

SWIMMING AND DIVING SAFETY GUIDELINES

Stanwood High School strives to protect each student from possible injury while engaging in school activities. The guidelines and information identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk..

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach. Guidelines are as follows: 1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment. 2. Advise the coach if you are ill or have any prolonged symptoms of illness. 3. Advise the coach if you have been injured. 4. Engage in warm-up activities prior to strenuous participation. 5. Be alert for any physical hazards or hazards in the locker room or in or around the participation area. Advise coach of any hazard or concerns. 6. Know the location of rescue equipment in the pool area. 7. Never enter the water without the coach (or the designated lifeguard) in the .pool area. 8. Check for clear water before swimming and diving; and when diving off the blocks, make it a shallow dive. Diving will be permitted only by divers who have been taught basic swimming and diving skills and are under the supervision of a coach. 9. Do not dive or enter the water head-first, in an area not so designated or in less than 5 feet of water at anytime 10. Do not run while on the pool deck.

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 program.

I am aware that swimming and diving are **HIGH-RISK SPORTS** and that practicing or competing in swimming and diving will be a dangerous and unpredictable activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in swimming and diving include, but are not limited to drowning, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, 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 and 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. Because of the dangers of swimming and diving, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I have read the above warning and release and understand its terms. I understand that swimming and diving are **HIGH RISK SPORTS** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the Stanwood-Camano School District permitting my child/ward to try out for the Stanwood High School swimming and diving team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in swimming and diving, I hereby assume all the risks normally associated with swimming and diving and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in anyway received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.