

## **Pool Specialists Masters Swim Group Lap Swim Program Rules**

- Program Participant Eligibility:
  - WVSRC Adult Member aged 18 and older in good paid standing
  - A current lap swim waiver completed and signed (See Addendum B)
  - Able to Swim 300 yards unassisted
  - Swim Buddy must be present (minimum 2 swimmers)
  - Must join the GroupMe mobile app for communications
  - Absolutely No Diving or wading in the Diving well
  - Maximum 2 swimmers per lane, swimming opposite sides
  - Lane reservation max 1 hour per swimmer
- The lap swim program is offered in two sessions biannually.
  - Summer Program - March 1st to October 31st
  - Winter Program - November 1st to February 28th (29th leap year).
- Pool Specialists Lifeguard Certified through a mandatory safety training and certification program provided by Pool Specialists. The certification requirements are:
  - Swim tests – as required by all accredited lifeguard certification
  - AED Training - as required by all accredited lifeguard certification
  - CPR Training - as required by all accredited lifeguard certification
  - Proper safety procedures to follow in case of a health issue, accident or injury - as required for all accredited lifeguard certification
  - Location of the AED and Phone.
  - Proper setup and removal of the lap lanes, pool covers (winter group)
- Lap Swim Program Availability
  - In Season (Pool is Open): Sunday – Saturday 5:00am-8:30am
  - Off Season (Pool is Closed): Sunday – Saturday 5:00am-9:00am
- Participant must sign up, agree to rules, sign waiver and view lap swim schedules on the Pool Specialists website (<https://www.poolspecialists.com/>). Reservations are made via Group Text and GroupMe app managed by Pool Specialists
- Rule Violations
  - If any of the required rules are not adhered to, the participant will be given a written warning. If any of the rules are not adhered to a second time, the participant will be removed from the lap swim program for the remainder of the session.
  - If a lap swimmer enters the pool alone without another member present, they will be immediately withdrawn from the lap swim program.

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**Initials**

**Pool Specialists Masters Swim Group  
Lap Swim Waiver of Liability**

I, the undersigned participant, intending to be legally bound, hereby certify the following:

- I am an Adult and at least eighteen (18) years old or older;
- I have paid the Wood Valley Swim and Racquet Club (hereinafter "WVSRC") dues that (my family) owe for the 2021 summer pool season and am in good standing;
- I have read and agree to the Pool Specialists Masters Swim Group Lap Swim Program Rules
- I am capable of swimming 300 yards (12 lengths of the pool) without touching the bottom or stopping consistent with Lifeguard Qualification Test of the YMCA and American Red Cross;
- I have not been informed by a medical professional that I should not swim;
- I have passed the required Pool Specialists Safety Training and Certification
- I acknowledge that I am aware of all the risks inherent in lap swimming, including possible permanent disability or death;
- I acknowledge that I understand the risks of swimming in a facility where lifeguards are not on the stand or monitoring my swimming, or available to provide aid in the event of a medical emergency;
- I acknowledge that the North Carolina Administrative Code permits individuals to swim at their own risk in community swimming pools without lifeguards; and
- I agree to assume all said risks and release Pool Specialists, the WVSRC, the WVSRC Board of Directors, and the WVSRC agents and assigns from all liability associated in any way with my use of the pool or premises during unguarded lap swim.

As a condition of being able to use the WVSRC swimming pool, when the pool is otherwise closed to WVSRC members/when no lifeguard is on duty, I HEREBY WAIVE any and all rights to claims for loss or damages that may occur while I am availing myself to the WVSRC facilities during that time period, including the pool deck and the swimming pool. I hereby further release and hold harmless THE WVSRC, THE WVSRC BOARD OF DIRECTORS, WVSRC AGENTS AND ASSIGNS from any and all claims for loss or damages, including but not limited to any claims caused by their or another's recklessness or negligence (active or passive) or other reasonably foreseeable actions that may occur during the time period when I am using the WVSRC facilities when it is otherwise closed.

In further consideration for being able to use the WVSRC when the pool is closed and when no lifeguard is on duty, I agree to the following:

- To ensure the pool land-line phone is operating, before I swim.
- No guests (no guests are allowed access to the pool when it is closed/no life guard is on duty).
- I will swim at my own risk.
- This agreement is non-transferable to anyone-including my family members.
- In addition, I agree to swim ONLY as long as there is at least one other lap swimming participant also swimming during the entire time that I am swimming.

Full Name: \_\_\_\_\_  
(printed)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

SmartPhone: \_\_\_\_\_

Email: \_\_\_\_\_