

# Registration Form

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Participant's Full Name (Last, First)

Date of Birth

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Address

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Primary Phone #

E-mail

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Emergency Contact

Relationship

Emergency Phone #

Child (ages 0-13)

Teen (ages 14-17)

Adult

Senior (ages 62+)

## Waiver of Liability and Assumption of Risk.

With respect to my voluntary use of the Las Palmas Pool and its facilities (the "Pool"), managed by MediFit Community Services LLC, I understand that, as a guest of the Pool, there may be health risks associated with activities requiring physical exertion and/or aquatics, including but not limited to: transient dizziness, fainting, nausea, muscle cramping, musculoskeletal injury, sprains and strains, heart attack, stroke, drowning or death. I am capable of performing the exercises and activities associated with my use of the Pool, and hereby agree to assume all risk of utilizing the Pool; and, further agree to hold harmless MediFit Community Services LLC, Las Palmas Pool/ City of National City and each of their subsidiaries, and affiliates and each of their respective directors, officers, employees, agents, contractors, and sponsors; and, other participants from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims, that may result from any injury, illness or death, accidental or otherwise, including any claims for personal property damage, during, or arising in any way from my use of the Pool, except where such claims arise out of negligence or intentional acts of MediFit.

I hereby execute the above AGREEMENT, WAIVER, AND RELEASE on behalf of my minor child(ren) (if applicable) listed below. I hereby agree to indemnify and hold harmless the persons and entities mentioned above from any present or future loss, liability, damage, cost, or expense which my minor child(ren) may incur as a result of death, injury, or property damage they may suffer while participating in any activities at the Las Palmas Pool facilities.

I have carefully read this AGREEMENT, WAIVER and RELEASE and by signing below and on behalf of my minor child(ren) (if applicable), I acknowledge that I fully understand its contents. I am aware that this is a release of liability and a contract between the above City of National City and me and I sign it of my free will. I further understand that no medical insurance is provided.

Outside instructors are not allowed. All instruction is to be given only by Las Palmas Pool staff.

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Signature (if minor, please print Parent's full name)

Date

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Parent Signature (if applicable)

# Las Palmas Pool Policies

## Please adhere to the following to assure a pleasant experience for everyone

1. Las Palmas Pool is available at a preferred rate for residents of National City.
2. Photo I.D. and Completion of guest registration is required prior for participation.
3. All patrons under the age of 14 must have direct parent/guardian supervision over the age of 18.
4. Children ages 6 and under must be accompanied in the water by a parent within arm's reach at all times or in a coast guard approved flotation device. Children wearing coast guard approved flotation devices must have a parent directly supervising them at all times.
5. For your safety, all patrons under the age of 18, will be required to complete a swim test\* in order to swim in the deep end. Any patron under the age of 18 who cannot successfully complete the swim test will be required to provide a coast guard approved life jacket if they wish to swim in the deep end. The swim test will consist of the following:
  - 20 meter swim without stopping
  - 1 minute of treading water without stopping
6. Youth ages 14-17 must complete a swim test and Youth Swim orientation/agreement\*.
7. Disposable swim diapers **and** plastic pants are required for children under the age of 3 or those who are not toilet trained.
8. Please wear appropriate swim attire. Street clothes are not permitted.
9. Water toys including balls, noodles, etc. are not permitted in the pool
10. For your safety, prolonged breath holding and hypoxic training are not permitted at Las Palmas Pool
11. Lap Lanes are reserved for lap swimming only. During busy hours, sharing lanes and circle swimming will be required.
12. Only US Coast Guard approved flotation devices are permitted in the pool.
13. Families must provide proof of age upon registration for Las Palmas Pool programs.
14. All patrons must shower prior to using the pools. This helps keep the pools clean for everyone.
15. The Las Palmas Pool is a family friendly facility. The following are prohibited on Las Palmas Pool property: Diving, Dangerous jumps, roughhousing, glass of any kind, Alcohol, Animals (unless service-certified), skateboards, profanity, and/or excessive displays of public affection.
16. Please respect our pool equipment and ensure it is used properly and put away after use.
17. The lifeguards are here for your safety and have the final authority. Failure to abide by the Las Palmas Pool policies may result in removal from the pool.
18. Food is only permitted in designated areas and is not permitted in the water.
19. For your safety and the safety of others, any patron believed to be under the influence of drugs or alcohol will be asked to leave the Las Palmas Pool property.
20. Kickboards and pull buoys are for lap swim only.
21. Children ages 5 and older must use their gender specific locker rooms to change. A family changing room is located on the pool deck for your convenience.
22. Please report any suspicious activity or patrons immediately to a Las Palmas Pool staff member.
23. The water slide may only be used under direct supervision from a Las Palmas Pool staff member. Slide riders must abide by the following requirements:
  - All riders must be at least 48 inches tall
  - Slide down feet first on your back
  - Goggles, bathing suits with rivets and life jackets are not permitted on the slide
  - Standing, spinning or other dangerous behavior will not be tolerated.

\*swim tests and youth orientations are offered on certain days/times.  
Please check our pool schedule

