



Turrumurra High School
Maxwell Street
Turrumurra NSW 2074
02 9449 4233
turrumurra-h.school@det.nsw.edu.au
turrumurra-h.schools.nsw.gov.au

SCHOOL EXCURSION / INCURSION NOTIFICATION

Dear Parent/Caregiver, an excursion/activity has been organised for your child.

Excursion / Incursion	BigHill THS Cycle Group (Friday Mornings)
Date	Friday 10th June 2022, Friday 17th June 2022, Friday 24th June 2022, Friday 1st July 2022, Friday 8th July 2022, Friday 15th July 2022, Friday 22nd July 2022, Friday 29th July 2022, Friday 5th August 2022, Friday 12th August 2022, Friday 19th August 2022, Friday 26th August 2022, Friday 2nd September 2022, Friday 9th September 2022, Friday 16th September 2022 - Friday 23rd September 2022
Year / classes involved	This group will consist of current riders entering into the Bobbin Head Classic Race - Participants may increase over time.
Location	Turrumurra High School (Maxwell St, South Turrumurra NSW 2074)
Purpose	To support and allow a cycling community to emerge at Turrumurra High School by supporting Ethan McGregor and David Wilson (Students in year 12) lead and build this through STRAVA (https://www.strava.com/clubs/bighill-turrumurra-high-school-643771). This group is to support the growth and preparation for the Bobbin Head Classic on the 18th of September. This group will run on Fridays from June to September when a teacher is available.
Start time	6:30am Turrumurra High School
End time	8:00am Returning to THS
Transport	Own transport
Cost	No cost
Dress requirements	Mufti - Comfortable riding attire
Food	

<p>Equipment</p>	<p>Each student must have their own correctly sized bicycle and be aware of the NSW Road Rules relating to bicycles. The bicycle must be fitted with efficient and well maintained brakes, tyres, chain and gears if applicable. Bicycles for velodrome cycling must conform to NSW Cycling Federation specifications. Standard bicycles are unsuitable.</p> <p>Repairs and adjustments required to bicycles are the responsibility of the parents/caregivers.</p> <p>The teacher-in-charge should carry out a safety check of all bicycles prior to the commencement of the program in order to give parents time to adjust and correct faults should they be detected.</p> <p>If any participating student's bicycle fails the pre-course bicycle check or if the parent/caregiver does not make the required repairs or adjustments, the bicycle is not to be used in the program until such time as the repairs or adjustments have been made.</p> <p>A helmet meeting Standards Australia specification must be worn by students at all times.</p> <p>Students should wear light coloured close fitting clothing e.g. shorts, aerobic pants or cycling 'knicks'. Baggy clothing is unsuitable for this type of activity.</p> <p>For road cycling, all participants should carry a basic tool kit containing spanners/allen keys to suit their particular bicycle, a puncture repair kit, a spare inner tube and pump. Should a participant not have a kit, she or he should travel with another who does.</p> <p>A mobile phone to be used in an emergency situation is desirable on all rides but teachers should allow for the fact that they may not operate in all locals. (an App such as STRAVA should be utilised during the rides)</p> <p>A well-equipped medical kit must be readily available.</p>
<p>Organising teacher</p>	<p>Inoke Tuhukava</p>
<p>Teachers attending</p>	<p>Inoke Tuhukava</p>

<p>Additional information</p>	<p>In order for this to go ahead, strict guidelines provided by the DET Sport Unit must be followed. See https://app.education.nsw.gov.au/sport/Cyclingonroad</p> <p>The teacher-in-charge must involve students in a cycling safety education program prior to the activity. The program should provide instruction in road and traffic rules, signs and signals, road safety and, as appropriate, formation riding. This will happen on the Thursday Morning before the Friday rides.</p> <p>Only students who can demonstrate competent riding skills and a thorough knowledge of traffic regulations will be selected as participants.</p> <p>The rides will be supervised by Mr Tuhukava. Most of these rides are designed to take about an 1hr + 10 mins.</p> <p>Four Courses have been designed varying in terrain and location. They will consist of bike lanes to allocated cycling shoulders and some streets. (images attached separately of Mapping.</p> <ol style="list-style-type: none"> 1. THS to Lane Cove NP (21.7 km return) 2. THS to Meadowbank (22.1 km return) 3. THS to North Turrumurra (15.6 km = just Golden Jubilee and back, 18.6 km = just to the top of Bobbin Head and back, 24.4 km = whole loop) 4. Handicap Race Looping Back Streets in South Turrumurra (4.7km) <p>Here Teams split into fitness/ability then the fastest teams either start later or do more laps etc. so we all finish at the same time.</p>
<p>Educational outcomes</p>	<p>Whole school community coming together as life long participants in physical activity whilst being a part of the local community supporting those in need.</p> <p>See the Bobbin Head Cycle Classics blurb on charities they support. "The funds we raise with our Bobbin Head Cycle Classic go to support and carry out programs that benefit children and families in our community.</p> <p>This exciting event is managed by the Rotary Clubs of Ku-ring-gai, St Ives, Wahroonga and Turrumurra."</p>
<p>Consent Form and Payment due to Office by</p>	<p>Friday 17th June 2022</p>

General Information Concerning Excursions / Incursions

1. Excursions and Incursions form an integral part of the curricula by providing enriching experiences which cannot be provided in the classroom.
2. This excursion/incursion has the approval of the principal. A risk management plan has been submitted to the principal as part of the excursion planning.
3. Students must wear full school uniform unless otherwise instructed above. Students who are not in uniform will not be allowed to attend.
4. A standard of behaviour is expected of all students representing the school in the greater community.
5. Please note the time and place of departure and return, transport arrangements, uniform requirements and food as advised above.



Mr David Arblaster
Principal