



Agreement to Participate in Competitive Swimming at Silverlake Family Recreation Center

Team Name: _____

Participation in all sports and physical activities involves certain inherent risks and, regardless of the care taken, it is impossible to ensure the safety of the participant. Swimming is an activity that requires considerable coordination, agility, and a high level of cardiovascular fitness. It involves vigorous activity for as long as an hour or more, many quick bursts of speed, and being alert in a limited area. While swimming is reasonably a safe sport and activity, as long as safety guidelines are followed, some elements of risk cannot be eliminated.

A variety of injuries may occur to swimming participants. Some examples of those injuries are: 1. Minor injuries such as scrapes, bruises, strains, and sprains; 2. More serious injuries such as broken bones, cuts, and concussions; 3. Catastrophic injuries such as heart attacks, paralysis, and death.

These, and other injuries, sometimes occur as a result of hazards or accidents such as slips, being struck by another participant's hand or foot, colliding with another participant, colliding with the wall, colliding with an apparatus, falling on the pool deck, or stress placed on the cardiovascular system.

To help reduce the likelihood of injury to your child and to others, participants are expected to adhere to the following rules: 1. All participants are expected to wear proper attire. 2. All participants are expected to follow all posted safety rules in addition to the rules of swimming.

You and your child must agree to follow the preceding safety rules, all posted safety rules, and all rules common to this sport and activity. Further, you and your child must agree to report any unsafe practices, conditions, or equipment to management.

You and your child certify that 1. He or she possesses a sufficient degree of physical fitness to safely participate, 2. He or she understands that they are to discontinue activity at any time he or she feels undue discomfort or stress, and 3. That you will indicate below any health-related conditions that might affect your child's ability to participate and you will verbally inform management immediately of any new condition.

Circle: Diabetes Heart Problems Seizures Asthma Other: _____

Participant's Name _____ Date of Birth _____ Sex (Circle One) F M

Address _____
(Street) (City) (State) (Zip)

Phone Number _____ Emergency _____ Cell _____

Mother's Name _____ Work Phone _____ Father's Name _____ Work Phone _____

I have read the preceding information and it has been explained to me. I know, understand, and acknowledge the risks associated with participation in this sport and activity and I am voluntarily allowing my child to participate in it. In doing so, I am assuming all of the inherent risks. I further understand that in the event of a medical emergency, management will call EMS to render assistance and that I will be financially responsible for any expenses involved.

Signature of Parent/Legal Guardian

Date

WAIVER OF LIABILITY: In consideration of being permitted to participate, on behalf of my child, myself, my family, my heirs, and my assigns, I hereby release Kenton Lands, LLC, dba Silverlake Family Recreation Center, its officers, employees, volunteers, and all other's associated with the Corporation from all liability for injury, loss, or death to my child, while using the facility, equipment, or in any way associated with participating in activities associated with swimming, now or in the future, resulting from the ordinary negligence of the Corporation, its agents, employees, volunteers or instructors.

Signature of Parent/Legal Guardian

Date

NOTICE TO PARENT/LEGAL GUARDIAN: DO NOT SIGN THIS AGREEMENT UNTIL YOU HAVE READ ALL OF IT