

# VU SCHOOL HOLIDAY PROGRAM

## TIMES

START TIME 9:00AM  
END TIME 3:30PM

SIGN IN OPENS 8:30AM - 9:00AM  
AFTERCARE 3:30PM - 5:30PM

## WHAT TO BRING

### COMFORTABLE CLOTHES

To get set for the weeks activities be sure to dress in comfy clothes such as shorts, tshirt/long sleeve, jacket runners and a hat.

### BATHERS \*footscray park only\*

We'll break up the day and have some fun in the pool. Be sure to pack:

- bathers - towel
- goggles - swim cap (if needed)

### LUNCH & SNACKS

Parents are asked to pack enough snacks and lunch for a full day of activities and a named water bottle  
Children will have access to cafeteria at both campuses.

## ARRIVING

When you arrive at the program please ensure your child is signed in, their coach has been informed of their arrival and sunscreen has been applied.  
If your child has medication, please refer to the medication section.

## GOING HOME

When collecting your child please:  
- sign you child out with a full signature  
- complete any paperwork  
- inform their coach you are leaving



## MEDICATION

A separate Medication Administration Form is to be completed for each medication your child requires. All medication must be handed to staff upon arrival and not left in the child's bag. Please ensure all medication is clearly labelled and in a clear zip lock bag.

## ACTION PLANS

We require Medical Action Plans with a current colored photo attached for all children with a medical condition. These can be downloaded from our website [here](#) and returned to [sportscamps@vu.edu.au](mailto:sportscamps@vu.edu.au) or handed in to staff upon sign in.

## AQUATIC SESSION

**\*Footscray Park campus only\***

Each child will undergo a 25m swim test to determine their competency and confidence. Competency will be determined by on duty lifeguards, the Program Supervisor and Sports Program coaches

- Enter safely feet first into shallow water
- Swim 12.5m continuously without touching pool walls or floor
- Tread water for 30 seconds keeping the head above the surface of the water
- Swim 12.5m continuously without touching pool walls or floor
- Safely exit the water

If the child is successful they will be allowed on the pool inflatable. If they are not successful then they will be required to wear a lifejacket at all times and must stay in the shallow lane.

## ACCESS POINTS

### Footscray Park

Ballarat rd, Footscray access via Building L  
Maribyrnong Blvd (Off fisher Pde/Famsworth Ave)  
access via the VU Aquatic & Fitness Centre

### Whitten Oval

Barkly St, Footscray  
Access via Community Sports Stadium entrance at rear of carpark

Please note: parking is council paid. Please ensure you have some change to avoid parking fines.

## AFTERCARE

After-care will operate daily between 3:30pm - 5:30pm The location of after-care for Footscray Park may change from time to time. Please ask Aquatic and Fitness Centre reception staff for directions.

Aftercare will follow netball and basketball programs inside the whitten oval sports stadium

Children are welcome to bring their own non-electronic activites to after-care (e.g. books, colouring etc.) and will be responsible for these at all times.

Please note that there is a late fee of \$10.00 for every 15min and will be charged to parents who are late collecting their child.

## CONTACT INFO

VU AQUATIC & FITNESS CENTRE

Victoria University, Footscray Park Campus

Building L, Level 1, Courts 1 & 2

(03) 99194460

