

**NORTH JEFFCO SWIM TEAM**  
**TRAVEL PACKET**  
**(SWIMMER 18 OR OLDER)**

**Contact and Medical Information**

Swimmer's name: \_\_\_\_\_  
First \_\_\_\_\_ M.I. \_\_\_\_\_ Last \_\_\_\_\_

Swimmer's birth date: \_\_\_\_\_ Swim Team Color Group: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

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

**NOTE:** NJST uses email to communicate team information with its members. If you do not want to be included in any group emails from which other NJST members would be able to learn your email address, initial the line below. If you do not initial the line below, your signature at the end of this form will constitute written authorization for use of your email address in such group emails.

I do not give authorization for my email address to be used in group emails from which other NJST members would be able to learn my email address.

Emergency contact person's name: \_\_\_\_\_

Relationship to swimmer: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Second emergency contact person's name: \_\_\_\_\_

Relationship to swimmer: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Medical Information (you may attach a copy of insurance card)

Name of medical insurance company: \_\_\_\_\_

Insurance company phone number for medical coverage questions: \_\_\_\_\_

Policyholder's name: \_\_\_\_\_

Policy group number: \_\_\_\_\_ Other policy ID number(s): \_\_\_\_\_

Name of dental insurance company: \_\_\_\_\_

Insurance company phone number for dental coverage questions: \_\_\_\_\_

Policyholder's name: \_\_\_\_\_

Policy group number: \_\_\_\_\_ Other policy ID number(s): \_\_\_\_\_

Swimmer's doctor's name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Swimmer's dentist's name: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Authorization for Medical Treatment**

As a member of 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.

Notwithstanding the foregoing, I impose the following specific limitations or prohibitions regarding medical treatment to me (if none, state "none"):

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I am taking the following prescription and non-prescription medication (if none, state "none"):

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I have the following allergies (include food, medicine, latex, insect bite, and any other types) (if none, state "none"):

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## **Assumption of Risk, Waiver, and Release**

As a member of NJST, 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.

## **Agreement to Abide By Policies**

I have read and understand, and I agree to abide by all provisions of, the attached Swimmer Code of Conduct while participating in any NJST Activities. I will read and comply with the Adult Member Code of Conduct, a copy of which is 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 family's 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.

I hereby affirm that all of the above information is true and complete. I have read and understand and, in consideration of being allowed to participate in the Activities, I hereby agree to all of the above legal provisions.

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer's Printed Name: \_\_\_\_\_

**North Jeffco Swim Team  
Swimmer Code of Conduct**

All North Jeffco Swim Team (“NJST”) swimmers are required to comply with the following rules while participating in any NJST function (including travel trips, home meets, non-travel away meets, team practices, and official NJST parties and meetings) (collectively, “Activities”).

1. When participating in or otherwise present at any Activity:
  - a. Swimmers will show proper respect, sportsmanship, and courtesy to all coaches, officials, administrators, competitors, chaperones, parents, and spectators. Swimmers will behave in a manner that presents a positive image of NJST and Colorado Swimming, Inc. and will strive to promote an atmosphere of friendly competitive swimming.
  - b. If uniform requirements are established for any Activity, swimmers will comply with such requirements.
  - c. Swimmers will not:
    - i. use or possess, or attempt to purchase, alcohol, tobacco products, controlled substances (other than the swimmer’s own prescription medications), or weapons (including guns, knives, and martial arts weapons),
    - ii. abuse over-the-counter medications,
    - iii. participate in any illegal activity not specifically covered by another provision of this paragraph, including shoplifting or other theft, vandalism, and use of a fake identification card,
    - iv. be present in a bar, liquor store, strip club, adult entertainment venue, or any other establishment with a minimum legal admittance age of 18 or above,
    - v. participate in any gambling activity, whether in person or electronically (for purposes of this Code of Conduct, purchasing and redeeming lottery tickets will not be deemed “gambling”),
    - vi. possess, view, listen to, or attempt to purchase, view, or listen to any pornographic material, including audio materials, hard copies, and electronic materials (*e.g.*, via a cell phone, iPod, computer, or any other similar electronic device),
    - vii. create, view, or share with or electronically send to others any inappropriate sexual images of the swimmer or of any other person (*i.e.*, “sexting”),
    - viii. engage in consensual sexual conduct with another person (for purposes of this policy, holding hands, hugging, and kissing will not be deemed “sexual conduct”), or
    - ix. engage in any behavior which would constitute unlawful sexual behavior under the laws of the State of Colorado or of the state in which the behavior occurs, including sexual assault, unlawful sexual contact, indecent exposure, and public indecency.
2. When participating in an Activity involving a team trip for which an NJST chaperone is assigned to a swimmer, all swimmers will:
  - a. follow the directions given to him or her by NJST coaches and NJST chaperones,
  - b. pick up and properly dispose of all trash from his or her hotel room before departure from the hotel each day,
  - c. not incur any additional hotel costs (such as phone charges, movie rentals, room service, or mini bar usage),
  - d. not allow anyone of the opposite gender (other than an NJST coach, NJST chaperone, or the swimmer’s parent/guardian) to be present in his or her hotel room unless authorized and supervised by an NJST chaperone or coach, and not go into the hotel room of anyone of the opposite gender (other than the swimmer’s parent/guardian) unless authorized and supervised by an NJST chaperone or coach,
  - e. adhere to established curfews,
  - f. account for his or her belongings at all times,
  - g. help clean up the area occupied by NJST swimmers prior to leaving the competition pool each day,
  - h. attend all team functions, including team meetings, team practices, warm ups, and competitions, unless excused by the coach in charge of the travel trip, and
  - i. follow all additional guidelines and rules that may be established by NJST coaches and chaperones.
3. In addition, when participating in an Activity involving a team trip for which an NJST chaperone is assigned to a swimmer, all swimmers who are under the age of 18 years old will:
  - a. stay with his or her assigned chaperone at all required times, and
  - b. only leave the hotel with an NJST chaperone or coach or with another adult with whom the swimmer has received prior approval from an NJST coach or chaperone to leave.
4. If a swimmer fails to follow any of the above rules, the swimmer may be subject to disciplinary action in accordance with the NJST Discipline Policy, a copy of which is posted on the NJST website, with which each swimmer is required to review and become familiar.

*Effective November 5, 2014.*