



# Release and Indemnity

**THIS IS A LIABILITY WAIVER ONLY – TO JOIN EBSC YOU MUST REGISTER ONLINE – SEND A REQUEST TO: [JOIN@ENGLISHBAY.ORG](mailto:JOIN@ENGLISHBAY.ORG)**

The mission of the English Bay Swim Club is: to promote and support participation in swimming among lesbians and gay men and friends of our community, and to uphold the Masters philosophy of fun, friendship, and fitness for life in an environment that is positive, safe, and socially active.

## Personal Information (please print legibly)

Name: Last, First, Initial	
Address:	
City:	Postal Code:
Birth date: day/month/year	Phone:
Email address:	

## For Official Use Only

Returning Member	<input type="checkbox"/>
Trial Swimmer Free Swims:	<input type="checkbox"/>
<input type="text"/>	<input type="text"/>
Transfer to Member:	<input type="text"/>
Visiting Swimmer	<input type="checkbox"/>

## English Bay Swim Club Waiver

The purpose of this document is to preclude any claim arising out of my participation in the activities of English Bay Swim Club (hereafter "EBSC"). In consideration of the training, coaching and facilities provided to me by EBSC:

- I agree that I will not make any claim for loss, damage, injury or expense, including any claim based on negligence or breach of contract, against EBSC, its members, executive members, volunteers, trainers, coaches, sponsors, officials or the owners, staff or operators of any recreational facilities used by EBSC.
- I agree to indemnify and hold harmless EBSC and those individuals and organizations set out in the preceding paragraph from any claims for loss, damage, injury or expense associated with my participation in activities and events sponsored or sanctioned by EBSC.
- I declare I am 19 years of age or older and I have read and understood the terms of this waiver. Initial:

## Application Form for Masters Swimming Association of British Columbia

### RELEASE AND INDEMNITY

As a condition of my participation in events sponsored or sanctioned by **The Masters Swimming Association of B.C. ("MSABC")**, I:

- Confirm that I am aware that **Masters Swimming** is a sport which involves risks including significant cardiovascular demands.
- Confirm that I am physically fit and able to participate in competitive swimming. I am not aware of nor have I been advised of any physical limitations to my participation.
- I agree that I will not make any claim for damages, costs or otherwise against **MSABC**, its agents, volunteers, clubs, sponsors, officials for the owners or operators of any facilities used by **MSABC**, even if such claim is based upon the negligence of those organizations or individuals described above.
- Agree to indemnify and hold **MSABC** and those individuals and organizations set forth in the preceding paragraph from any claims for loss or damage associated with my participation in events sponsored or sanctioned by **MSABC**.
- Agree that this document is binding upon me and my successors, personal representatives and next of kin.

**THE PURPOSE OF THIS DOCUMENT IS TO PRECLUDE ANY CLAIM ARISING OUT OF MY PARTICIPATION IN EVENTS SPONSORED OR SANCTIONED BY THE MASTERS SWIMMING ASSOCIATION OF BRITISH COLUMBIA.**

DATED at \_\_\_\_\_, this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_  
(City) (Date) (Month)

\_\_\_\_\_  
(Signature)

## Lane Etiquette

1. Arrive early to help set up the pool for workout, and remember to help put things away after. This can mean rolling out the equipment bin and chalk boards for coaches, or on Sundays setting up the lane ropes for yard swimming.
2. Get in the pool on time! On weeknights, count the number of people in your lane: if there are more than six people already in your lane, you must move up or down to a different lane. This is because we only allow a maximum of 6 swimmers per lane for safety reasons. The coaches will deal with balancing out the lanes during, or at the end of, the warm-up.
3. Within each lane, swimmers should arrange themselves for each set from fastest to slowest—this can be different for each set depending on the stroke, or whether it's a kick, pull or swim set. In all cases, it is the lead swimmer's duty to ensure that the lane starts swimming at the proper time for each set.
4. Allow 5 seconds between swimmers. In short-course swimming (25 metres), note that allowing more than 5 seconds in sets of over 2 lengths means that the lead swimmer may overtake and frustrate the end swimmer, so try to stick to 5 seconds.
5. Swim in a circle within each lane, staying off of the black center line and alternate lane direction – first lane counter-clockwise, next lane clockwise, etc, so that you don't get mid-arm collisions.
6. To pass, touch the toes of the swimmer in front of you twice. They should stop at the end of that length to allow you to pass. We only allow for mid-lane passing in long-course (50 metre) practices—for all other practices, passing **must** happen at the end of the lane, where it is safe to do so.
7. As you approach turns, it's very important to cut in from your side of the lane to make sure you turn at the mid-wall area and then push off in the correct direction heading back down your lane. If everyone does this, you will avoid the dreaded 'head on collision'.
8. Try to swim the workout as posted, but sit out a repeat if you need to.
9. When finishing a swim, move over so the swimmer behind you can touch the wall (especially in a timed set!)
10. Please avoid wearing big watches as they cause injuries. If you need to wear these, be aware of where your hands are. It's also a good idea to leave your jewellery at home.
11. Equipment such as paddles & fins are to be used only when your coach makes it part of the training set unless otherwise advised by a sports medicine person and OK'd by the coach.
12. Do not tailgate people while swimming. If they are slower than you are, please follow the passing etiquette and ask to move ahead of them during the next set break.

**Enjoy yourselves!**