



INform

22/2/10

<http://www.swag.org.au>

Div 1 & 2 Coast Walk

Dear Parents,

Swag is planning a Coast Walk from Wattamolla to Eagle Rock in the Royal National Park on **Saturday 6th March, 2010**. This is a 5 km walking track of moderate level that follows the coastline and then loops back through the bush to Wattamolla beach. Families are more than welcome to attend also.

We will be meeting at either **Penshurst Presbyterian Church at 8.00 am** (if you require a lift) or you can meet us at the Wattamolla beach car park where we will start our walk at 9.00 am. We plan to have lunch along the way and then go for a swim when we return to Wattamolla beach. We will then leave around 3.00 pm to hopefully arrive back at Penshurst Church by **4.00 pm**.

Cost \$11.00 for park entry per car (unless you already have a National Park sticker)

What to bring

- Water Bottle (bring at least 1 litre minimum of water)
- Wear good walking shoes
- Lunch and snack food
- Swimmers and towel
- Hat and sunscreen lotion
- Back pack (please make sure you are able to carry everything you bring)
- Camera (parents may want to bring as there is some great opportunities for photos)

Please complete the permission slip and bring it with to Swag by Tuesday 2nd March. Bring your money with you on the day for park entry. Any questions phone me (Andrew Mills) at home 97731380 or my mobile 0425350986. In the case of wet weather we will postpone the activity to another day next term. Please call if unsure. We look forward to a great day of doing the Eagle Rock with all of your family.

From the SWAG leadership team
your servants in Christ

Permission Slip

I give my permission for _____ to attend the Coast walk in the Royal National Park from Wattamolla to Eagle Rock (return trip) with SWAG on Saturday 6th March, 2010.

I also give permission for him to swim at Wattamolla Beach. Yes / No (please circle)

My Son's swimming ability is (weak / average / strong)

I understand that, no responsibility can be taken by Swag or it's leaders, as outlined in the "Form of Indemnity" I signed on my son's Membership Form.

I agree to the procedures as set out in the SWAG form of indemnity.

Signed _____ Date _____

Medicare No. _____ Contact Phone No. _____