



South Lake High School
A Blue Ribbon Exemplary School
21900 East Nine Mile Road
St. Clair Shores, MI 48080
586-435-1400



SWIMMING AND/OR DIVING INFORMED CONSENT

This school 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 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.

SAFETY RULES to be followed by all participants including but not limited to the following:

1. Travel, to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of an illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
7. Know the location of rescue equipment in the pool area.
8. Never enter the water without the coach (or designated lifeguard) in the pool area.
9. Check for clear water before diving, and when diving off the blocks, make the dive shallow.
10. Diving will be permitted only be divers who have been taught basic diving skills and are under the supervision of a coach.
11. 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 and diving program.

I am aware that swimming and diving is a high-risk sport and that practicing or competing in swimming and diving will be a dangerous 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, 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 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 agree to obey such instructions.



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Swimming/Diving Informed Consent page 2

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release and understand its terms. I understand that swimming and diving is a **HIGH-RISK SPORT** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the 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 liability, 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.

 Athlete's Signature

 Date

 Parent's/Guardian's Signature

 Date