

SWIMMING STRONGER

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PART 1: Swimmer Information

Swimmer Name:

Parent/Guardian Name:

Date:

Parent / Guardian Signature:

Your Child's Age (Circle one)

6 7 8 9 10

Please answer the following:

My child is comfortable in the deep end of the pool without an adult in the pool(Y / N)

My child is able to swim one length of front crawl and back crawl(Y / N)

My child is able to swim one length of breaststroke(Y / N)

Please describe your child's swimming experience

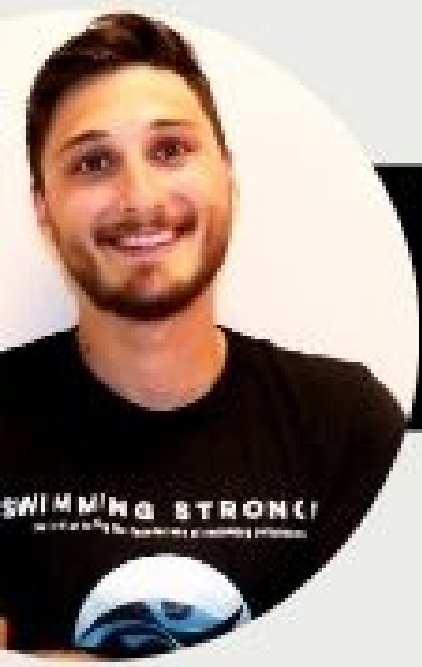
Please circle a time/times that work best for you. Time slots are based on participation so we can't guarantee your selection, but we will try our best to accommodate it

4:00-5:00pm

5:00-6:00pm

6:00-7:00pm

7:00-8:00pm



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Emergency Contact Emergency Contact (1):

Name: _____

Phone Number: _____

Email: _____

Emergency Contact (2):

Name: _____

Phone Number: _____

Email: _____

Physician Information For Participant:

Name: _____

Phone Number: _____

Email: _____

Address: _____

Media Consent

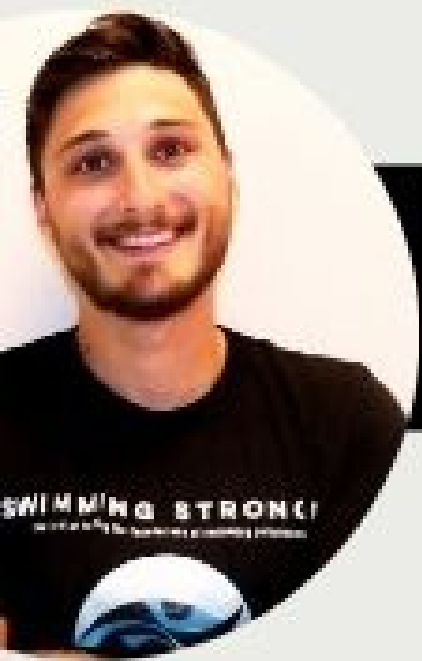
I authorize consent to have photos, videos, or other media content taken of myself or a of a minor I represent on behalf of myself or as the legal parent or guardian of a minor

Yes No (please circle)

(If Yes) I authorize consent to have photos, videos, or other media content taken of myself or a of a minor I represent on behalf of myself or as the legal parent or guardian of a minor used on Swimming Stronger's social media, website, or for use in promotional material

Yes No (please circle)

If Yes, please include social media contact information below:



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PART2: Acknowledgement and Assumption of Risks / Waiver of Liability Form

ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS AND WAIVER OF LIABILITY FORM (FOR ADULT PARTICIPANT AND MINOR PARTICIPANT) WARNING: PLEASE READ CAREFULLY THIS FORM REQUIRES YOU TO ASSUME THE RESPONSIBILITY OF CERTAIN RISKS OF INJURY AND OTHER HEALTH-RELATED PROBLEMS (BEYOND JUST COVID-19) DUE TO PARTICIPATION IN SWIMMING ACTIVITIES. DOING SO IMPACTS YOUR LEGAL RIGHTS. YOU MUST READ THIS ENTIRE FORM CAREFULLY.

This acknowledgment and assumption of risks form has to be signed before participating in any Activity organized by Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD

As a participant, or on behalf of a minor participant, in the Activities organized, recognized by Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD, I hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Introduction

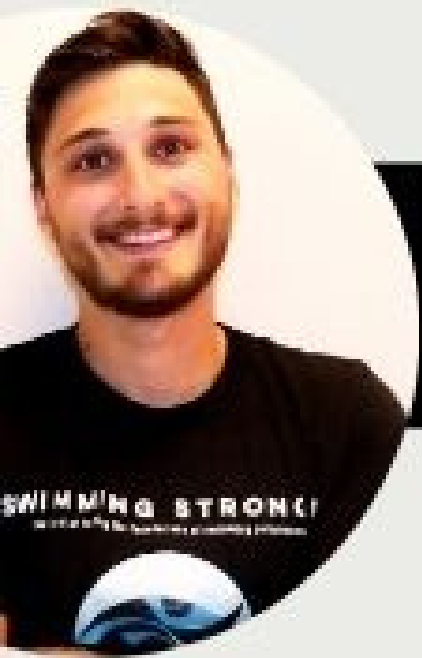
FOR ADULT PARTICIPANTS: As a participant, or on behalf of a minor participant, in the Activities organized, recognized by Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD, I, the undersigned _____ (name of adult participant)

OR

FOR MINOR PARTICIPANTS: _____ (name of a parent or legal guardian of a minor participant), acting as _____ (parent or legal guardian) of _____ (name of minor participant), hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Definitions

1. "Activity" or "Activities" means any in-person or virtual activities such as events, training camps, programs, competitions, physical training performed or conducted in Water or outside Water organized by Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD .
2. "Agreement" means this Acknowledgement and Assumption of Risk.
3. "Injury or Health-related problem" means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.
4. "Minor" means the minor participant named in the Introduction.
5. "Organization" means collectively Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD, their respective coaches, directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.



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6. "Registrant" means a participant and all individuals or entities of Swimming Stronger LTD including those individuals and associations, incorporated or unincorporated who have met the requirements of registration and the registration has been completely processed and registrants or registered participants of Swimming Stronger .

7. "Water" means any outdoor or indoor pools, artificial or natural water basins used for swimming. Description of Risks

8. As a participant, or parent or legal guardian of a Minor participant, in the sport of swimming and the Activities of the Organization, the undersigned agrees to the following terms and conditions.

9. I am, or the Minor is, participating voluntarily in the sport of swimming and the Activities of the Organization. In consideration of my participation, or the Minor's participation, in the sport of swimming and the Activities of the Organization, I hereby acknowledge that I am aware of and hereby accept the risks, dangers and hazards inherent and associated with or related to the sport of swimming and any Activities of the Organization, including any Injury or Health-related problem, which can be severe and even fatal.

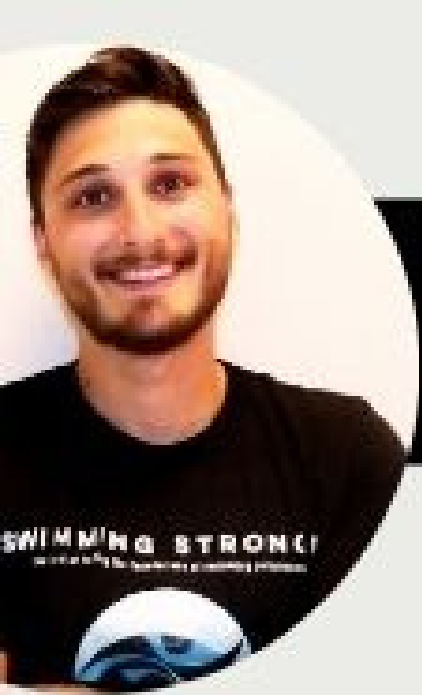
I AGREE _____

10. In particular, these risks, dangers and hazards may include, but are not limited to, an Injury or Health-related problem resulting from: a. Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of Water; b. Vigorous physical exertion or physical contact in or out of Water; 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; or any facility in which the individual is following training guidance of Swimming Stronger LTD, Mitch Bowmile, or any other representative of Swimming Stronger. d. Failure to properly use any piece of swimming or dryland related equipment or the mechanical failure of any piece of equipment; e. Concussions or aggravated related symptoms; f. Spinal cord injuries which may result in permanent paralysis; g. Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization's Activities; h. Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health authorities; i. Extreme weather conditions which may result in heatstroke, sunstroke or lightning strikes; and j. Unforeseen events.

I AGREE _____

11. Furthermore, I am aware and acknowledge that: a. That an Injury or Health-related Problem sustained can be severe and even fatal; b. That I or the Minor may experience anxiety during an Activity of the Organization; c. That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and d. That the risk of Injury or Health-related Problem increases with fatigue.

I AGREE _____



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12. In consideration of the Organization allowing me, or the Minor to participate in Activities, I confirm that I have not been advised by a medical doctor that my or my child's physical condition prevents me or my child from participating in the Organization's Activities. I acknowledge that the participant does not have any pre-existing medical conditions that could affect participation in any activity provided by Swimming Stronger LTD, Mitch Bowmile, or associates of Swimming Stronger, and if they do it will be disclosed below

I CONFIRM THAT THIS IS TRUE _____

PRE-EXISTING MEDICAL CONDITIONS _____

Medical Assistance

13. In case of an Injury or health-related problem, I authorize the Organization, for myself or the Minor, to obtain all necessary on-site medical assistance for the medical situation, including transportation by ambulance or by other means to a hospital.

I AGREE _____

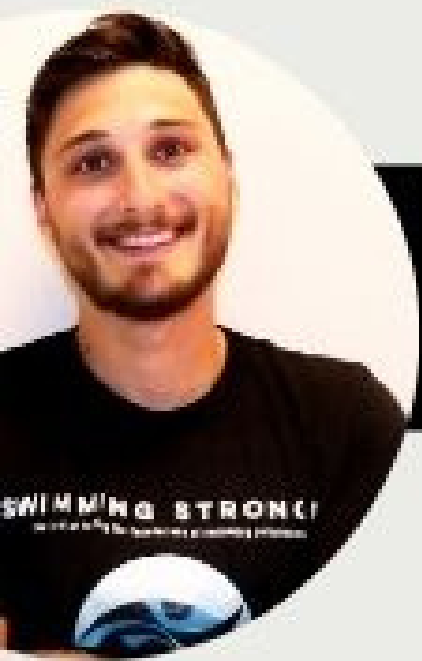
Acknowledgement and signature

14. I have read this Agreement, and by signing it, I understand that it is binding upon myself, my heirs, executors, administrators and representatives. If this Agreement is signed electronically, I acknowledge and recognize that the electronic signature constitutes my official signature and that I am the person who completed this Agreement.

15. The participant or their legal parent or guardian understands that by signing this agreement, the participant agrees to be forever prevented from suing or otherwise claiming against Swimming Stronger LTD, Mitch Bowmile, or any members of Swimming Stronger LTD. for any property loss or personal injury that the Participant may sustain while participating or preparing for the above noted activity.

16. I agree that I will not hold Swimming Stronger LTD, Mitch Bowmile, or any associates of Swimming Stronger LTD responsible for any risks outlined in this document

I AGREE _____



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Governing Law

This agreement will be governed by and construed in accordance with and governed by the laws of the Province of Ontario.

For a Minor participant or registrant

Name of the Minor:

Date of birth:

Name of parent or legal guardian (Print):

Signature of parent or legal guardian:

Signed in (City):

Date:

For Adult participant or registrant

Name:

Date of birth:

Signature:

Signed in (City): Date:

Part #3 Payment

Cost:

Swim School: \$700.00

Tax: \$91

Total: \$791.00

Option #1: Two-Part Payment Please send e-transfer of \$350.00 along with registration to mitch@swimmingstronger.com to secure your spot Final payment of \$441.00 will be due 3 weeks prior to the first session

Option #2: One-time payment Please send e-transfer of \$791.00 along with registration to mitch@swimmingstronger.com to secure your spot

****A FULL REFUND WILL BE ISSUED IF WE ARE UNABLE TO RUN SPRING SESSIONS DUE TO COVID-19 RESTRICTIONS****