

Learn to Swim with Hummingbird Holistic Health

Assumption of Risk and Release

PHYSICAL ACTIVITY/SWIMMING RISKS

NOTE: You must read and agree to the “Assumption of Risk and Release” for participation in the Learn To Swim program. You must sign the Learn to Swim liability waiver.

SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY.

The vast majority of participants in physical education and sport activity participate safely by following certain safety guidelines such as those described in this document.

Fitness and fun are common outcomes in physical activity, but there also is physiological stress on the participant. IF YOU HAVE ANY PHYSICAL CONDITION WHICH LIMITS YOUR PARTICIPATION, CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING THIS CLASS.

All movement activities contain RISKS FOR THE PARTICIPANT INCLUDING, but not limited to: sprain, fracture, and/or ligament damage; falling or other contact resulting in brain damage; paralysis; even death.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **SWIMMING** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Vigorous physical activity places stress on body systems, especially heart and lungs. Begin and continue vigorous activity by following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin your program gradually and increase the work done only gradually.

Injury to head, trunk, and limbs may result from use of sport equipment, facilities, or from contact with another person. Use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all swimming activity.

Exhaustion and dehydration. Fatigue in **swimming** is deceptive because of the cooling effect of the water; take appropriate rest intervals; rehydrate as necessary.

Drowning. NEVER GET IN THE POOL ALONE! NEVER get into the pool without an instructor or lifeguard present. Stay in a shallow water area until skill is sufficient for you to perform deep

water activity. Do not hyperventilate and then attempt to **swim** underwater. Take a rest break if fatigued.

Injury from falling on deck or board, or from contact with another person. VIA INSTRUCTOR'S DIRECTIONS, ONLY: Walk carefully on the deck of the pool at all times. When entering water, be sure the area is clear of other **swimmers**. ONLY dive or jump into any pool at designated areas and under instruction guidance and supervision. Maintain a safe distance from others during all **swimming** activity.

EMERGENCY, INJURY, OR CRAMPING: Inform your instructor or depending on location wave your hand to signal a lifeguard immediately.

Other conditions and safety procedures. ADHERE TO ANY OTHER WARNINGS AND SAFE PARTICIPATION INSTRUCTION AS GIVEN BY THE INSTRUCTOR DURING THIS LEARN TO SWIM PROGRAM.

If you have questions about safe play or risks associated with **Swimming**, ask the course instructor.