NSW Department of Education

School sport permission 2025

Drop-in sessions 1 and 2

Mandatory inclusions & Sport-specific permission

School Sport Unit - Procedures team

- Lucette King – Policy Advisor
- Michael Kirwan – Sport and Physical Activity Advisor
- SportandPhysicalActivity@det.nsw.edu.au

NSW Department of Education

School sport permission 2025

Overview

Communication timeline

- Week 2 Term 4 — **Sport permission support for schools published on SSU website**; Familiarisation guides released
- Week 4 Term 4 — Drop-in sessions 1 & 2 — **Mandatory inclusions**
- Week 5 Term 4 — Drop-in sessions 3 & 4 — **Weekly school sport**
- Week 6 Term 4 — Drop-in sessions 5 & 6 — **Carnivals, gala days, knockouts and external providers**
- Week 7 Term 4 — Drop in sessions 7 & 8 — **Representative School Sport Pathway events**

The School Sport Unit has developed the 'School sport permission 2025' resource to save time in schools and to streamline permission processes in the provision of school sport. The resource will be released in Week 2 of Term 4, 2024 for implementation in Term 1, 2025.

The main components of this resource include:

- Mandatory permission inclusion statements that must be included in all notes for 2025 concerning:
  - Accident insurance
  - Concussion management
- A library of templates that schools can choose to use when seeking permission for a range of sporting activities across:
  - Weekly school sport
  - Carnivals, gala days, knockouts and external providers
  - Representative School Sport Pathway events

Following the release of the resource, the School Sport Unit team will conduct a series of online drop-in sessions, offer presentations, if required, and will be available to provide any additional support by contacting sportandphysicalactivity@det.nsw.edu.au

1



Acknowledgement of Country

We recognise the Ongoing Custodians of the lands and waterways where we work and live. We pay respect to Elders past and present as ongoing teachers of knowledge, songlines and stories.

We strive to ensure every Aboriginal and Torres Strait Islander learner in NSW achieves their potential through education.

2

2

Presentation overview



- Mandatory permission inclusions
- Mandatory sport-specific permission templates
- Use chat for questions, comments and suggestions so we can get back to you if need be.

Digital platform service providers

The School Sport Unit is working with the department's Administrative Market Place Panel for Schools (AMPS) (nsw.gov.au) suppliers to deliver these resources and will keep schools updated on the progress.

3

3

Why are there permission must haves?

Legal services require that the inherent risks associated with sport and physical activity are addressed in the parent/carer information and permission procedures used by all schools.

The generic 'must haves' are simplified for use in schools and included in the Sport permission procedure templates.

Comprehensive statements are required for interschool sport and representative sport.

All sport has inherent risks, however, the consequences of not taking part in sport and physical activity have greater long-term risks.



4

4

There are 3 mandatory permission elements

1



Accident insurance information

Liabilty
Legal services risk attestation
Must be included in every parent/carer communication piece

2



Concussion management

Duty of care
Follow up care
Legal services approved
Aligned to Health and Safety procedures
In preparation for future litigation

3



Sport Specific mandatory inclusions

Duty of care
Legal services approved
Required as part of DoE risk attestations
Coronial recommendations

5

5

1. Accident insurance information



Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

What has changed?

The sentence referencing the cost of seeking medical care including ambulance has been removed.

The NSW Ambulance School and Group Cover Scheme covers all students in NSW who are not covered by a private health fund or ambulance levy.

WHY?

Parents and carers must be informed that there is no accident cover in place for any injury UNLESS there has been a breach in duty of care.

6

6

2. Concussion management

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

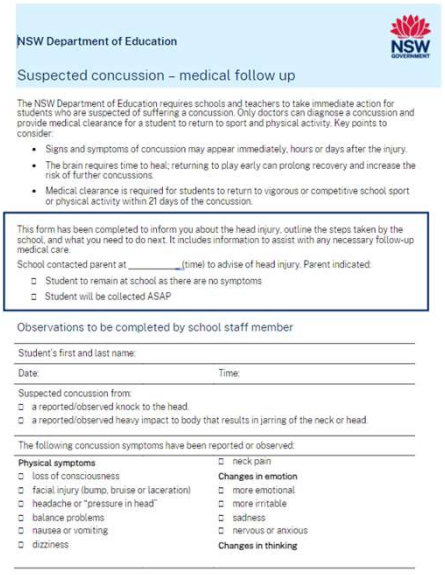
If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

- Advice in writing
- Removal from activity
- Follow-up care form
- Medical clearance

7

7

Suspected concussion parent communication



NSW Department of Education

Suspected concussion – medical follow up

The NSW Department of Education requires schools and teachers to take immediate action for students who are suspected of suffering a concussion. Only doctors can diagnose a concussion and provide medical clearance for a student to return to sport and physical activity. Key points to consider:

- Signs and symptoms of concussion may appear immediately, hours or days after the injury.
- The brain requires time to heal; returning to play early can prolong recovery and increase the risk of further concussions.
- Medical clearance is required for students to return to vigorous or competitive school sport or physical activity within 21 days of the concussion.

This form has been completed to inform you about the head injury, outline the steps taken by the school, and what you need to do next. It includes information to assist with any necessary follow-up medical care.

School contacted parent at _____(time) to advise of head injury. Parent indicated:

- ☐ Student to remain at school as there are no symptoms
- ☐ Student will be collected ASAP

Observations to be completed by school staff member

Student's first and last name:

Date: Time:

Suspected concussion from:

- ☐ a reported/observed knock to the head.
- ☐ a reported/observed heavy impact to body that results in jarring of the neck or head.

The following concussion symptoms have been reported or observed:

Physical symptoms
- ☐ loss of consciousness
- ☐ facial injury (bump, bruise or laceration)
- ☐ headache or "pressure in head"
- ☐ balance problems
- ☐ nausea or vomiting
- ☐ dizziness
- ☐ neck pain

Changes in emotion
- ☐ more emotional
- ☐ more irritable
- ☐ sadness
- ☐ nervous or anxious

Changes in thinking
- ☐ more sensitive to light
- ☐ more sensitive to noise
- ☐ drowsiness, fatigue or low energy
- ☐ "don't feel right"
- ☐ difficulty concentrating
- ☐ difficulty remembering
- ☐ feeling slowed down
- ☐ feeling like "in a fog"

☐ **None** at the time this report is being completed. Please continue to monitor your child for the next 48 hours.

If your child has or develops any of the above symptoms, they are considered to have a suspected concussion. As a result, parents are advised to follow the actions below.

Suspected concussion actions

1. Go to your General Practitioner or medical centre for assessment within 24 hours of the incident.
2. Call 000 or go directly to the nearest hospital's emergency department, if you notice any worsening or any of the following 'red flag' symptoms including:
   - ☐ Severe **headache**, seizure, unconscious
   - ☐ Worsening **eye problems**
   - ☐ **Abnormal behaviour** change
   - ☐ **Dizziness**, persistent vomiting
   - ☐ **Balance dysfunction** with weakness or numbness in legs/arms
   - ☐ **Unsteady** on feet, slurred speech
   - ☐ **Memory impaired**, confused, disoriented
   - ☐ **Poor concentration**, drowsy, sleepy
   - ☐ **Something's not right** (concerned about child)
3. If your child is diagnosed with a concussion, please contact the school to inform us and provide any medical advice to support their return.

A doctor or healthcare professional can advise on a gradual, staged return to school. This advice will assist teachers in providing any necessary learning adjustments for your child.

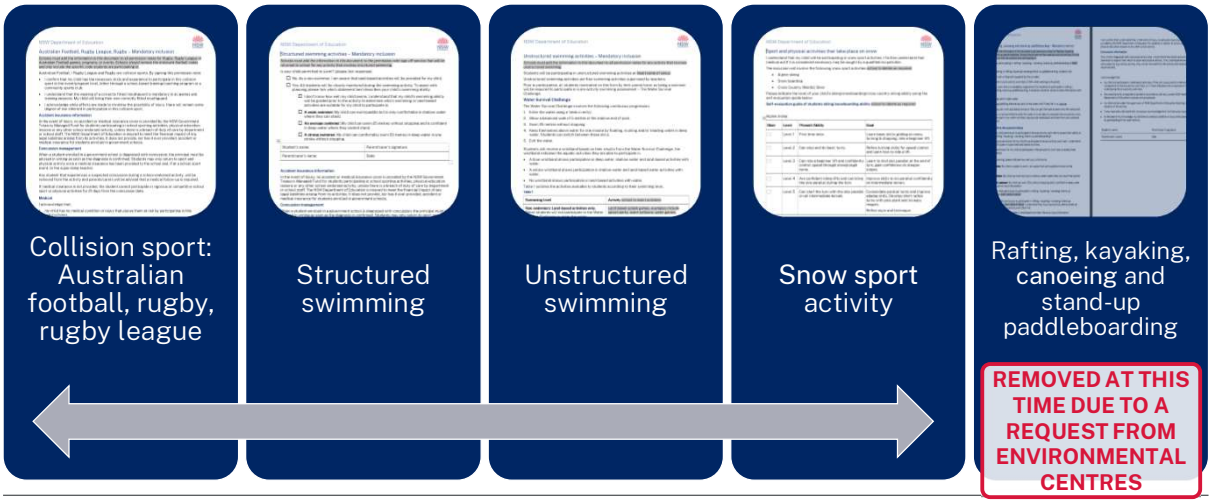
The new follow-up care form has been created to support schools' communication with parents/carers regarding the signs and symptoms observed and the need for follow-up care.

8

8

LK0

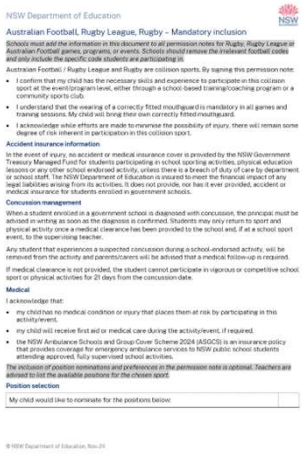
3. Sport-specific mandatory inclusions



9

9

Collision sports



NSW Department of Education

Australian Football, Rugby League, Rugby - Mandatory inclusion

Schools must add the information in this document to all permission notes for Rugby, Rugby League or Australian Football games, programs, or events. Schools should remove the irrelevant football codes and only include the specific code students are participating in.

Australian Football / Rugby League and Rugby are collision sports. By signing this permission note:

- I confirm that my child has the necessary skills and experience to participate in this collision sport at the event/program level, either through a school-based training/coaching program or a community sports club.
- I understand that the wearing of a correctly fitted mouthguard is mandatory in all games and training sessions. My child will bring their own correctly fitted mouthguard.
- I acknowledge while efforts are made to minimise the possibility of injury, there will remain some degree of risk inherent in participation in this collision sport.

Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

Medical

I acknowledge that:

- my child has no medical condition or injury that places them at risk by participating in this activity/event.
- my child will receive first aid or medical care during the activity/event, if required.
- the NSW Ambulance Schools and Group Cover Scheme 2024 (ASGCS) is an insurance policy that provides coverage for emergency ambulance services to NSW public school students attending approved, fully supervised school activities.

The inclusion of position nominations and preferences in the permission note is optional. Teachers are advised to list the available positions for the chosen sport.

Position selection

My child would like to nominate for the positions below:	
Under no circumstances should my child be allowed to play/train in the positions below:	

The inclusion of playing experience in the permission note is optional.

Playing experience

School

Number of years played:	
School representative experience:	

Community

Name of club:	
Years played:	
Representative experience:	

Student's name:	Parent/carer's signature
Parent/carer's name:	Date:

What has changed?

No significant intent change other than the updated Accident insurance and Concussion management statements.

The sections on position selection and playing experience have been made optional.

Schools may like to consider an information sheet that details the positions if their parent communities require.

10

10

Structured or unstructured swimming?

Structured swimming activities are:

- led by qualified instructors
- organised in skill level groups
- allocated to a defined area with suitable water depth for instructional groups
- supervised by an adult with rescue competencies
- adapted to ensure inclusion.

Therefore:

- parents do not need to indicate swimming ability in the permission steps
- students do not need to be assessed prior to the activity
- students do not need wrist bands.

Unstructured swimming activities are:

- free swimming
- groups of 1:20
- supervised by an adult with rescue competencies.

As these swimming activities are unstructured schools must ensure:

- suitable activities are planned for all students
- parents are informed that the activity is not structured
- parents indicate swimming ability in the permission steps
- parents must give permission for a pre-activity swim test and for the activity
- students need to be assessed prior to the activity
- students need to be wearing blue or yellow wrist bands.

11

11

NSW Department of Education

Structured swimming activities – Mandatory inclusion

Schools must add the information in this document to the permission note sign off section that will be returned to school for any activity that involves structured swimming.

Is your child permitted to swim? (please tick response):

- ☐ No. As a non-swimmer, I am aware that land-based activities will be provided for my child.
- ☐ Yes. All students will be closely monitored during the swimming activity. To assist with planning please tick which statement best describes your child's swimming ability:
  - ☐ I don't know how well my child swims. I understand that my child's swimming ability will be graded prior to the activity to determine which swimming or land-based activities are suitable for my child to participate in.
  - ☐ **A weak swimmer:** My child can swim/paddle but is only comfortable in shallow water where they can stand.
  - ☐ **An average swimmer:** My child can swim 25 metres without stopping and is confident in deep water where they cannot stand.
  - ☐ **A strong swimmer:** My child can comfortably swim 50 metres in deep water in one stroke without stopping.

Student's name:	Parent/carer's signature
Parent/carer's name:	Date:

Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

Structured swimming permission

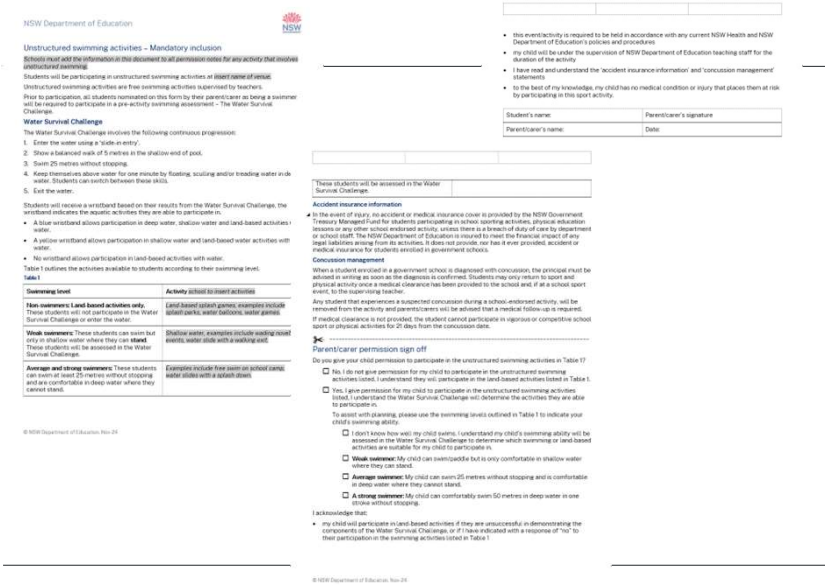
Parents/carers are not reliable reporters of swimming ability, so we have added an "I don't know" option.

For planning purposes consider these students as weak swimmers.

12

12

Unstructured swimming permission



NSW Department of Education

Unstructured swimming activities – Mandatory inclusion

Schools must add the information in this document to all permission notes for any activity that involves unstructured swimming.

Students will be participating in unstructured swimming activities at *insert name of venue*.

Unstructured swimming activities are free swimming activities supervised by teachers.

Prior to participation, all students nominated on this form by their parent/carer as being a swimmer will be required to participate in a pre-activity swimming assessment – The Water Survival Challenge.

Water Survival Challenge

The Water Survival Challenge involves the following continuous progression:

1. Enter the water using a 'side-in entry'.
2. Show a balanced walk of 5 metres in the shallow end of pool.
3. Swim 25 metres without stopping.
4. Keep themselves above water for one minute by floating, sculling and/or treading water in de water. Students can switch between these skills.
5. Exit the water.

Students will receive a wristband based on their results from the Water Survival Challenge, the wristband indicates the aquatic activities they are able to participate in.

- A blue wristband allows participation in deep water, shallow water and land-based activities i water.
- A yellow wristband allows participation in shallow water and land-based water activities with water.
- No wristband allows participation in land-based activities with water.

Table 1 outlines the activities available to students according to their swimming level.

Table 1

Swimming level	Activity *school to insert activities*
Non-swimmers: Land-based activities only. These students will not participate in the Water Survival Challenge or enter the water.	*Land-based splash games; examples include splash parks, water balloons, water games.*
Weak swimmers: These students can swim but only in shallow water where they can **stand.** These students will be assessed in the Water Survival Challenge.	Shallow water, *examples include wading pool events, water slide with a walking exit.*
Average and strong swimmers: These students can swim at least 25 metres without stopping and are comfortable in deep water where they cannot stand.	*Examples include free swim on school camp, water slides with a splash down.*

© NSW Department of Education, Nov-24

- this event/activity is required to be held in accordance with any current NSW Health and NSW Department of Education's policies and procedures
- my child will be under the supervision of NSW Department of Education teaching staff for the duration of the activity
- I have read and understand the 'accident insurance information' and 'concussion management' statements
- to the best of my knowledge, my child has no medical condition or injury that places them at risk by participating in this sport activity.

Student's name:	Parent/carer's signature
Parent/carer's name:	Date:

These students will be assessed in the Water Survival Challenge.

Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

Parent/carer permission sign off

Do you give your child permission to participate in the unstructured swimming activities in Table 1?

- ☐ No, I do not give permission for my child to participate in the unstructured swimming activities listed. I understand they will participate in the land-based activities listed in Table 1.
- ☐ Yes, I give permission for my child to participate in the unstructured swimming activities listed. I understand the Water Survival Challenge will determine the activities they are able to participate in.

  To assist with planning, please use the swimming levels outlined in Table 1 to indicate your child's swimming ability.

  - ☐ I don't know how well my child swims. I understand my child's swimming ability will be assessed in the Water Survival Challenge to determine which swimming or land-based activities are suitable for my child to participate in.
  - ☐ **Weak swimmer:** My child can swim/paddle but is only comfortable in shallow water where they can stand.
  - ☐ **Average swimmer:** My child can swim 25 metres without stopping and is comfortable in deep water where they cannot stand.
  - ☐ **A strong swimmer:** My child can comfortably swim 50 metres in deep water in one stroke without stopping.

I acknowledge that:

- my child will participate in Land-based activities if they are unsuccessful in demonstrating the components of the Water Survival Challenge, or if I have indicated with a response of "no" to their participation in the swimming activities listed in Table 1

© NSW Department of Education, Nov-24

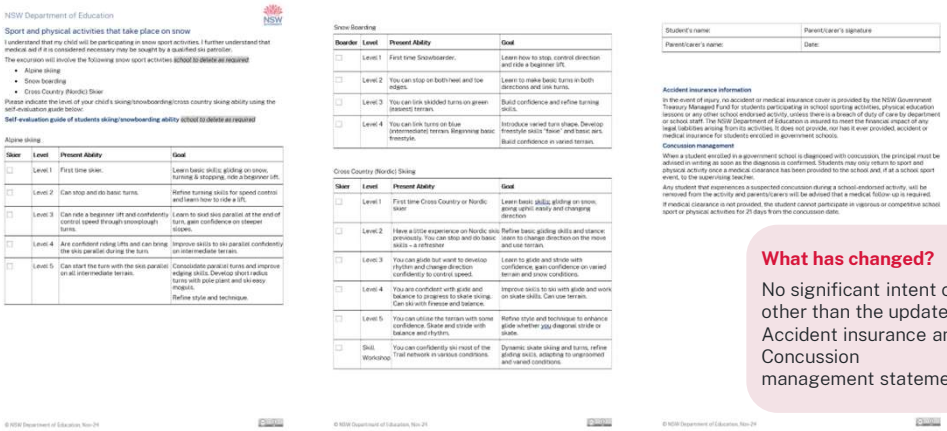
What has changed?

To cater for schools unable to get their students tested against the Water Survival Challenge before the event, we have added additional permission steps to ensure parents/carers are completely informed.

These include:

- detailing the survival challenge steps at the event
- advising that permission will be assessed against the survival challenge
- which activities are on offer if the survival challenge assessment results in no swimming for the day.

Snow sports



NSW Department of Education

Sport and physical activities that take place on snow

I understand that my child will be participating in snow sport activities. I further understand that medical aid if it is considered necessary may be sought by a qualified ski patroller.

The excursion will involve the following snow sport activities *school to delete as required*

- Alpine skiing
- Snow boarding
- Cross Country (Nordic) Skier

Please indicate the level of your child's skiing/snowboarding/cross country skiing ability using the self-evaluation guide below:

Self-evaluation guide of students skiing/snowboarding ability *school to delete as required*

Alpine skiing

Skier	Level	Present Ability	Goal
☐	Level 1	First time skier.	Learn basic skills; gliding on snow, turning & stopping, ride a beginner lift.
☐	Level 2	Can stop and do basic turns.	Refine turning skills for speed control and learn how to ride a lift.
☐	Level 3	Can ride a beginner lift and confidently control speed through snowplough turns.	Learn to skid ski parallel at the end of turn, gain confidence on steeper slopes.
☐	Level 4	Are confident riding lifts and can bring the skis parallel during the turn.	Improve skills to ski parallel confidently on intermediate terrain.
☐	Level 5	Can start the turn with the skis parallel on all intermediate terrain.	Consolidate parallel turns and improve edging skills. Develop short radius turns with pole plant and ski easy moguls. Refine style and technique.

© NSW Department of Education, Nov-24

Snow Boarding

Boarder	Level	Present Ability	Goal
☐	Level 1	First time Snowboarder.	Learn how to stop, control direction and ride a beginner lift.
☐	Level 2	You can stop on both heel and toe edges.	Learn to make basic turns in both directions and link turns.
☐	Level 3	You can link skidded turns on green (easiest) terrain.	Build confidence and refine turning skills.
☐	Level 4	You can link turns on blue (intermediate) terrain. Beginning basic freestyle.	Introduce varied turn shape. Develop freestyle skills "flakie" and basic airs. Build confidence in varied terrain.

Cross Country (Nordic) Skiing

Skier	Level	Present Ability	Goal
☐	Level 1	First time Cross Country or Nordic skier	Learn basic skills; gliding on snow, going uphill easily and changing direction
☐	Level 2	Have a little experience on Nordic skis previously. You can stop and do basic skills – a refresher	Refine basic gliding skills and stance; learn to change direction on the move and use terrain.
☐	Level 3	You can glide but want to develop rhythm and change direction confidently to control speed.	Learn to glide and stride with confidence, gain confidence on varied terrain and snow conditions.
☐	Level 4	You are confident with glide and balance to progress to skate skiing. Can ski with finesse and balance.	Improve skills to ski with glide and work on skate skills. Can use terrain.
☐	Level 5	You can utilise the terrain with some confidence. Skate and stride with balance and rhythm.	Refine style and technique to enhance glide whether you diagonal stride or skate.
☐	Skill Workshop	You can confidently ski most of the Trail network in various conditions.	Dynamic skate skiing and turns, refine gliding skills, adapting to ungroomed and varied conditions.

© NSW Department of Education, Nov-24

Student's name:	Parent/carer's signature
Parent/carer's name:	Date:

Accident insurance information

In the event of injury, no accident or medical insurance cover is provided by the NSW Government Treasury Managed Fund for students participating in school sporting activities, physical education lessons or any other school endorsed activity, unless there is a breach of duty of care by department or school staff. The NSW Department of Education is insured to meet the financial impact of any legal liabilities arising from its activities. It does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools.

Concussion management

When a student enrolled in a government school is diagnosed with concussion, the principal must be advised in writing as soon as the diagnosis is confirmed. Students may only return to sport and physical activity once a medical clearance has been provided to the school and, if at a school sport event, to the supervising teacher.

Any student that experiences a suspected concussion during a school-endorsed activity, will be removed from the activity and parents/carers will be advised that a medical follow-up is required.

If medical clearance is not provided, the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date.

© NSW Department of Education, Nov-24

What has changed?

No significant intent change other than the updated Accident insurance and Concussion management statements.

Questions, comments and suggestions



Please place comments and suggestions in chat.

Raise hand for question.

15

15