

McCarter Community Club, Inc. Extended Swim Informed Consent/Waiver/Release



In consideration of my participation in the McCarter Community Club Extended Swim Program, I have read and understand the following:

I am in good health and can participate in the McCarter Community Club Extended Swim Program. I acknowledge that swimming is dangerous and voluntarily assume the risks of bodily injury, which may be incurred as a result of participating in the McCarter Community Club Extended Swim Program. I am fully aware and thoroughly informed of the hazards of swimming; further, I have read and fully understand the following:

- Swimming is a physical activity involving heavy exertion. A swimmer must be in good general health, free from cardiovascular and respiratory disease, and have good exercise tolerance. Even momentary impairment of consciousness while swimming may be fatal.
- While swimming, the body is subject to a variety of influences that may become potentially hazardous. Some of these hazards include, but are not limited to drowning, eye injury, head injury, and a variety of other bodily injuries such as broken bones.
- There are other water related problems that include, but are not limited to reduced visibility and cold temperature when swimming.
- When swimming a person may be subjected to bodily injury from carelessness due to activity, related to equipment handling or from just being present at the swimming site.
- The Extended Swim member must realize that he/she is ultimately responsible for his/her own safety, as well as the safety of his/her family members. It is clearly the extended swim members' responsibility to refuse to swim, and to refuse to allow family members to swim, if, in his/her judgment, conditions are unsafe.

I affirm, to the best of my knowledge, that I am in good physical and mental health and free from cardiovascular, respiratory or other diseases or ailments, which could endanger me while swimming. In full awareness of the above and in consideration of my participation in the McCarter Community Club, Inc. Extended Swim program, I waive, release and discharge any and all claims for death, personal injury or property damage against McCarter Community Club, Inc., its officers, members, agents and employees which I may have, or which may hereafter accrue to me as a result of my participation in the McCarter Community Club, Inc., Extended Swim Program activities. I agree to indemnify and hold harmless McCarter Community Club, Inc., its officers, members, agents and employees from any claim or loss for death, bodily injury or property damage arising in any manner out of my presence or activities in the course of my participation in the McCarter Community Club Extended Swim Program. It is further understood and agreed that this waiver, release, indemnity and assumption of risk is to be binding on my heirs and assigns.

Parental Consent (complete and sign if applicant is under 21 years of age). I hereby consent that my son/daughter participate in the above activity, and I hereby execute the above Informed Consent/Waiver, and Release on his/her behalf. As parent/guardian, I accept this informed consent/waiver on behalf of the following children, who are part of my household: