

Rodale Aquatic Center
Athlete/Student Waiver

Participant's Name _____ DOB _____

If under age 18, Parent/Guardian's Name _____

Address _____
Street City State Zip

Home phone _____ Email _____

Cell phone _____

Work phone _____

Emergency Contact _____
Name Phone

Enroll me in AMGAAlerts.com so I will be notified of unexpected pool closings. Yes _____ No _____

How would you like to be notified? Please check one Text _____ E-mail _____

WAIVER & AGREEMENT TO PARTICIPATE AT THE RODALE AQUATIC CENTER
Parent or legal guardian must sign for children under the age of 18 years.

I, _____ understand there are inherent risks associated with
Participant (If under age 18, Parent/ Guardian name)

activities around a swimming pool and, more specifically, with activities associated with the program offering of the Rodale Aquatic Center and that prior to beginning any program involving physical exertion, the participant named above should obtain medical clearance from a physician. I understand that medical emergencies and complications can occur as a result of strenuous physical activity or can arise from preexisting conditions during participation in such an activity.

I knowingly and voluntarily waive any and all rights and causes of action, suits, damages and claims which I have against Cedar Crest College and its instructors and employees thereof, in connection with or from participation in such an above-described activity.

I give permission to Cedar Crest College to use my photo in publications that promote the college. I understand that I will not be financially compensated if those photos appear in College-related materials.

Cedar Crest College is not responsible for lost, stolen or broken personal items.

I have received and read a copy of the Safety Rules & Helpful Tips.

Does the participant have any medical, physical or psychological limitations or conditions which could potentially affect swimming ability, or a learning/ emergency situation? _____ Yes _____ No

If yes, please describe _____

Is the participant afraid of the water or deep water? _____ Yes _____ No

Participant Name (please print) _____

Participant (Parent/Guardian) Signature _____

Date _____

Rodale Aquatic Center Pool Health and Safety Rules

All persons using the facility are required to follow our health and safety rules

1. All persons using the facility must check in at the front desk, be registered in a program and have a signed Rodale Aquatic Center waiver on record prior to entry.
2. Use the restrooms and shower before entering pools.
3. Modest attire specific to aquatic fitness and swimming required.
4. Do not enter either pool area without a lifeguard, ready on the specific deck.
5. Persons under 18 years must be directly supervised by a guardian/parent always.
6. No running on deck, in locker rooms or lobby areas.
7. Inform lifeguard, instructors, Aquatic Center personnel in the event of medical/health concerns or issues immediately. Discuss your aquatic program participation with your doctor.
8. No flips, backward entries, or inverted or forward dives from the pool decks into the pool. No diving in shallow water.
9. Diving from diving blocks and deep end deck (7 feet) permitted only under the direct supervision of pool personnel.
10. Only Cedar Crest College swim training equipment permitted. No personal scuba fins, weights, belts or other personal scuba equipment. Mask and snorkel may be used at top of water, surface swim only.
11. No underwater training, breath holding, hyperventilation or prolonged underwater techniques or swims.
12. If you are a non-swimmer or do not swim well, seek instruction, stay in shallow water.
13. No recording devices, cameras, video cameras, cell phone or other recording devices are permitted to be turned on in locker rooms, rest rooms, pool areas.
14. Cedar Crest College employees reserve the right to refuse admittance when deemed necessary for the health, welfare and safety of its program participants
15. When safety drills occur in the Aquatic Center, all persons are to follow staff and security instructions to complete shelter in place, fire, evacuation and all other safety drills.

Group Swim Assessment

1. To use the small pool, a participant must successfully complete swimming one full-length (40-feet) in the small pool without stopping or requiring assistance of any type.
2. To use the large pool, a participant must successfully complete swimming one full-length (25-yards) in the large pool without stopping or requiring assistance
3. In the event the lifeguard observes any distress or weakness that may compromise safety, the swimmer will be required to wear a lifejacket, to be provided by RAC.
4. Lifeguard decisions are final.

Please initial you have read and understand these rules _____