

NOTICE OF RISK

Swimming (Hotel with Direct Supervision)

To be reviewed by parents / guardians of Individual (Child) who is under the age of majority.

By submitting Appendix 2, you will assume certain risks and responsibilities, please read carefully.

As an Individual participating in Swimming (Hotel with Direct Supervision) activities, programs, classes, and events sponsored or organized by **Okotoks Junior High School** and its affiliated districts, leagues and teams (collectively the “Organization”), The Swimming (Hotel with Direct Supervision) activities can include but are not limited to: being in and around a supervised body of water, swimming, events, games, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the “Activities”), the undersigned, being the Individual and Individual’s Parent/Guardian (collectively the “Parties”), acknowledge and agree to the terms outlined in this agreement.

Acknowledgment of Risk

1. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
 - A. Drowning due to swimming abilities, cramps, loss of consciousness, and/or loss of energy;
 - B. Executing strenuous and demanding physical techniques;
 - C. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open Water venues;
 - D. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - E. Exerting and stretching various muscle groups;
 - F. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - G. Spinal cord injuries which may render the Individual permanently paralyzed;
 - H. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
 - I. Abrasions, sprains, strains, fractures, or dislocations;
 - J. Privacy breaches, hacking, technology malfunction or damage of the information collected;
 - K. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
 - L. Physical contact with other Individuals, spectators, equipment, and hazards;
 - M. Not wearing appropriate safety or protective equipment,
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- N. Failure to act safely or within the Individual's ability or within designated areas;
 - O. Contact with pool deck, diving boards, pool walls, and all other surfaces may lead to bacterial infections and rashes;
 - P. Collisions with pool walls, ladders, other swimmers, stands, and all sporting equipment;
 - Q. Negligence of other persons, including other spectators, Individuals, or employees;
 - R. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities;
 - S. Contracting any contagious disease.
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