

Boulder Elks Swim Team Participation Contract

for _____ (Family name)

Each family must follow the guidelines below. You will not be on the roster without this contract. **By signing this contract, swimmers and parents have read, understood, and agreed to the participation requirements.**

Parents

- Parents are required to work various jobs as outlined in the Parent Handbook.
 - Swim Team Families: job(s) that add up to 4 credits
 - Pre-team families: job(s) that add up to 2 credits (Note: if swimmer moves up to Team, you must sign up for additional job(s) that add up to 4 credits)
 - If you have swimmers in both Team and Pre-team: job(s) that add up to 4 credits
 - Participation in Prelims and/or Finals requires another shift at those meets.
- Without a job commitment, registration will not be accepted. This includes swimmers who choose not to attend meets.
- If you are unable to make a shift, it is your responsibility to exchange with another family or find someone to fill your shift.
- If you do not fulfill your commitments by summer's end, you will forfeit the entire volunteer deposit.
- Parents are not allowed to interact with swimmers and coaches during practice.

Swimmers

- A swimmer who vandalizes property, either at our home pools or at a visiting pool, will be removed from the team for the remainder of the season and will be responsible for restitution.
- Swimmers are expected to help keep the pool areas and locker rooms clean.
- Swimmers who disrupt practice will be asked to leave. Disruptive behavior includes, but is not limited to:
 - Failure to follow a coach's request (to warm-up, to start a set, to listen, etc.)
 - Splashing, dunking, pushing, pulling of other swimmers
 - Any action that stops the flow of a lane's workout
 - Disrespect to fellow teammates or coaches
 - Horseplay in the locker room
- Anytime a swimmer is removed from practice or a meet, the coach will inform the age-group parent of the circumstances.

Code of Conduct

The Boulder Elks Swim Team provides a wonderful opportunity for young athletes up to the age of 18 to participate in a competitive swim program. While we strive for excellence, we also encourage and support participation by swimmers of all abilities. Important elements of our team are the lessons learned regarding teamwork and self-discipline. As one of the top teams, it is important to set a great example for others.

I therefore pledge that we (swimmer(s) and parents) will respect:

- > our coaches and their program
- > the rules of swimming
- > other peoples' property
- > a zero tolerance policy regarding drugs and alcohol

Should it be necessary to review a swimmer, parent or coach's conduct that cannot be resolved by the coaching staff, a committee composed of an Elks Board Member, a BEST Board Member and a disinterested Elks Member will hear the grievance. Their decision shall be final.

General Release

In consideration of my child's involvement in the Boulder Elks Swim Team, I acknowledge, appreciate and agree that:

I or my child risk bodily injury, including paralysis, dismemberment, disability and death, and while particular rules of the sport, equipment and discipline may reduce this risk, this risk of injury does exist, as well as the risk of damage to or loss of property;

I knowingly and freely assume all such risk, both known and unknown, even if arising from the negligence of the releasees or other;

I willingly agree to comply with the stated customary terms and conditions for participation;

I, for myself and/or my child, and on behalf of my and their heirs, assigns, personal representatives and next of kin, hereby release and hold harmless and promise not to sue the Boulder Elks Swim Team, or the Boulder Elks Lodge #566 and their respective sponsors, officers, volunteers, staff, and/or agents (all referred to as "Releasees"), with respect to any and all such injury or loss arising from my participation, whether caused by the negligence or the Releasees or otherwise, except that which is the result of gross negligence or willful misconduct of the Releasees, to fullest extent permitted by law.

I have read the General Release and Code of Conduct and fully understand and accept my responsibilities, as outlined in this form, as a participant on the 2009 Boulder Elks Swim Team.

Signature of swimmer(s):

Signature of parent(s):
