

::FOR SWIMMERS WHO ARE 18 YEARS OLD AND OLDER::

North Jeffco Swim Team ("NJST") uses email to communicate team information with its members. Email is the main form of communication. NJST does not sell or otherwise provide its members' email addresses to any third party.

As a swimmer with North Jeffco Swim Team ("NJST"), I authorize each of the NJST coaches and, if I am on an NJST travel trip with chaperones, each of the NJST chaperones (each such NJST coach and chaperone, an "NJST Representative") to provide to me any first aid treatment which the NJST Representative is trained and certified to provide, and to seek, obtain, and approve for me any other first aid, emergency medical treatment, and other medical treatment (including surgery) as the NJST Representative may deem reasonable and necessary under the circumstances. I will be financially responsible for any hospital, physician, dentist, ambulance, and similar fees and charges, as well as all expenses incurred in connection therewith, for the provision of any such medical treatment to me. I will indemnify NJST, its officers and directors, and the NJST Representatives for any such fees, charges, and expenses incurred by them in connection with the provision of such medical treatment to me. I understand that if (1) I wish to impose any specific limitations on or prohibitions regarding my medical treatment, (2) I am taking any prescription or non-prescription drugs which medical personnel should be aware of if I need first aid or other medical treatment, or (3) I have any allergies which NJST coaches or any medical personnel should be aware of, I must communicate those in writing to my coach and to NJST's President.

I plan to practice and compete with NJST and otherwise participate in NJST team activities, including travel trips, home meets, non-travel away meets, team practices, and official NJST parties and meetings (collectively, the "Activities"). I understand that participation in training, swimming, and related activities (including travel to and from activity sites) involves certain risks, including but not limited to the risk of physical injury. In consideration of being allowed to participate in the Activities, I hereby (a) assume all risks and dangers related to my participation in the Activities, (b) unconditionally waive, release, and discharge NJST, its officers, directors, employees, and all other individuals, including NJST volunteers, and entities assisting NJST with the Activities (collectively, "Releasees") from any and all claims related to any injury, damage, or other liability (including costs and expenses) that may be sustained by me in connection with such participation, and (c) covenant not to sue any Releasee for any such injury, damage, or liability (including costs and expenses); provided, however, that the foregoing shall not apply to any risks, dangers, injuries, damages, or liabilities to the extent caused by the negligence or willful misconduct of a Releasee.

I authorize NJST to use, reproduce, and publish photographs and video that pertain to me, including my image, likeness and voice, without compensation, in any and all of its publications and recruitment materials and for other related endeavors, including posting the same on NJST's Internet web page. I understand and agree that all such materials are and will remain the property of NJST. In consideration of being allowed to participate in the Activities, I hereby waive any right to royalties or other compensation arising or related to NJST's use of such materials.

I will read and comply with the Swimmer Code of Conduct and with the Adult Member Code of Conduct, copies of which are posted on the NJST website. In addition, I understand and agree that (i) NJST members are required to comply with all other NJST policies that are applicable to NJST members and that such compliance is a condition of my membership in NJST, and (ii) the Board of Directors of NJST, at any time and in its sole discretion, may revise the Swimmer Code of Conduct, the Adult Member Code of Conduct, and any NJST policy and also may adopt and implement new codes and policies, and that it is my responsibility to periodically check the NJST website for any such revisions and additions and review and comply with the same.