

Pacific Northwest Association of Masters Swimmers (PNA)
Information Page

Organizational Hierarchy:

USMS United States Masters Swimming
Zone Northwest Zone
LMSC Local Masters Swim Committee = **PNA & PN** (Pacific Northwest Association of Master Swimmers)
Clubs **PSM** (Puget Sound Masters), **BWAQ** (Blue Wave Aquatics) etc. or Unattached to a Club
Workout Group

Check out PNA's website at www.swimpna.org

The WetSet Newsletter: Six (6) times a year you will receive an email link to *The WetSet*.

Membership Cards: You can print a membership card at <https://www.usms.org/reg> if you wish. Membership cards are **not** required for entry into USMS practices or USMS competitions.

Workout Groups that are part of Puget Sound Masters (PSM):

At this time there are no Workout Groups within any club except **PSM**. You can be a member of PSM and be Unattached.

BAM: Bainbridge Aquatic Masters
BC: Bellevue Club
BMSC: Bellingham Masters Swim Club
CAAT: Central Area Aquatics Team
CGSM: CG Sports Management
FSJ: Fins of the San Juans
GEM: Gold's Eastside Masters
SEAS: Greater Seattle Y Sixgill Sharks
GLAD: Greenlake Aquaducks
HMST: Husky Masters
LWM: Lake Washington Masters
LOGS: Logger Masters
MIR: Mercer Island Redwoods
MAMS: Middle Aged Marlin Swimmers
MYM: Monroe YMCA Masters
NEO: North End Otters
NKM: North Kitsap Masters
ORCA: Orca Swim Club
PMS: Peninsula Masters Swimming
PTMS: Port Townsend Master Swimmers
SVMS: Skagit Valley Masters Swimming
SAM: Snohomish Aquatic Masters
SWIM: South Whidbey Island Masters
SWYM: Stanwood-Camano Wa"Y" Masters
TWIM: Team Walker International Masters
TACM: Thunderbird Aquatic Masters
VO2: VO2 Multisport Swim Team
WAC: Washington Athletic Club
WWUS: Western Washington University Masters Swimming
YPKC: YMCA Pierce/Kitsap Sea Dragons

Clubs in PNA:

Bellevue Swims Strong (**BSSW**)
Blue Wave Aquatics (**BWAQ**)
Downtown Seattle/Bellevue/Eastside Swim Team (**DBST**)
Fife Area Swim Team Masters (**FAM**)
Quick Water Swim Club (**QWSC**)
Puget Sound Masters (**PSM**)
Tacoma Swim Club (**TSC**)
Vashon Island Rockfins (**ROCK**)



**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	