

Santa Clarita Masters Swim Club (SCMC)

Welcome New Member! Our workouts are designed for cardiovascular conditioning, strength building and the development of your swimming. We start each workout with a warm up and end with a cool down period. Please always start and finish ANY exercise program with a warm up/down, even if you are late to a SCMC workout! Swimming is one of the safest activities, but it is exercise and strenuous. You are responsible for being physically fit, see your doctor before starting to train and every year after that, for regular check ups.

*Release From Liability: As a condition of participation, I the undersigned hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, and staff and administrators of SCMC (Santa Clarita Masters Swim Club), SPMA (Sothern Pacific Masters Assoc.), USMS (United States Masters Swimming), any and all City/Board of Education Governments and/or any other pool facility administrating organizations from any and all claims for losses, injuries and or/all consequential damages including attorneys fees incurred as a result of any and all SCMC workouts,, swim meets and activities associated with SCMC, whether these losses, injuries and /or all consequential damages occur as a result of my role and /or partial negligence and/or that any and all coaches, members, officials, staff and administrators of SCMC, SPMA, USMS, and all city/Board of Education Governments and/or any other pool facility administrating organizations. I agree to register with the USMS annually if I plan to compete, if I do not wish to compete, I agree to complete the City of Santa Clarita liability waiver, to have a physical before beginning training and a yearly physical thereafter, and as well to be in good health as a condition of my membership. I am also aware that swimming is a strenuous physical activity with some inherent dangers.

Signature

Date