

Everyone is required to follow our health and safety rules & helpful tips.

1. All persons using the facility must check in at the front desk, be registered in a program and have a signed Rodale Aquatic Center waiver on record prior to entry.
2. Use the restrooms and shower before entering pools.
3. Modest attire specific to aquatic fitness and swimming required.
4. Do not enter either pool area without a lifeguard, ready on the specific deck.
5. Persons under 18 years must be directly supervised by a guardian/parent always.
6. No running on deck, in locker rooms or lobby areas.
7. Inform lifeguards, instructors, Aquatic Center personnel in the event of medical/health concerns or issues immediately. Discuss your aquatic program participation with your doctor.
8. No flips, backward entries, or inverted or forward dives from the pool decks into the pool. No diving in shallow water.
9. Diving from diving blocks and deep end deck (7 feet) permitted only under the direct supervision of pool personnel.
10. Only Cedar Crest College swim training equipment is permitted. No personal scuba fins, weights, belts, or other personal scuba equipment. Mask and snorkel may be used at top of water, surface swim only.
11. No underwater training, breath holding, hyperventilation or prolonged underwater techniques or swims.
12. If you are a non-swimmer or do not swim well, seek instruction, stay in shallow water.
13. No recording devices, cameras, video cameras, cell phones or other recording devices are permitted to be turned on in locker rooms, rest rooms, pool areas.
14. Cedar Crest College employees reserve the right to refuse admittance when deemed necessary for the health, welfare, and safety of its program participants.
15. When safety drills occur in the Aquatic Center, all persons are to follow staff and security instructions to complete shelter in place, fire, evacuation, and all other safety drills.

Please initial you have read and understand these rules _____

WAIVER & AGREEMENT TO PARTICIPATE AT THE RODALE AQUATIC CENTER

Parent or legal guardian must sign for children under the age of 18 years.

I, _____ understand there are inherent risks associated with
Please print participant name (If under age 18, Parent/ Guardian name)

activities around a swimming pool and, more specifically, with activities associated with the program offering of the Rodale Aquatic Center and that prior to beginning any program involving physical exertion, the participant named above should obtain medical clearance from a physician. I understand that medical emergencies and complications can occur as a result of strenuous physical activity or can arise from preexisting conditions during participation in such an activity.

I knowingly and voluntarily waive any and all rights and causes of action, suits, damages, and claims which I have against Cedar Crest College and its instructors and employees thereof, in connection with or from participation in such an above-described activity.

With full awareness and appreciation of the risks involved, I, for myself, or my child if they are under the age of 18, and on behalf of my family, spouse, estate, heirs, executors, administrators, assigns, and personal representatives, hereby forever release, waive, discharge, and covenant not to sue the Rodale Aquatic Center, Cedar Crest College, and its related entities, board members, officers, agents, servants, independent contractors, affiliates, employees, successors, and assigns (collectively the "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, or injury, including death, whether caused by the negligence of the Released Parties, any third-party using the Rodale Aquatic Center, or otherwise, while participating in any activity while in, on, or around the Rodale Aquatic Center and/or while using any Rodale Aquatic Center facility, equipment, or materials.

I give permission to Cedar Crest College to use my photo in publications that promote the college. I understand that I will not be financially compensated if those photos appear in college-related materials.

Cedar Crest College is not responsible for lost, stolen, or broken personal items.

I have received and read a copy of the Safety Rules & Helpful Tips.

This Waiver shall be construed exclusively in accordance with the laws of the Commonwealth of Pennsylvania, without regard to the principles of conflicts of laws therein. In the event that a dispute arises under this Agreement and legal action is instituted, the parties agree that such action shall be maintained exclusively in the Court of Common Pleas for Lehigh County, Pennsylvania. If any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Does the participant have any medical, physical, or psychological limitations or conditions which could potentially affect swimming ability, or a learning/ emergency situation? _____ Yes _____ No

If yes, please describe _____

Participant (Parent/Guardian) Signature _____

Date _____

Participant Name (please print) _____ DOB _____

Address _____
Street City State Zip

Best Contact Number _____ Email _____

Emergency Contact _____
Name Phone