

2020 Open Water Swim Clinics

Sunday, July 5th 2020, 1-4pm
and/or

Sunday, July 12th, 2020, 1-4pm

Hosted By South Whidbey Parks and Aquatics Foundation

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS Inc.

Sanction Number: 360-W004

ADULTS

Swimming in the open water presents unique challenges over swimming in a pool, and is a delightful experience when safely managed. Whether you are a new swimmer, a triathlete, or interested in endurance swimming, come learn techniques or refresh your skills. The freshwater clinic at Goss Lake may be of interest to those preparing for the Whidbey Triathlon. The saltwater clinic at Seawall Park is ideal for stronger swimmers.

Topics include:

Sighting Techniques • Starts, Finishes & Turns • Pacing for open water • Breathing Techniques • Swimming Safety • Training & Fueling • Open Water Swim Gear • Wetsuits 101: sizing, choosing, putting on • Currents & Tides, Weather & Critters • Getting Past the Panic

Participants must already know how to swim.

Bring: Wetsuit **required** for salt water swim (7/12/20). Wetsuit optional and encouraged for lake swim (7/5/20). Also bring swim cap, goggles, ear plugs, towel.

Instructors: The team is comprised of experienced open water swimmers and/or USA Masters swimmers, led by Peter Oakley. No certified lifeguards will be on duty. For more information, email: info@swpaf.org

Name: _____ *USMS#: _____ - _____ (or a USMS one-event fee added below for non-USMS members)

Street: _____ Birth(mm/dd/yy) _____

City: _____ State: ___ Zip: _____

Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

For which clinic(s) are you registering:

Sunday, July 5th, 1-4pm, at Goss Lake _____

Sunday, July 12th, 1-4pm, at Seawall Park _____

Both clinics, July 5th and 12th _____

Fee Calculation:

\$40 for one day clinic/ \$80 for two days

One-Event USMS fee for **non**-USMS members only (\$27) _____

(A single One-Event fee covers one or both clinic days)

Total Fees _____

Make checks payable and mail to:

SWPAF
attn: OWSC
5475 Maxwellton Road
Langely, WA 98260

Describe your swimming experience, including experience in open water:

Min 3/Max 8

Clinics benefit the South Whidbey Parks & Aquatics Foundation, whose mission is to make parks and aquatics activities accessible to all residents of the South Whidbey Island and is actively planning and raising money to build a public Aquatics Facility on South Whidbey.

www.swpaf.org.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	