

**Rensselaer Summer Swim Team Permission and Health Form**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age as of June 1, 2013 \_\_\_\_\_  
Mother's name \_\_\_\_\_ Phone \_\_\_\_\_  
Mother's address \_\_\_\_\_  
Father's name \_\_\_\_\_ Phone \_\_\_\_\_  
Father's address \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Physician \_\_\_\_\_ Phone \_\_\_\_\_  
Dentist \_\_\_\_\_ Phone \_\_\_\_\_  
Health Insurance Provider \_\_\_\_\_ Policy Number \_\_\_\_\_ Phone \_\_\_\_\_  
Allergies: Food NO YES (list) \_\_\_\_\_  
Medications NO YES (list) \_\_\_\_\_  
Bee Stings NO YES \_\_\_\_\_  
History of: Asthma NO YES Dizziness NO YES  
Heart Murmur NO YES Seizure NO YES  
Vision Problems NO YES Diabetes NO YES  
Current Medications \_\_\_\_\_ Date of last tetanus shot \_\_\_\_\_  
Are there any other medical conditions or disabilities that may effect your child's participation?  
\_\_\_\_\_

**INITIAL** that you have read and understand the following policies:

**RSST DISCIPLINE POLICY**

For any episodes of:

- Behaving in an unsafe and reckless manner (such as running on deck, entering the diving well without permission, pushing another swimmer in the pool, etc.)
- Disrespect (such as talking back, arguing, or disobeying instructions) to a coach or official.
- Taking or destroying another person's possessions  
1<sup>st</sup> Incident: Verbal warning  
2<sup>nd</sup> Incident: Warning and conference with coach, swimmer, parent, and officer  
3<sup>rd</sup> Incident: Swimmer suspended from 2 days practice  
4<sup>th</sup> Incident: Swimmer prohibited from swimming in next meet  
5<sup>th</sup> Incident: Swimmer suspended from swim team for the remainder of the season

**WAITING THROUGH OTHER AGE GROUP PRACTICES**

- Waiting swimmer should bring something to keep them occupied
- They must sit in the designated area of the bleachers
- They are not allowed on the deck or in the diving well  
1<sup>st</sup> Incident: One warning  
2<sup>nd</sup> Incident: Phone call from the Head Coach to parents. The swimmer will no longer be allowed to wait during other practices.

**SPORTSMANSHIP**

- If any RSST swimmer, parent, or coach is seen treating any other swimmer, parent, coach, or official in an unsportsmanlike manner, whether at home or away meets, they will be asked to leave the meet immediately by at least two of the officers.

**I/We hereby give consent for my son/daughter to participate in the following checked activities:**

- Learn to Swim (swimming lessons) – Choose the session you want:**  
 **Session 1: May 6 – 17**       **Session 2: May 20 – 31**
- Rensselaer Summer Swim Team Early Bird Practices**
- Rensselaer Summer Swim Team practices and meets**

By their signature hereto, the parent hereby acknowledges that they will accept and assume all risk of loss associated with their son's or daughter's participation in the Rensselaer Summer Swim Team. By their signature, the parent further understands that the child may be injured while participating in practices and in swim meets, including but not limited to possible slip and falls in the pool area or locker rooms, injuries to the person while diving or swimming, drowning, as well as personal injuries which may occur during the transportation of said child to and from all swim meets. Said parent hereby releases and agrees to hold harmless the Rensselaer Summer Swim Team Board of Directors and coaches, the City of Rensselaer, the Rensselaer Park District, and the Rensselaer Central High School for any and all injuries or claims resulting from such athletic participation, including all attorney's fees and court costs.

By my signature hereto, I have read and have understood this release, and have entered into this agreement voluntarily.

Date \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Printed Name \_\_\_\_\_