

SWIMMING

WARNING / AGREEMENT TO OBEY

(Both the applicant student and parent/guardian must read carefully and agree.)

I am aware that swimming is a high-risk sport and that practicing or competing in swimming will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in swimming 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 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 that the District does not assume the responsibility for the medical services required for these risks.

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

In consideration of the North Thurston Public Schools permitting me to try out for the High School swim team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in swimming, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision or training can eliminate all vestiges of danger.

Students should never bring valuables to any athletic event or school activity. It is impossible to guarantee security of items at either inside or outside locations and the school district cannot be responsible for loss of student property.

In consideration of the North Thurston Public Schools permitting my child/ward to try out for the High School swim team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in swimming, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

DIVING

WARNING / AGREEMENT TO OBEY

(Both the applicant student and parent/guardian must read carefully and agree.)

I am aware that diving is a high-risk sport and that practicing or competing in diving will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in 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 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 that the District does not assume the responsibility for the medical services required for these risks.

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

In consideration of the North Thurston Public Schools permitting me to try out for the High School diving team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in diving, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision or training can eliminate all vestiges of danger.

Students should never bring valuables to any athletic event or school activity. It is impossible to guarantee security of items at either inside or outside locations and the school district cannot be responsible for loss of student property.

In consideration of the North Thurston Public Schools permitting my child/ward to try out for the High School diving team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in diving, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

SWIMMING / DIVING

SAFETY GUIDELINES

Both the applicant student and parent/guardian must read carefully and agree.

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques and the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper stretching and warm-up is essential before strenuous activity begins.
2. Be aware of rescue equipment in the pool area.
3. Swimmers must never enter the water with a coach (or the designated lifeguard) in the pool area.
4. One should never pull an injured swimmer or diver from the water if you think the swimmer may have a head/neck injury. Support them in the water and wait for a lifeguard to pull them out on a backboard.
5. Diving will be permitted only by divers who have been taught basic diving skills and are under the supervision of a coach.
6. Check for clear water before diving and when diving off the blocks.
7. Walk safely on the pool deck; no running.
8. Perform only those skills and techniques as instructed and/or supervised by your coach.
9. Travel to and from off-campus facilities should take place per school district procedures.
10. Contact the coach immediately if injured.
11. Contact the coach about any dangerous conditions in the pool, in the pool area, or in the locker room.

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