

Alaska Swimming All-Star Team

Western Zone Age Group Champs
August 5th-11th, 2019
Gresham, Oregon

Medical Consent, Permission to Participate and Release of Liability

I/we _____, the parent(s) or guardian(s) of _____, hereby give my/our consent for, and authorize **Alaska Swimming Inc.** or its agents to give permission for, emergency medical treatment, hospitalization, or other medical treatment as may be necessary for the welfare of the above-named youth in the event of the youth's injury or illness, by a physician, qualified nurse, emergency medical technician, and/or hospital during all periods of time in which the youth is away from his/her legal parents or guardians as a member of **Alaska Swimming Inc.** Further, I/we waive, on behalf of myself/ourselves and the above named youth, any legal claim against **Alaska Swimming Inc.** and its employees, board members, volunteers, or participants, arising out of such medical treatment. Further, I/we will assume the cost of the necessary medical and Hospital care.

I/we understand that swimming is an athletic sport and could result in serious injury, paralysis, or death. I/we, the parent(s) or guardian(s) of the above named youth hereby give my/our approval for him/her to participate in any and all **Alaska Swimming Inc.** activities. I/we assume all the risks and hazards incidental to such participation including transportation to and from the activities; and I/we do hereby waive and release any legal claim against **Alaska Swimming Inc.** and its employees, board members, volunteers, and participants, arising out of any injury to my/our child occurring or resulting from any and all **Alaska Swimming Inc.** activities, whether the result of negligence or from any other cause.

By signing below, I/we acknowledge that I/we have read, understand, and agree to the above.

Signature of Parent or Guardian, Father: _____

Date: _____

Signature of Parent or Guardian, Mother: _____

Date: _____

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Medical Information Form

Name of **Swimmer**: _____

Swimmer's **Doctor**: _____ Phone _____

Medical Insurance

Company Name _____ Policy Number: _____

Group Number: _____

Employee's Identification Number (e.g., social security number), if this is employer provided insurance: _____

Emergency Contact

Name: _____ Phone: _____

List all of the allergies to medications, food, animals, or otherwise that Alaska Swimming Inc. should know about:

List any medical problems, regularly taken medications or other medical history:

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Code of Conduct

The undersigned athlete/staff (coaches and chaperones) participating as a member of the Alaska Swimming All*Star Team understands and will comply with the following guidelines as set forth by Alaska Swimming. Additional guidelines regarding conduct may be presented as needed.

Behavior Guidelines:

1. Each swimmer shall be considerate of his/her teammates, and realize that the reputation of Alaska Swimming Inc. dependent on the behavior of each team member. This purpose of this trip is to provide an experience which will afford a valuable competitive opportunity and experience for the participants. The trip is not intended to be a swimming vacation.
2. A specific daily schedule will be distributed to all swimmers and staff with information concerning warm-ups, curfews, and other pertinent information. If you have any questions, see your Head Coach immediately. At times, because of circumstances beyond our control, the schedules will change. Be prepared for such changes.
3. Punctuality is essential. The team will eat and travel together. Do not inconvenience your teammates by being late.
4. The possession or use of alcohol, tobacco products, controlled substances or non-prescription drugs by any athlete/staff is prohibited. The strictest punishment will be imposed for these infractions.
5. Curfew, as established by the coaches, will be adhered to each day during the entirety of the trip. Lights-out is 30 minutes after curfew. Curfew violators will be reassigned to share rooms with other members or with staff. Curfews are designed to provide you with the rest you need in order to perform at your best.
6. Athletes/staff will attend all team functions including meetings, practices, exhibitions, etc. unless excused by the Head Coach.
7. To insure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms and no female athletes in the male athletes' rooms unless the room door is completely open. Only during day time hours before lights out.
8. Damage or theft incurred by the motel or pool facility will be at the expense of the swimmer, with further disciplinary action taken by the staff.
9. Athletes/staff will comply with the uniform requirements as set forth by the coaching staff. Clean and neat attire is required at all times. Team members are expected to exhibit polite and proper attire and behavior at all times.
10. Athletes/staff will refrain from illegal or inappropriate behavior that would detract from a positive image or bring disrespect on Alaska Swimming or be detrimental to its performance objectives.
11. Athletes/staff will display proper respect and sportsmanship toward coaches, officials, administrators and fellow competitors and the public.
12. Athletes will respect and comply with any directions from the chaperones, recognizing the authority of the chaperones as agents of the coaching staff.
13. Any additional guidelines for the Alaska Swimming All*Star Team will be established by the coaching staff.
14. Anyone found in the presence of others partaking in illicit activities will be subject to the same punishments and probable expulsion from the team.
15. Severity of punishment varies with the severity of infraction, the most serious of which is expulsion from the team and being sent home. Expelled members are responsible for all costs incurred as result, including transportation expense.

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Implementation:

- 1) All athlete/staff are appraised in writing of this policy. Signature of the document constitutes unconditional agreement to comply with the behavior guidelines of the Alaska All*Star Team.
- 2) Failure to comply with the Code of Conduct as set forth in this document will result in disciplinary action which may include but is not limited to:
 1. Dismissal from the team and return home at own expense.
 2. Disqualification from one or more events or all events of the competition.
 3. Disqualification from all future Alaska Swimming Inc. activities.

The staff to determine disciplinary action will conduct a hearing. Any appeal made from any disciplinary action shall be done so in accordance with United States Swimming and Alaska Swimming rules and regulations.

Signature of Athlete/Staff: _____

Date: _____

Signature of Parent/Legal Guardian: _____

Date: _____