

29 January 2026

Dear Parent/Guardian

This notice is to advise families of upcoming information regarding the 2026 Gold Coast Sport Central (GCSC) Inter-School Sport program.

Details outlining anticipated dates, participation requirements, associated costs, and risk management considerations are provided for your information. **The sport selection and payment link will be made available next week. Please note that some sports have limited places available, and allocation may be subject to availability.**

Parents and guardians are requested to review the information carefully and familiarise themselves with the details in preparation for the release of the selection link.

2026 GCSC Cluster Sport Anticipated Dates	
Training Day 1	Wednesday 18 February (T1 W4) – Period 4
Training Day 2	Wednesday 25 February (T1 W5) – Period 4
Round 1	Wednesday 4 March (T1 W6)
Round 2	Wednesday 6 May (T2 W3)
Round 3	Tuesday 26 May (T2 W6)
Round 4	Wednesday 3 June (T2 W7)
Round 5	Tuesday 21 July (T3 W2)
Finals	Tuesday 18 August (T3 W6)
BACK-UP	Wednesday 12 August (T3 W5) & Tuesday 25 August (T3 W7)

What to wear and what to bring?

Students will be required to wear their full sports uniform including a hat and have lunch and a water bottle. Sunscreen is also recommended. The necessary safety requirements for each sport are listed in the 'Activity Outline and Risk Management' table.

What is the cost to participate?

Costs of individual sports are shown in the Activity Outline and Risk Assessment table. Students who wish to participate in the GCSC will need to have their fees up to date. Please be aware there are NO REFUNDS for students who are absent on these days as bookings have been secured to finalise numbers.

All activities have an inherent risk level. While the risk level of an activity cannot be altered, control measures put in place can mitigate the risk and enable the activity to be conducted safely. Teachers will provide induction and instruction, demonstration and/or supervision of safe practices within the activity (as appropriate). Students are obligated to comply with the instructions given, use personal protective equipment where required and not wilfully place at risk, the health and safety of themselves or any other person.

Activity/equipment risk levels are categorised as:

- **Low risk** – An activity with little chance of an incident occurring which would result in an injury
- **Medium risk** – An activity that has some chance of an incident occurring which would result in an injury requiring first aid.
- **High risk** – An activity that is inherently dangerous. There is a high chance of a serious incident occurring that would result in major consequences (e.g. serious injury/injuries requiring specialist medical treatment or hospitalisation).

Should you have any queries in relation to the GCSC events, please contact the Sport Coordinator sport@benowashs.eq.edu.au

Yours faithfully


Ben Weeks
Principal


Braiden Ruge
Head of Department HPE

Parent and Student Agreement Contract

Gold Coast Sport Central – Interschool Sport Competition

Activity Outline and Risk Management

Activity Name	Risk level	Anticipated Location	Divisions	Details of the Activity	Cost
Competitive Sports					
Australian Football (AFL) 9 a side	High	Southport SHS 75 Smith Street, Southport	Girls 7/8/9 Boys 7/8/9	Full contact 9 a side AFL. Personal Protective equipment required: sun safe hat, mouth guards and football boots. Qualified First Aid Personnel at venue.	\$100
Tennis	Medium	Gold Coast Seniors Tennis Club 1/24 Pizzey Drive Mermaid Waters + Miami Grass Courts	Mixed 7/8/9	Tennis activities involving regulation equipment. Personal Protective equipment required: sun safe hat and enclosed footwear.	\$100
Volleyball	Medium	CISC 8 Indoor 35 Beattie Rd, Coomera QLD 4209	Girls 7/8 Boys 7/8/9	Volleyball activities involving regulation equipment. Personal Protective equipment required: enclosed footwear, knee pads optional. Qualified First Aid Personnel at venue.	\$100
		Southport SHS 75 Smith Street, Southport	Boys 10/11/12		
		Varsity College 198 Varsity Parade, Varsity Lakes	Girls 9/10 11/12		
Surfing / bodyboarding	High	Burleigh Lifeguard Tower	Girls 7/8/9 10/11/12 Boys 7/8/9 10/11/12	Surfing activities involving wave riding with boards. Personal Protective equipment required: sunscreen and high visibility rash shirt (provided by school). <i>*Students to make their own way to and from Burleigh and supply own surf board</i>	\$50

Activity Name	Risk level	Anticipated Location	Divisions	Details of the Activity	Cost
Soccer Full field	Medium	Musgrave Mustangs Soccer Club Keith Hunt Park, 165 Musgrave Avenue, Labrador	Boys 7 8 9/10	Football (or soccer) activities involving regulation equipment. Full Field, 11 a-side. Personal Protective equipment required: sun safe hat, shin guards covered entirely by long socks and football boots. Qualified First Aid Personnel at venue.	\$100
Soccer (Goals)	Medium	Goals Australia 3 Alabaster Drive, Carrara	Girls 7-10	Football (or soccer) activities involving regulation equipment. Outdoors on synthetic grass. 5 a-side. Side walls that keep the ball in play. Personal Protective equipment required: sun safe hat, shin guards covered entirely by long socks and appropriate sport shoes.	\$100
Netball	Medium	South Coast Netball Association 83, Melaleuca Drive, Palm Beach	Mixed 7, 8 9/10 11/12	Netball activities involving regulation equipment. Personal Protective equipment required: sun safe hat, enclosed footwear. Qualified First Aid Personnel at venue.	\$100
			Mixed 11/12	Netball activities involving regulation equipment. Personal Protective equipment required: sun safe hat, enclosed footwear. Maximum 3 boys on court at one time and max 1 in each third. Qualified First Aid Personnel at venue.	\$100
Basketball	Medium	Gold Coast Sports and Leisure Centre 296 Nerang Broadbeach Road, Carrara	Girls 7/8/9/10	Basketball activities involving regulation equipment.	\$100
			Boys 7 8 9 10 11/12	Personal Protective equipment required: enclosed footwear. Qualified First Aid Personnel at venue.	

Activity Name	Risk level	Anticipated Location	Divisions	Details of the Activity	Cost
Touch football	Medium	Palm Beach Touch, 83 Melaleuca Drive, Palm Beach	Girls 7/8/9	Touch football activities involving minimum force/touch on a player in possession of the ball. Personal Protective equipment required: sun safe hat and enclosed footwear.	\$100
		Owen Park, 201 Queen Street, Southport QLD	Boys 7/8/9	Qualified First Aid Personnel at venue.	\$100
			Mixed 10/11/12		\$100
Pickleball	Medium	KDV 221 Nerang Broadbeach Rd, Carrara QLD 4211	7/8/9	Pickleball activities involving regulation equipment. Personal Protective equipment required: sun safe hat and enclosed footwear.	\$100
		Miami SHS 2137 - 2205 Gold Coast Highway Miami	10/11/12		
Recreational Activities					
Table Tennis	Low	Gold Coast Table Tennis Association Lot 1 Herbertson Drive, Molendinar	7/8/9/10	Table tennis activities involving regulation equipment. Personal Protective equipment required: enclosed footwear.	\$100
Ten Pin Bowling	Low	Zone Bowling Robina 1 Robina Town Centre Drive, Robina	7-12	Ten Pin Bowling activities involving regulation equipment. Personal Protective equipment required: enclosed footwear	\$215
Chess	Low	Miami SHS - Library 2137 - 2205 Gold Coast Highway Miami	7-12	Chess activities involving regulation equipment.	\$100
Skateboarding / Scootering	Medium	Pizzey Park Skate Park 80 Pacific Avenue, Miami	7-12	Skating activities involving skateboards. Personal Protective equipment required: sun safe hat, protective clothing (to prevent grazes), properly fitted helmet, wrist guards, elbow and knee pads and appropriate shoes. Participants must not use skateboarding ramps until an appropriate skill level has been demonstrated on flat ground.	\$100

Activity Name	Risk level	Anticipated Location	Divisions	Details of the Activity	Cost
				Students to provide own skateboard and Personal Protective Equipment. Qualified First Aid Personnel at venue.	
E-Sports	Low	Southport SHS 75 Smith Street, Southport	7-12	E-Sport activities involving regulation equipment.	\$100
Mountain Biking	High	Round 1 - Nerang Familiarisation Round 2 - Nerang Race Round 3 - Hinze Dam Familiarisation Round 4 - Hinze Dam Race Round 5 - Nerang Race	7-12	Cycling on mountain/off-road tracks on trails up to and including intermediate according to the Australian trail difficulty rating system External link produced by the International Mountain Bicycling Association (IMBA). Students to provide own bike and Personal Protective Equipment. Personal Protective equipment required: enclosed footwear, sunglasses, brightly coloured vests or clothing that is close fitting and appropriate for weather conditions, gloves, elbow pads, knee pads and wrist guards. Participants must wear secured and correctly fitted helmets that are without defect (Australian Standard AS/ANZ 2063-2008 compliant) for the duration of the activity. *Please note: 'familiarisation' day at trails is where the students are free to ride with their supervisor and explore the trails. Race day is with timing gates, if available. Qualified First Aid Personnel at venue. <i>*Students to make their own way to and from venue.</i>	\$50
Indoor Cricket	Medium	Arundel Indoor Sports Arena 61 Newheath Dr, Arundel QLD 4214	Mixed 7/8 9/10	Indoor cricket activities involving regulation equipment. Personal Protective equipment required: enclosed footwear, batting gloves, protective cup [if/when appropriate]	\$100

Activity Name	Risk level	Anticipated Location	Divisions	Details of the Activity	Cost
Musical	Medium	Benowa State High School	7-12	<p>Dance, Singing and Acting activities involving the teaching of performance skills, practicing, training and performing to a live audience</p> <p><i>*Audition process. Further information will be provided to students who have been successful at audition.</i></p>	TBA

Teachers are obligated to:

- provide induction into, instruction in, demonstration and/or supervision of safe practises within the activity (as appropriate).

Students are obligated to:

- **comply with the instructions** given;
- **use personal protective equipment** where required;
- **not** wilfully or recklessly **interfere with or misuse** anything provided;
- **not** wilfully **place at risk**, the health and safety of any person;
- **not** wilfully **injure** themselves or others.