

Lake Chelan School District

SWIMMING/DIVING

WARNING/AGREEMENT TO OBEY INSTRUCTIONS

(Prior to participating, both the student and parent must read carefully and sign)

I am aware that swimming/diving is a high-risk sport and that practicing or competing in swimming/diving will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in swimming/diving include but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in swimming/diving may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of swimming/diving, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the Lake Chelan School District permitting me to try out for the Chelan High School swimming/diving team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in swimming/diving. I have read the above warnings and I understand their terms.

I also understand that the Chelan High School does not have a swimming pool. It is my responsibility to find transportation to and from the pool for both practice and games. Lake Chelan School District is not responsible for what may occur during those trips. I understand that Lake Chelan School District's liability insurance covers the district staff and students in school vehicles, but not the possibility of an accident involving the driver/owner/passengers of a private vehicle.

_____ Date _____ Signature of Athlete

I, _____, am the parent/legal guardian of _____.
In consideration of the Lake Chelan School District permitting my child/ward to try out for the Chelan High School swimming/diving team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in swimming/diving, I have read the above warning and I understand their terms.

I also understand that the Chelan Middle/High School does not have a swimming pool. It is my responsibility as parent/guardian to get my child/ward to and from both practices and games. Lake Chelan School District is not responsible for what may occur during those trips. I understand that Lake Chelan School District's liability insurance covers the district staff and students in school vehicles, but not the possibility of an accident involving the driver/owner/passengers of a private vehicle.

_____ Date _____ Signature of Parent/Legal Guardian

Lake Chelan School District

SWIMMING/DIVING

SAFETY GUIDELINES

(Prior to participating, both the student and parent must read carefully and sign)

When a person is involved in any athletic activity, an injury can occur especially in a very physically demanding sport like swimming/diving. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with swimming/diving. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with swimming/diving. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for swimming.
3. Swim goggles are recommended for all swimmers.
4. Earplugs are recommended especially if the athlete has a prior history of ear infections. Checking with your coach and family physician will clarify if earplugs are mandatory for your event(s).
5. Perform only those skills and techniques as instructed and/or supervised by your coach.
6. Be sure all equipment is fitting properly before each day's activity.
7. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
8. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for swimming/diving.
9. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the swimming pool &/or diving area, depth of pool and diving area, location of ladders, location of life saving equipment, location of bulkheads and lane markers and safe entrance/egress to/from the aquatic center.
10. Wear outer and under garments appropriate for humidity and temperature.
11. Coaches may recommend wearing swim caps not only for streamlining the body form and keeping hair out of your eyes, but for retaining body heat.
12. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Swimmers should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
11. Notify the coach immediately if injured.
12. Never try to pull an injured swimmer diver from the pool. If you think the swimmer/diver has a neck, head or back injury, support him/her in the water and wait for a trained lifeguard to remove him/her using the appropriate apparatus and procedures.
13. Practice only when your coach is present.
14. No running on swimming pool decks.
15. Never swim alone and never enter the water without a coach or lifeguard ready for you to start your activity.
16. Use only starting blocks approved for your swim event in that particular pool.
17. If multiple swimmers are swimming in one lane, always swim to the right side of the lane.
18. All divers must receive the proper instruction in the sequence of skills needed to perform a particular dive.
19. Divers do not commence a dive without checking the pool for clear water with no obstructions in the landing area.
20. Divers will only commence dives while being actively supervised by their dive coach.
21. Coaches will approve in advance all dives you attempt.
22. At the conclusion of each practice or meet, replace all equipment in the proper storage area and secure all items as directed by your coach or aquatic center administrator.
23. Report to the coach any damage or dangerous condition in the pool, pool area, diving area or locker room.

The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the swimming/diving program

Date

Athlete's Signature

Date

Signature of Parent/Legal Guardian