

RELEASE AND IDEMNIFICATION

For and in consideration of the benefits to me from the use by me and/or my child(ren) of the facilities of Dynamo Parents Club, Inc. (Dynamo Swim Center) and other good and valuable consideration, the undersigned, individually and for his/her heirs and personal representatives, hereby release Dynamo Parents Club, Inc. directors, officers, agents, swim team members and employees from any and all claims of any kind or nature whatsoever, arising out of the use by me and/or my child(ren) of said facilities. The undersigned, individually and for his/her heirs and personal representatives, further agree to indemnify, defend and forever hold harmless Dynamo Parents Club, Inc and their directors, officers, agents, swim team members and employees from any and all liability or loss whatsoever, (including any cost of defending claims) arising out of said use of said facilities.

_____ (print name) _____ (signature)

_____/_____/_____
(date)

MEDICAL HISTORY

Address _____ Home Phone _____

_____ Emergency contact: _____

Phone _____

Date of Birth ____/____/____ Sex ____ Height ____ Weight _____

Check all conditions that apply to you:

- ____ Allergies ____ Anemia ____ Arthritis ____ Asthma ____ Bronchitis
- ____ Cancer ____ Diabetes ____ Dizziness ____ Epilepsy ____ Headaches
- ____ Any heart abnormalities ____ High blood pressure ____ Injuries
- ____ Joint replacement ____ Stroke ____ Organ transplants

Explanations or comments: _____

List any medications you are now taking: _____

Are you a smoker? Yes ____ No ____ Former ____

Any concerns or questions about starting an exercise program? _____

This is a confidential form and the information you provide will not be released to anyone other than employees of Dynamo Parents Club, Inc. who are working directly with you.