22nd December, 2012

Dear Parent/Caregiver

On Wednesday 22nd February, 2012, Katoomba High School will hold its annual Cross Country Carnival. This event has been planned to cater for serious cross country competitors and social competitors. After lunch students will change into KHS sports uniform and assemble on the oval to commence the carnival. There will be a route around the school including surrounding streets and the oval. School will finish at the normal time of 3:25pm. The back-up date is Wednesday 29th February, 2012 in the case of inclement weather.

All students will be taking part in the cross country route involving the footpath outside the school and students must ensure they return their permission note. Students in Years 7-12 will participate periods 4-5 (12:55 – 2:35pm – regular Sport time). Year 12 students on sport exemption will be permitted to sign out at the conclusion of their race.

Students will need to bring full KHS Sports uniform, including comfortable running shoes and adequate water. Students must have adequate sun protection including a broad brimmed hat, sunscreen, and sunglasses (optional). Students are reminded to drink adequate water before, during, and after the event. Students who suffer from asthma or other conditions need to ensure that they have the appropriate medication on hand prior to commencing the event. Students my walk, jog or run.

The aim of the carnival is for students to meet compulsory sport requirements under DET guidelines. In addition to this, our top 6 runners in each age group will be invited to compete at the Nepean Zone Cross Country Carnival held during Term 2, 2012. Separate permission notes will be issued to the students who will be attending this carnival.

Students are reminded that they are expected to remain for the duration of the carnival.

Michele Draper
Sports Organiser

---

EXCURSION CONSENT FORM

I hereby consent to ___________________________________ Year________ Roll_________ participating in the annual Katoomba High School Cross Country Carnival on Wednesday 22nd February, 2012. The back-up date is Wednesday 29th February, 2012 in the case of inclement weather.

I agree to ensure my child has adequate sun protection including a broad brimmed hat.

Special needs of my child which you should be aware of (eg. Allergies, Medication – please provide details)

_____________________________________________________________________________

Signature of Parent/Caregiver ____________________________ Date ______________________

Emergency contact during excursion:

Parent/Caregiver Name ____________________________ Phone No ______________________