

## Green Valley Swimming Pool (GVP) Rules

The most important rule at the pool is to have fun. Since getting hurt is no fun, listed below are a few rules to follow to help prevent injury.

**Listen to the Lifeguard:** When he or she blows the whistle, stop what you are doing and listen. **Parents**, when the lifeguard blows the whistle at your child, he or she is also blowing it at you. **It is your primary responsibility to watch and make your children obey the rules, not the lifeguards'.** We are not responsible for you or your children.

**No littering:** Please do not leave anything in the grass you would not leave on your living room floor. This includes **gum & peanut shells**. They are trash too, and the grass isn't a garbage can!

### General

- No running or pushing
- No rings, rafts, goggles, balls, etc. in the diving area
- No diving from the side of the pool
- No jumping onto rafts from the side of the pool
- No hard balls (including tennis balls) in the pool
- No breath holding

### Diving Board Rules

- Only one person on the diving board structure
- Only one bounce on the board
- No hanging on the board
- Look before you dive or jump
- Only dive or jump straight off the end of the board

### Sliding Board Rules

- Only one person on the sliding board structure
- No standing at the top of the board
- Slide feet first only
- No toys (goggles, floatation devices) on the slide
- Look before you slide

### Water Slide Rules

- Follow **all** the rules posted at the steps
- Only one slider at a time
- Slide feet first only

### Volleyball Rules

- No hanging on the net
- No throwing sand
- Wash off with the designated **hose** when finished (even if you don't plan to get in the water)

If you have any questions, comments, or suggestions about these rules or anything else at the club, please let us know.

Russ and Lori Jacobs

WAIVER AND RELEASE

AS ADDITIONAL CONSIDERATION for being permitted to utilize the swimming pool and surrounding facility at Green Valley Swimming Pool and Sports Club (the "Facility"), the undersigned (hereinafter referred to as "Parent" or "Swimmer" or "Swim Team," as applicable), intending to be legally bound hereby, agree as follows:

1. Prior to the use of the Facility, it shall be the sole responsibility of Swim Team to carefully review the rules applicable to Swimmer's use of the Facility, and to inspect and familiarize the Swimmer with the layout of the Facility, and specifically the swimming pool, its depth and means of ingress and egress;

2. Swim Team will review the published rules for use of the Facility with Swimmer. Swim Team specifically acknowledges that Swim Team shall be solely responsible for the supervision, safety, and care of Swimmer who utilizes the Facility through or in conjunction with Swim Team. **Swim Team, Swimmer and Parent recognize that the Facility will not provide a life guard.**

3. Swim Team, Swimmer and Parent acknowledge that swimming, water play, and other recreational activities in close proximity to a swimming pool are inherently dangerous activities that involve the risk of serious injury, including permanent disability and death, and severe social and economic losses may result from the Swimmer's own action or inaction, the action, inaction, or negligence of others, the failure to observe the rules for use of the Facility, or the condition of the Facility or of any of the equipment at the Facility. Further, there may be other risks not known to Swim Team, Swimmer and Parent or not reasonably foreseeable at this time. Swim Team, Swimmer and Parent assume all of the foregoing risks and accept personal responsibility for any and all damages resulting from such an injury, permanent disability, or death.

4. Swim Team, Swimmer and Parent acknowledges and assumes, among other risks, the risk of potential illness and injury caused by bacteria, viruses and other germs found in recreational water (Recreational Water Illness or RWI). Swim Team, Swimmer and Parent's own action or inaction or the action, inaction or negligence of others with regard to hygiene and other matters can contaminate the water resulting in RWI. Although chlorine aids in eliminating germs that can cause RWI, some germs can survive in water for an extended period of time, regardless of the use of chlorine or other preventative device(s) and despite proper maintenance of the Facility.

5. Swim Team, Swimmer and Parent release, waive, discharge, hold harmless, and covenant not to sue, and hereby agree to indemnify and defend, Green Valley Swimming Pool & Sports Club, Inc., its owners, officers, employees, representatives, successors and assigns ("Club"), from and against any and all claims, demands, judgments, losses, damages, and liabilities to Swimmer, his or her heirs, next of kin, successors, and assigns, on account of injury, disability or death, caused or alleged to be caused in whole or in part by the Club, the use of the Facility by Swimmer, or otherwise.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

PARENT:

By: \_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Name Printed

\_\_\_\_\_  
Date

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

CAMPER OVER THE AGE OF 10 MUST SIGN IN CONJUNCTION WITH THEIR PARENT OR GUARDIAN.

SWIMMER:

\_\_\_\_\_  
Swimmer #1 Signature

\_\_\_\_\_  
Swimmer #1 Printed Name

\_\_\_\_\_  
Signature of Parent or Guardian (Same **parent** that signed the front of the form) signed for Swimmer #1

SWIMMER:

\_\_\_\_\_  
Swimmer #2 Signature

\_\_\_\_\_  
Swimmer #2 Printed Name

\_\_\_\_\_  
Signature of Parent or Guardian (Same **parent** that signed the front of the form) signed for Swimmer #2

**NOTE: IF SWIMMER IS UNDER THE AGE OF 10, PARENT SHOULD SIGN ON BEHALF OF SWIMMER AND PARENT.**

