



Dear Parents and Guardians

Your child is about to attend a Sport and Recreation school camp at Lake Burrendong Sport and Recreation Centre organised through Cargo Public School.

Prior to the camp all students must complete a Medical and Consent Form prior to attending.

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

Sport and Recreation needs you to complete this form on behalf of your child. The form is **available online** and is easy to complete. Once you submit the form the information is sent to the Centre so the staff can prepare for your child's visit.

Please complete the Medical and Consent Form at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

It is vital that you enter the following details to complete the online form by **Monday, 7 October, 2019**

Booking Number **563158**
Booking Start Date **28/10/2019**
Booking Venue **Lake Burrendong Sport and Recreation Centre**

For information on camp life and what to pack, go to
sportandrecreation.nsw.gov.au/schoolcampparentinfo

Regards
Rebecca Horan
Cargo Principal
15th August 2019

What to pack

Luggage should be limited to one bag equivalent in size to airline 'carry on' luggage with maximum weight of 10kg and a separate sleeping bag, plus a small backpack per child. Remember, your child will be required to carry their luggage so it is essential to make sure it is not too big or heavy.

For school camps, ideas to pack:

Please label all clothing, towels and sleeping bag with your child's name.

- Shorts or Jeans/Jumpers and tracksuit pants
- Socks and underwear
- Raincoat
- Warm school jacket (winter only)
- Three layers of warm clothing (winter only, or all-year round at Lake Burrendong)
- Pyjamas
- Swimming costume and rashie shirt
- Sunscreen, sun hat and sunglasses
- Two pairs of running shoes (one old pair to wear in the water)
- Toiletries, soap, lip balm and insect repellent (no aerosols)
- Two towels
- Pillow, sleeping bag or doona and two single flat sheets
- Day backpack (this will be what they carry morning tea & drink bottle in)
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)/ Handkerchief or tissues
- Water bottle

- **Optional – Camera -Up to \$30 for souvenirs**

What not to bring:

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and other electronic devices
- Lollies or chewing gum
- Jewellery
- Anything valuable (The Office of Sport takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

Prohibited

Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported to the police immediately.



Return to school by 27 September 2019



I have completed the online medical & permission note for my child/ren to attend Lake Burrendong Camp

Signed _____ date _____

UNIT/DIRECTORATE NAME

Street Name Suburb NSW Postcode PO Box No Suburb NSW Postcode T XXXX XXXX F XXXX XXXX

E firstname.lastname@det.nsw.edu.au