



CENTRAL KITSAP SCHOOL DISTRICT NO. 401
Silverdale, Washington

SWIMMING/DIVING

INSURANCE INFORMATION, SAFETY GUIDELINES, WARNING and AGREEMENT TO OBEY INSTRUCTIONS FOR SWIMMING/DIVING

Prior to participating, both the student and parent must read carefully and acknowledge by signing the last page of this document.

Insurance Information

Each student participating in athletic activities is required to have medical insurance that covers injuries. I understand that Central Kitsap School District does not provide medical insurance for student injuries but does make available information about student accident/health insurance that you may purchase. Please visit your school office or the District office and ask for a brochure on Student Accident Insurance.

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach. Guidelines are as follows:

Safety Guidelines

When a person is involved in any athletic activity, an injury can occur especially in a very physically demanding sport like swimming/diving. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with swimming/diving. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with swimming/diving. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for swimming.
3. Swim goggles are recommended for all swimmers.
4. Earplugs are recommended especially if the athlete has a prior history of ear infections. Checking with your coach and family physician will clarify if earplugs are mandatory for your event(s).
5. Perform only those skills and techniques as instructed and/or supervised by your coach.
6. Make certain that you wear all equipment that is issued, required, or recommended by the coach. Advise the coach of any poorly-fitted or defective equipment.
7. Be sure all equipment is fitting properly before each day's activity.
8. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
9. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for swimming/diving.
10. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the swimming pool &/or diving area, depth of pool and diving area, location of ladders, location of life saving equipment, location of bulkheads and lane markers and safe entrance/egress to/from the aquatic center. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
11. Wear outer and under garments appropriate for humidity and temperature.
12. Coaches may recommend wearing swim caps not only for streamlining the body form and keeping hair out of your eyes, but for retaining body heat.

