

Waiver and Assumption of Risk

Please consult with your physician before beginning any exercise program.

I acknowledge that I have voluntarily chosen to participate in one or more physical exercise or fitness activity or sport programs (the "Programs"). I acknowledge (i) the nature of the risks of the particular Programs in which I have chosen to participate, and (ii) the strenuous nature of those Programs. I understand, for example, the risks associated with physical injury, abnormal blood pressure, heart attack and even death; as well as the risks associated with the negligence of a Tivity Health Services, LLC participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health™ Program member (including without limitation the owners, officers, directors, employees, and representatives of any of the foregoing).

By signing this document, I expressly assume all risk for my health and well-being and expressly assume the other risks associated with participating in the Programs, including, but not limited to, the negligence of a Tivity Health participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health Program member (including without limitation the owners, officers, directors, employees, and representatives of the foregoing). I also hereby release, waive, discharge and covenant not to sue any class instructor, any Tivity Health participating location, any sponsoring organization, Tivity Health, Inc., or any of their subsidiaries or any other organization or individual providing or promoting classes, functions, Programs, testing, or other activities that I participated in as a Tivity Health Program member (including without limitation the owners, officers, directors, employees, and representatives of any of the foregoing) at any time hereafter, from any and all demands, liabilities, losses, or damages (including death, bodily injury or damage to property) caused or alleged to be caused in whole or in part by the negligence of any of the foregoing people or entities. In addition, I agree that Tivity Health may engage in – and I hereby expressly consent to – (i) the recording (in video and/or still photo format) of my participation in Tivity Health classes, workshops or other programs, and (ii) the publication or other use by Tivity Health of any such recordings in social media, broadcast media, print media, general advertising and similar purposes.

I have read and understand this waiver and express assumption of risk. I have also read, understand, and will adhere to all guidelines and policies in regard to this benefit. This waiver and release shall survive the term of any agreement with a Tivity Health participating location or individual.

In the event that my physician has recommended any limitations to my physical activity or I have experienced any of the following conditions, I hereby attest that I have informed my physician of the condition(s) and have obtained express consent from my physician to participate in the Programs.

- Chest pains while at rest and/or during exertion, previous heart attack or high blood pressure
- Any heart or circulatory conditions, such as vascular disease, stroke, chest pain, congestive heart failure, poor circulation to the legs, valvular heart disease, blood clots
- Frequent fast, irregular heartbeats OR very slow heartbeats
- Diabetes
- Previous hip or spinal fracture (as an adult)
- Lung disease or shortness of breath after mild exertion, at rest, or in bed
- Open cuts on my feet that do not seem to heal
- An unexplained weight loss of ten (10) pounds or more in the past six (6) months
- More than two falls in the past year (no matter what the reason)
- More than one year since I have engaged in regular physical activity

Print Member's Name

Member's Signature

Date

Emergency Contact Name

Contact Phone Number

Confidential

Silver/Fit Members,
SilverSneakers® Members
Active&Fit Members
RenewActive Members

MEMBERSHIP ADMISSION POLICIES

1. SILVER/FIT, SILVERSNEAKERS®, Active/Fit & RenewActive Membership

Covers the SilverSneakers®, Silver/Fit, Active/Fit or RenewActive eligible Member ONLY

*PLEASE No Guests, family, grandchildren, etc. allowed.

2. Applications for membership are obtained from the Front Desk Office or Clubhouse Office Manager. The completed Application & Agreements must be returned signed to the Clubhouse Office. If you have your membership # provided to you by your health insurance program, you may start right away. The office manager will contact you if more information is needed to verify membership eligibility.

3. Silver/Fit, SilverSneakers®, Active/Fit & RenewActive Members have access to the Clubhouse facilities consist of the swimming pool, hot tub, exercise room, and Loft. (To include pool and ping-pong tables).

4. Silver/Fit, SilverSneakers®, Active/Fit & RenewActive Members may also attend current class available FREE Of Charge.

Current Class Available: **Thrive Group Fitness Class: Tuesdays & Thursdays 10:30am to 11:30am**

- 5. Rules & Regulations** pertaining to the use of Clubhouse facilities apply to ALL MEMBERS and ALL GUESTS of the Member. These rules are listed in this Information Packet and given to each Member when the Application & Agreement is signed and dues are paid. (Additional copies of this packet are available upon request at the front desk.)
- 6. Rules for the use of the Clubhouse** facilities are approved by the Board of Trustees and formulated to protect the rights and privileges of all members and their mutual interest in the Clubhouse.
- 7. Members assume full responsibility** for all family members and/or their guests who are granted use of the Clubhouse facilities, whether or not accompanied by Member. Abuse of privileges, disregard for the Clubhouse Rules & Regulations, or disregard for the rights of others may result in temporary suspension by front desk volunteers and/or Lifeguards and can result in Permanent suspension of such privileges by the Board of Trustees.
- 8. The Camano Country Club and Clubhouse shall not be held liable** for injuries to members, their families or guests, nor for lost, stolen or damaged belongings. Members acting as Volunteers or in any other voluntary duties are indemnified by the Club and the Clubhouse as provided in the by-laws of the Camano Country Club.
- 9. A monthly newsletter** may be emailed to each Member household.
- 10. Please be aware that Clubhouse Membership DOES NOT allow Beach privileges** for members NOT owning property in the Camano Country Club Divisions.

Signature _____ **Date** _____

I have read the Clubhouse & WA State Policies, Rules, & Regulations and agree to abide by them.



Camano Country Club

1243 S. Beach Dr. Camano Isl. WA 98282

Member# _____

CAMANO COUNTRY CLUB – RELEASE FORM

In using the Clubhouse Swimming Pool, spa, exercise or health equipment, I realize that my family members, children, guests, and I are taking a personal risk. I also recognize that even when there is a Lifeguard on Duty the quickest help in an emergency is by calling 911.

I understand that there are No Lifeguards on Duty for "Open Swim" sessions and water classes, and that the quickest help in an emergency is by calling 911.

The undersigned agrees to hold the Camano Country Club Corporation, Camano Country Club Clubhouse, all volunteers and any employees harmless from any injuries or liabilities that could occur during facility use.

I accept full and complete responsibility for myself, family, children & all guests for any liability incurred by using these facilities.

Parent/Adult Member Signature: _____ Date: _____

WA State and Clubhouse Rules & Regulations

Please help us maintain a **SAFE, HEALTHY & CLEAN ENVIRONMENT** by following these WA State Health Department and Clubhouse Rules.

1. **Lifeguard Policy:** In compliance with WA Administrative Codes(WAC 246-260-131), all children age 16 years of age and under are allowed in the swimming pool/ hot tub ONLY when there is a Certified Lifeguard on Duty.
 - The Clubhouse offers “Lifeguard On Duty Open Swim” sessions. See swim schedule for times.
 - Clubhouse Members may provide their own Certified Lifeguard at “Open Swim” sessions, but this needs to be verified and pre-approved by Office Manager. Please Note: Lifeguards provided by Members are ONLY present to lifeguard for that family.
 - While every effort is made to provide a Lifeguard for all the “Lifeguard On Duty Open Swim” times, occasionally the scheduled Lifeguard may be late or absent. We will make every effort to bring in another Lifeguard in these cases.
 - Please be aware that we CANNOT allow children aged 16 and under in the swimming pool/hot tub until there is a Certified Lifeguard on Duty.
 - Clubhouse policy requires that even when there is a Lifeguard on duty, a supervising adult family member or guardian must also be present at ALL TIMES when a child 16 years of age or under is in the swimming pool. Exceptions, are children with approved Teen Swim Privileges.
 - Hot tub use by children age 6 years of age and under is NOT ALLOWED per WA State Regulations at any time.
 - A Parent or adult member MUST accompany all children age 7 – age 12 in the Hot tub.
 - One adult member is required to be present for every 5 children under age 13 at the swimming pool or hot tub.
2. **Showers:** EVERYONE must shower prior to entering the swimming pool and/or hot tub, whether you have showered at home or not. This is in compliance to state code (WAC 246-260-131) Showering removes lotion, perfumes, make up, hair products, body oils, etc. and help us maintain the swimming pool & hot tub filtering systems free from contaminants.
3. **Swim Diapers:**
All children wearing diapers MUST wear an appropriate “Swim Diaper” when using the swimming pool. THERE ARE NO EXCEPTIONS. . This is a state code requirement. (If you have forgotten a swim diaper, we have them available at the front desk for \$1.00. Please ask.)
4. **Swim Wear:**
 - Appropriate swim wear is required when using the swimming pool or hot tub.
 - Please note: swimsuits, board shorts, wet suits or any swim wear made for the water is acceptable swim wear.
 - Please, NO jeans, jean material, underwear or T shirts in the water as fibers and color dyes breakdown in the water.
 - NO shoes in the water, whether they are new or not, WITH THE EXCEPTION OF WATER SHOES.
5. **Pool & Hot Tub Filtration Systems**
To help us maintain the swimming pool and hot tub filtering systems properly, please observe the following rules:
 - NO Chewing gum allowed in the pool areas
 - NO food or drinks allowed in these areas
 - NO band-aids allowed

- Please tie back long hair before swimming, or wear a swimming cap.
- Ipods and cell phones are not allowed in the pool/hot tub areas. Please leave these items in your vehicle.
- No powder, oils, hair coloring, nail polish, or fragrances are to be used in the pool, hot tub or dressing rooms.

6. Swimming Pool & Lanes :

- As a courtesy to other Members, families should allow lap swimmers the furthest right lane closest to the windows for lap swimming.
- Lap swimmers should be patient when families are also in the pool.
- Toys in the Swimming Pool are discouraged. These items may be used in the pool ONLY when a family is alone in the pool. These items MUST be removed when other swimmers are present. Please DO NOT leave toys in the walkway of pool/hot tub decks.
- Clubhouse does not provide noodles, swim toys, or towels.
- No jumping or diving into pool or hot tub is allowed.

7. Shoes:

- **Clubhouse Building:** All persons (children and/or adults) MUST wear shoes into the building. Barefoot persons are NOT allowed.
- **Dressing Rooms:** Street shoes are NOT allowed into the Dressing Rooms. Please remove shoes at entrance to dressing rooms. You may exchange your street shoes and wear water shoes, flip flops, or sandals that have NOT been worn outside into the dressing rooms.
- **Pool and Hot Tub Decks:** Shoes are NOT allowed onto the surrounding pool and hot tub decks. Observers need to remove shoes before entering these areas as noted on the gate. You may exchange your street shoes and wear water shoes, flip flops, or sandals that have NOT been worn outside into these areas.
- **Exercise Room:** Street shoes are NOT allowed into the Exercise Room. No muddy or dirty running shoes allowed. No sandals, flip flops, boots, and any inappropriate work out shoes allowed.

8. Exercise Room Rules:

- Exercise machines MUST be used at your own risk.
- No one under 18 years of age is permitted in the Exercise Room without adult supervision.
- No wet swim suits or wet towels allowed.

9. Loft- Pool Table Rules:

- Adult Member must be present as a player when guests or children are using the pool tables.
- Adult Member must take full responsibility for care of the pool tables and equipment.
- Adult Member must sign out the key from the front desk volunteer, for the pool balls drawer and cues cabinet. Key must be signed back in with front desk volunteer at end of play.
- Please put all drawers and cues back in locked drawers and cabinets.
- If kitchenette was used, turn OFF all appliances, turn OFF lights and lock kitchen door.

10. Adult Member Responsibilities:

- Adult Members are responsible for the safety, conduct, & behavior of children and guests they bring to the Clubhouse.
- It is the responsibility of the Adult Member to ensure that children and guests are aware and comply with policies, rules, and regulations outlined in this packet.
- ALL RULES & POLICIES POSTED at the Pool, hot tub, exercise room, & etc. MUST be observed at ALL TIMES.
- **Front Desk Volunteers & Lifeguards are here for your safety and to explain and uphold Clubhouse and WA State Policies, Rules, & Regulations. Please show them your cooperation and respect.**

Signature _____ Date _____

I have read Page 1 & Page 2 of Clubhouse & WA State Policies, Rules, & Regulations and agree to abide by them.