

### Swimming activity advice for domestic excursions

Advice to be completed by parents/carers for excursions involving swimming or activities actively undertaken in or on water as listed in the 'Sport safety guidelines'. This may include, but is not limited to activities such as canoeing and kayaking.

## တၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတၢ်ဟ့ၣ်ကူၣ်အလံာ်တက့ၢ်ဒီး

## Swimming activity advice form

ဆူ မိၢ်ပၤပုၤကွၢ်ထွဲကဟုကယာ်တၢ်တဖၣ်အအိၣ်

တၢ်လဲၤမၤလိတၢ်လၢက့ၢ်အချၢတခါဘၣ်တၢ်ရဲၣ်ကျဲၤအီၤလၢန့ၣ်အတီၤလၢတၢ်ကမၤပဲၤတၢ်ဖဲၤတၢ်မၤလၢတၢ်မၤအီၤလၢအဝဲၤသ့ၣ်အတီၤဒၢးပုၤအဂီၢ်လီၤ. တၢ်လဲၤမၤလိတၢ်လၢက့ၢ်အချၢကဟ်ဃုာ်တၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လၢတၢ်ရဲၣ်လီၤဃာ်အီၤဒဲၤလၢလံာ်အသိးလီၤ. က့ၢ်တဖၣ်မ့ၢ်တအံၣ်ဒီးပီၤထံန့ၣ်သ့လီၤ,သန့က့ၢ်အကါဒိၣ်ဝဲဒၣ်လၢပုၤရဲၣ်ကျဲၤတၢ်တဖၣ်ကသ့ၣ်ညါက့ၢ်တဂၤအိၣ်ဒီးတၢ်ပီၤထံအတၢ်သ့တၢ်ဘၣ်ဖဲၤဂ့ၢ်အူမ့ၢ်တမ့ၢ်တၢ်ကဲထီၣ်သတူၢ်ကလၢတဖၣ်ကဲထီၣ်အခါန့ၣ်လီၤ.

### Organising teacher to complete (သရၣ်သရၣ်မုၢ်လၢအရဲၣ်ကျဲၤတၢ်ကဘၣ်မၤပဲၤ)

Name of student \_\_\_\_\_ Excursion destination \_\_\_\_\_  
က့ၢ်မိအမံၤ တၢ်လဲၤမၤလိတၢ်လၢက့ၢ်အချၢအလီၤအကျဲ

Excursion date/s From: \_\_\_\_\_ To: \_\_\_\_\_  
တၢ်လဲၤမၤလိတၢ်လၢက့ၢ်အချၢအမုၢ်န့ၣ်,တဖၣ် စးထီၣ် တုၤလီၤလၢ

Teacher to list swimming activities below: (တၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်တၢ်ရဲၣ်လီၤဃာ်အီၤဒဲၤလၢလံာ်အသိးလီၤ-)

တၢ်ဟူးတၢ်ဂဲၤ (Activity)	မ့ၢ်န့ၣ် (Date)	တၢ်လီၤ (Location)

### မိၢ်ပၤပုၤကွၢ်ထွဲကဟုကယာ်တၢ်အတၢ်ဘိးဘၣ်ဟံၣ်ဖျါ (Declarations by parent/carer)

ဝံသးစူၤမၤပဲၤတၢ်ဂ့ၢ်တၢ်ကျိၤလၢလံာ်ဒီးဆူကဒါက့ၢ်လံာ်တဘျီအံၣ်ဆူန့ၣ်ဟ့ၣ်ဒီး"တၢ်လဲၤမၤလိတၢ်လၢက့ၢ်အချၢတၢ်ဟ့ၣ်တၢ်ပျဲအလံာ်တက့ၢ်ဒီး"တက့ၢ်. (မၤနီၣ်တၢ်ဒါထဲတခါဒီးဟံၣ်တၢ်လၢအဂၤတဖၣ်တက့ၢ်.)

- လၢအဘၣ်ထွဲဒီးတၢ်လဲၤပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လၢတၢ်ဆူန့ၣ်လီၤအီၤတဖၣ်အဖီခိၣ်, ယဟ့ၣ်ကူၣ်ဝဲဒၣ်လၢယဖီအံၣ်-
- In relation to the proposed swimming activities, I advise that my child is a:
  - တမ့ၢ်ပုၤပီၤထံဘၣ်-ပီၤထံတသ့ဘၣ်.  
**Non-swimmer**
  - ပုၤပီၤထံလၢအဂီၢ်စၢ်-ယဖီအံၣ်အသးတန့ၢ်လၢတၢ်ပီၤထံမ့ၢ်တမ့ၢ်အိၣ်လၢထံကျိၤအသးတဒူဘၣ်.  
**Weak swimmer**
  - ပုၤပီၤထံသ့ဖဲအဘၣ်ဒီး-ယဖီအံၣ်မ့ၢ်ပုၤပီၤထံသ့ဖဲအဘၣ်ဒီးသန့က့ၢ်အသးတမ့ၢ်ပုၤပီၤထံသ့ဒိၣ်ဒိၣ်ဒီးအသးန့ၢ်လၢထံယိာ်မ့ၢ်တမ့ၢ်ထံယွၤလီၤချ့အပူၤဘၣ်.  
**Average swimmer**
  - ပုၤပီၤထံသ့ဂ့ၢ်-ယဖီအံၣ်မ့ၢ်ပုၤပီၤထံသ့ဂ့ၢ်ဒီးအိၣ်ဒီးတၢ်သးဒူလၢထံယိာ်မ့ၢ်တမ့ၢ်ထံယွၤလီၤဆူၣ်ဆူၣ်အပူၤန့ၣ်လီၤ.  
**Strong swimmer**

2. လာအဘဉ်ထွဲဒီးတၢ်လဲၤပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လၢတၢ်ဆၢန့ၣ်လီၤအီၤတဖၣ်အဖီခိၣ်, ယဟ့ၣ်ကူၣ်ဝဲဒၣ်လၢယဖိအံၤ-

**2. In relation to the proposed swimming activities, I advise that:**

(လၢလံာ်ကျိၤတခါစ့ၣ်အဂီၢ်,မၤနီၣ်တၢ်ဒၢထဲတခါဒီးဟံတၢ်လၢအဂၤတဖၣ်တက့ၢ်.)

- |    |  |            |           |
|----|--|------------|-----------|
| a. | ယဖိအံၤပီၤခီထံသ့လီၤ                         | မ့ၢ်       | တမ့ၢ်     |
| a. | <b>My child is able to tread water.</b>    | <b>Yes</b> | <b>No</b> |
| b. | ယဖိအံၤထီၣ်ထီၣ်ဖီအသးလၢထံကျိၤသ့လီၤ           | မ့ၢ်       | တမ့ၢ်     |
| b. | <b>My child is able to float on water.</b> | <b>Yes</b> | <b>No</b> |

ယန့ၢ်ပၢၣ်ဝဲဒၣ်လၢယဖိအံၤတဘဉ်တဘဉ်တကမၤကွၢ်တၢ်သ့ပီၤထံအတၢ်သ့တၢ်ဘဉ်အိၣ်ထဲလဲၣ်န့ၣ်လီၤ.

3. ယမၤပျဲလဲၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢထးလၢအဘဉ်ထွဲဒီးတၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လီၤ.

**3. I have completed the above information regarding swimming activities.**

(မၤနီၣ်တၢ်ဒၢထဲတခါဒီးဟံတၢ်လၢအဂၤတဖၣ်တက့ၢ်.)

ယဟ့ၣ်တၢ်ပျဲလၢယဖိကဟံဃုာ်ဟံဂီၢ်လၢတၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်အပူၤလီၤ.

**I consent to my child participating in the swimming activities.**

ယတဟ့ၣ်တၢ်ပျဲလၢယဖိကဟံဃုာ်ဟံဂီၢ်လၢတၢ်ပီၤထံအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်အပူၤဘၣ်.

**I do not consent to my child participating in the swimming activities.**

မိၢ်ပၢၣ်ပျဲကွၢ်ထွဲကဟ့ၣ်တၢ်အမံၤ(ဝံသးစူၤကွဲးလီၤမံၤ)

\_\_\_\_\_  
Name of parent/carer

မိၢ်ပၢၣ်ပျဲကွၢ်ထွဲကဟ့ၣ်တၢ်စုဆဲးပနီၣ်

\_\_\_\_\_  
Signature of parent/carer

မ့ၢ်န့ၢ်

\_\_\_\_\_  
Date

**လီၤတဲစိပုၤကတိၤကျိးထံတၢ်အတၢ်မၤစၢၤအတၢ်ဖဲးတၢ်မၤ**

ဖဲန့ၣ်မ့ၢ်လိာ်ဘဉ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤန့ၣ်,ဝံသးစူၤကိးဘဉ်ကိတက့ၢ်. ဖဲန့ၣ်မ့ၢ်လိာ်ဘဉ်ပုၤကတိၤကျိးထံတၢ်တဂၤလၢအကမၤစၢၤန့ၣ်ဒီးန့ၣ်တၢ်သံကွၢ်အဂီၢ်ဝံသးစူၤကိးဘဉ်လီၤတဲစိပုၤကတိၤကျိးထံတၢ်အတၢ်မၤစၢၤလၢ131 450 ဒီးဃုၤန့ၣ်ပုၤကတိၤကျိးထံတၢ်တဂၤလၢအကတိၤန့ၣ်ကျိၣ်တက့ၢ်. ပုၤတူၢ်လိာ်လီၤတဲစိတၢ်ကိးဝဲဒၣ်ကိတဒီးမၤန့ၣ်ပုၤကတိၤကျိးထံတၢ်တဂၤလၢလီၤကျိၤအလီၤလၢတၢ်ကမၤစၢၤန့ၣ်ဒီးတၢ်တဲသကိးန့ၣ်လီၤ. တၢ်တဃုၤဒီးအပူၤလၢတၢ် မၤစၢၤအဂီၢ်ဘဉ်.