

# **Shawn's Swim School Online Training Program**

## **Assumption of Risk and Release of Liability**

I, \_\_\_\_\_, a swimmer at Shawn Swim School, have been provided with a home training program whilst I am unable to use the pool facilities at the swim school to train during the closure of the swim school as a result of government restrictions due to the COVID-19 outbreak. I recognise that the program may involve strenuous physical activity. I hereby confirm I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this training program. I acknowledge that my participation in this training program is voluntary and is in no way mandated by the Club. I am not obligated to perform nor participate in any activity that I do not wish to do, and acknowledge that I can refuse to participate in any activity in the training program. I understand that there are significant risks involved in all aspects of athletic activities and physical training, that may result in serious injury to myself or other people around me. I accept and agree to assume full responsibility for any risks, injuries or damage sustained as a result of my participation in this program. I hereby release Shawn's Swim School and its current and former officers, employees and agents from all claims, suits, demands, liabilities, actions, damages and costs whatsoever relating to or arising out of my participation in this training program. I acknowledge I have read this document in its entirety and agree with its content.

SIGNED by

---

Participant (or Participant's guardian if the participant is under the age of 18)

---

Print Full Name

---

Date