:** Children with a disability are encouraged to participate in the VACSWIM program. When enrolling, the Instructor in Charge should be informed of any additional needs your child requires to enable participation. Participation is conditional upon the VACSWIM location being able to provide the additional support services arranged through consultation between the Instructor in Charge and the parent or caregiver. This will ensure a responsible person is keeping the child under observation at all times. Please indicate in the 'child details section' if your child is regarded as having a disability and complete the medical information on the back of the form. Parents and/or caregivers are encouraged to attach a note providing further explanation if required.

**Code of Behaviour:** Participants (in and out of the water) are expected to cooperate with the instruction and direction of the VACSWIM staff and follow the rules of the Bordertown and Keith Swimming Pools as issued by the Tatiara District Council. Instructors are responsible for the children directly involved in their class while the class is being conducted, inappropriate disruptive behaviour could result in exclusion from class(es). Instructors are not responsible for the general supervision of others at the location. Parents should ensure that appropriate supervision is provided at all other times.

**Skin Care:** VACSWIM encourages all participants to wear a t-shirt and hat, and apply 30+ SPF sunscreen. Failing to provide suitable skin protection could result in exclusion from a class.

**Preferred Times:** Whilst every possible effort will be taken to comply with requests for preferred class times, we do not guarantee that times will be available.

## 'ACTIVE' LEVELS (1-7)

'Active' is the swimming and water safety component of the Swim & Survive program, and is designed for children aged 5-14 years of age. This component of Swim & Survive has been around for more than 60 years with almost 15 million Australians gaining a Swim & Survive award since its inception. Swim & Survive 'Active' is a broad & balanced program teaching a range of skills & knowledge to develop water safety, survival, basic rescue & swimming skills. With a vibrant look 'Active' encourages children to have a healthy respect for the aquatic environment.

### **Level 1—Water Discovery:**

Enter & exit the water safely and confidently. Front float & recover to a secure position. Back float & recover to a secure position. Blow bubbles in water with face fully submerged & turn head to side, repeat action. Front glide & kick for 3 metres unassisted (torpedo). Back kick using kick board for 5 metres. Swim for a distance of 3 metres using an underwater arm action while kicking. Float with a flotation aid for 30 seconds. Submerge in waist depth water, open eyes & blow bubbles. Demonstrate lock hands, lock head & steer up position in water. Be pulled to safety by grasping a rescue aid. Answer questions about dangers in the aquatic environment.

### **Level 2—Water Awareness:**

Perform a slide in entry & exit using the edge. Float on the front & back in deep water with instructor assistance. Demonstrate treading water arm sculling action, supporting the body in an upright position. Demonstrate treading water leg action using a flotation aid for support. Swim 10 metres freestyle with basic side breathing. Swim 10 metres backstroke with correct body position. Demonstrate 5 metres survival backstroke kick. Demonstrate breaststroke kick on the side of the pool. Demonstrate survival sculling for 30 seconds & floating for 1 minute, holding a flotation aid & then kick to safety. Submerge & recover an object from water of chest depth. Demonstrate a sitting dive (may be assisted). Be pulled through the water with a rope for 5 metres to safety. Answer questions about dangers in the aquatic environment.

### **Level 3—Water Sense:**

Perform a step in entry. Scull head first on the back in a streamlined body position. Swim 25 metres freestyle using correct technique. Swim 25 metres backstroke using correct technique. Swim 15 metres survival backstroke using correct technique. Demonstrate 10 metres breaststroke kick (symmetrical action). Demonstrate the survival sculling or treading water for 1 minute and swim for 1 minute holding a flotation aid. Surface dive, swim underwater & recover an object from water of chest depth. Demonstrate a kneeling dive. Using a rigid aid pull a partner to safety. Answer questions about dangers in the aquatic environment. Demonstrate introductory dolphin kick for a distance of 5 metres.

### **Level 4—Water Wise:**

Safely perform a compact jump and exit from deep water. Demonstrate feet first sculling on the back. Demonstrate rotation of the tucked body, keeping the face above the surface of the water. Swim 50 metres freestyle with correct technique. Swim 50 metres backstroke with correct technique. Swim 25 metres survival backstroke with correct technique. Swim 15 metres breaststroke with correct technique. Demonstrate 10 metres sidestroke with scissor kick. Dressed in swim wear, shorts & t-shirt, demonstrate sculling, floating or treading water for 2 minutes & swim slowly for 3 minutes, changing survival strokes after each minute. Float for 1 minute using an open-ended flotation aid. Surface dive, swim underwater & recover an object from water depth equivalent to the candidate's height. Demonstrate a crouch dive. Throw a rescue flotation aid to a partner at 5 metres distance & instruct the partner to kick to the edge. Answer questions about the dangers in the aquatic environment. Demonstrate introductory butterfly arm action for a distance of 5 metres.

### **Level 5—Junior Swim & Survive:**

Safely perform a fall in entry and exit from deep water. Demonstrate a forward somersault in the water. Demonstrate the eggbeater kick; arms or a kick-board may be used for support. Swim 100 metres continuously using correct stroke technique; 25 metres freestyle, 25 metres survival backstroke or sidestroke, 25 metres backstroke and 25 metres breaststroke. Dressed in swim wear, long pants & long-sleeved shirt perform survival sculling, floating or treading water for 4 minutes; perform a feet first dive and swim underwater for a short distance, swim slowly for 6 minutes using 3 survival strokes, changing strokes after each minute; clothing may be removed. Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds & then climb out of water. Demonstrate a shallow dive. Perform a reach rescue using a rope, towel or item of clothing. Answer questions about dangers in the aquatic environment. Swim butterfly for 10 metres demonstrating a recognisable stroke & attempt correct breathing technique.

### **Level 6—Swim & Survive:**

Perform a stride entry. Demonstrate a backward somersault in the water. Demonstrate eggbeater kick & sculling. Swim 200 metres continuously using correct stroke technique, 50 metres survival backstroke or sidestroke, 50 metres backstroke, 50 metres breaststroke & 50 metres freestyle. Dressed in swim wear, long pants & long-sleeved shirt & jumper, perform the following: enter deep water using a feet first entry, submerge feet first, swim underwater on back looking up at the surface, swim 50 metres quickly as if escaping from a dangerous situation & then swim 50 metres slowly, float using a buoyant aid for 1 minute, swim slowly demonstrating survival strokes for 6 minutes, scull, float or tread water for 3 minutes waving for help intermittently, remove clothing in deep water. Correctly fit a PFD while treading water & then swim 25 metres using survival strokes, climb out of the water. Perform a throw rescue using an unweighted rope over a distance of 6 metres. Answer questions on water safety and personal survival techniques. Swim butterfly for 15 metres using an efficient stroke and correct breathing technique

### **Level 7—Senior Swim & Survive:**

Demonstrate an entry technique selected by the examiner. Demonstrate an efficient eggbeater kick without use of arms. Swim 300 metres continuously using correct technique; 100 metres freestyle, 50 metres backstroke, 50 metres breaststroke, 50 metres survival backstroke and 50 metres sidestroke. Dressed in swim wear, long pants, long sleeved shirt, jumper, shoes and socks, perform the following sequence; dive and swim a distance underwater to simulate an escape from a sinking boat surrounded by oil, swim a further 40 metres freestyle as if escaping from a dangerous situation, remove shoes while treading water & then swim slowly 50 metres breaststroke, float, survival scull or tread water for 5 minutes and wave one arm occasionally as if signalling for help; reassure any nearby candidates by talking to them, swim slowly for 200 metres using survival strokes, changing strokes every 50 metres, remove clothing in deep water. Fit a PFD correctly while treading water, swim 100 metres using survival strokes, demonstrate help technique and climb out of water whilst wearing the PFD. Perform a throw rescue using a weighted rope over a distance of 10 metres within a time limit of 1 minute. Wade to a partner and pull them to safety using a towel or item of clothing as an aid. Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts. Swim butterfly for 25 metres using an efficient stroke and correct breathing techniques.

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# VACSWIM ENROLMENT FORM

Please Ensure to Complete all of the Required Fields (Marked with \*)

Location: ☐ BORDERTOWN ☐ KEITH

Name of Responsible Person/s:\*

Residential Address:\*

Postal Address (if different from residential):\*

Phone: \* (Mobile) (Home)

Email:

Preferred Contact Method (Please Circle):\* Phone / Email \* NOTE: You will be contacted by this method with class times

Relationship to Child/Children:

Is English the primary language spoken at home? (Please Circle)\* Yes / No

If NO, what language is primarily spoken?

## EMERGENCY CONTACT DETAILS:

Name: \* Phone\*

Relationship to Child/Children:

## Child 1—Details:

Last Name: \* First Name: \*

Date of Birth: \* / / Age: \* Gender (Please Circle):\* Male / Female

VACSWIM Level Completed Last Year (If Applicable):\* VACSWIM Level Aiming For:\*

Medical Issues (Please Provide Details):\*

Medical Treatment Plan Details (If Applicable):

Does your child have a disability? (Please Circle)\* Yes / No

If YES, how will this affect their swimming and learning?

## Child 2 —Details:

Last Name: \* First Name: \*

Date of Birth: \* / / Age: \* Gender (Please Circle):\* Male / Female

VACSWIM Level Completed Last Year (If Applicable):\* VACSWIM Level Aiming For:\*

Medical Issues (Please Provide Details):\*

Medical Treatment Plan Details (If Applicable):

Does your child have a disability? (Please Circle)\* Yes / No

If YES, how will this affect their swimming and learning?

Child 3—Details:

Last Name: \* \_\_\_\_\_ First Name: \* \_\_\_\_\_

Date of Birth: \*        /        /        Age: \* \_\_\_\_\_ Gender (Please Circle): \*    Male / Female

VACSWIM Level Completed Last Year (If Applicable): \* \_\_\_\_\_ VACSWIM Level Aiming For: \* \_\_\_\_\_

Medical Issues (Please Provide Details): \* \_\_\_\_\_

Medical Treatment Plan Details (If Applicable): \_\_\_\_\_

Does your child have a disability? (Please Circle) \*        Yes / No

If YES, how will this affect their swimming and learning? \_\_\_\_\_

Child 3—Details:

Last Name: \* \_\_\_\_\_ First Name: \* \_\_\_\_\_

Date of Birth: \*        /        /        Age: \* \_\_\_\_\_ Gender (Please Circle): \*    Male / Female

VACSWIM Level Completed Last Year (If Applicable): \* \_\_\_\_\_ VACSWIM Level Aiming For: \* \_\_\_\_\_

Medical Issues (Please Provide Details): \* \_\_\_\_\_

Medical Treatment Plan Details (If Applicable): \_\_\_\_\_

Does your child have a disability? (Please Circle) \*        Yes / No

If YES, how will this affect their swimming and learning? \_\_\_\_\_

RELEASE

**PHOTOGRAPH RELEASE**

*I agree to allow the VACSWIM office, YMCA of South Australia and Tatiara District Council to use any photographs taken during the course of the program for any future promotions or reporting purposes in any media with regards to promoting water safety awareness.*

(Please Circle) \*        Yes / No

**RELEASE**

*I have read and understood the Terms & Conditions, Release & Privacy detailed in the enrolment package. I agree to the Terms of Release as detailed.*

Signature of Parent/Guardian: \* \_\_\_\_\_ Date: \* \_\_\_\_\_

FEE PAYMENT

Please Tick Appropriate and Write Number of Children: \*

☐ Season Ticket Holders:        \$52.00 x \_\_\_\_\_ (Number of Children)

☐ Non-Season Ticket Holders:    \$67.00 x \_\_\_\_\_ (Number of Children)

☐ Large Family Discount:        \$100.00 with \_\_\_\_\_ Children

**TOTAL FEE PAYABLE:**        \$ .....

OFFICE USE ONLY	
Form Signed	
Preferred Contact Method Selected	
Location Selected	
Large Family Discount – Medicare Card Sighted	
Receipt Number	
G/L Codes —    Bordertown: 1650301    Keith: 1660301	