

WENATCHEE SCHOOL DISTRICT

BOYS' SWIMMING SAFETY GUIDELINES

The Wenatchee School District strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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 technique, 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.

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 in the locker room or in or around the participation area. Advise coach of any hazard.
6. Know the location of rescue equipment in pool area.
7. Never enter the water without the coach (or the designated lifeguard) in the pool area.
8. Check for clear water before diving; and when diving off the blocks, make it a shallow dive. Diving will be permitted only by divers who have been taught basic diving skills and are under the supervision of a coach.
9. 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 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 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.

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.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date