



**Program/Participant
information sheet**

PARTICIPANTS Name: _____

Gender: Male or Female Grade: _____

Address: _____

Age: _____ Birthdate: __ / __ / __

Email Address: _____

Home Phone: _____ Cell: _____

Employer: _____ Phone: _____

Medical Concerns / Conditions:

If Participant is a child:

Parent's Name: _____

Medications / Allergies:

Emergency Contact: _____

Date of last tetnus shot: _____

Relationship to Child: _____

Doctors Name: _____

Emergency Phone: _____

Address & Phone: _____

(In case of emergency we will always try to contact the parents first.)

Insurance Company: _____

Policy No.: _____

Is participant an Annual Member? Yes No

T-Shirt Size: Small Medium Large X-Large
(Youth Programs receive youth sized t-shirts)

Registering for: Week Pass Day Pass Shower Pass

Registering for: _____

This area for office use only:

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

Registering for: _____

In signing this agreement, I specifically assume all risks of injury arising out of my/my childs presence on the premises of the Waldo County YMCA, the use of its equipment or facilities, and my/my childs participation in its activities, whether on its premises or at another location, and for myself and my heirs and assigns to hereby waive, release and agree to hold free from all claims for damages the YMCA and its officers, directors, members, volunteers, employees or agents.

I understand the risks and dangers involved in participating in the programs and activities of the YMCA. I certify that I/my child is physically capable of any activity that may injure myself/my child or others.

I hereby authorize the employees of the Waldo County YMCA to call emergency medical assistance and/or perform basic first-aid procedures that are necessary in the judgement of the YMCA. I hereby authorize qualified medical personnel to administer necessary anesthesia and medical treatment to myself/my child in the event of an accident.

Because of the nature of our programs, the Waldo County YMCA staff may be transporting your child throughout the State of Maine by bus, van, or personal vehicle. All staff members transporting children are over the age of 21 and have a valid driver's license. I give the Waldo County YMCA personnel permission to transport my child by bus, van, or personal vehicle. I hereby authorize the YMCA to use photos and/or videos of me/my child/my family in promotional activities.

I have read this agreement and I fully understand its term, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without inducement, assurance or guarantee being made to me and intend my signature to be a complete and conditional release of all liability to the greatest extent allowed by law.

Participant Signature: _____ Date: _____
(parent/guardian if child under 18)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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The YMCA of the USA has instituted the following Core Values:

Caring, Honesty, Respect and Responsibility.

It is the intention of the Waldo County YMCA to integrate these core values into our programs and activities. To achieve this, the following is unacceptable:

- Disrespect of others, the facility or equipment
- Destruction of the building or equipment
- Swearing or inappropriate language
- Derogatory remarks or actions about race, creed, gender or appearance
- Fighting
- Clothing that portrays graphic violence/language
- Clothing/headgear found to be offensive
- Behaviors/clothing deemed to be inappropriate
- Food and drink, with the exception of water (vending products allowed only in designated areas)

Member/Program Participant Behavior Policy

The Waldo County YMCA is a drug-free facility, and we require that all members, employees and program participants refrain from using/bringing drugs or alcohol when at the YMCA. We reserve the right to refuse admission to, or remove from a program or activity, anyone suspected of being under the influence of drugs or alcohol.

- The Waldo County YMCA is a non-smoking facility. NO smoking is permitted on YMCA property.
- Appropriate Dress: Please dress appropriately for our family friendly facility.
- Membership Ownership: The Waldo County YMCA encourages a feeling of ownership on the part of its members. Should you notice inappropriate behavior please report it to the YMCA Staff.

Rules for Children Using the Fitness/Wellness Rooms

Everyone who is upstairs...

- **Must** be a Waldo County YMCA member or a program participant in a specific program in the Wellness Room.

Anyone Under the age of 12...

- Is not allowed in the Fitness Room
- Is allowed in the Wellness Room only for a specific program with **direct supervision** from the instructor
- Is allowed on the Walk Track **only under the direct supervision** of a parent who is walking with him or her

Anyone Ages 12 - 14... (after successful completion of mandatory orientation)

- Is allowed in the Fitness Room if a Fitness Instructor is present or if they are under the **direct supervision** of a parent
- Is allowed in the Wellness Room only for a specific program with an instructor present
- Is allowed on the Walk Track if there is a Fitness Instructor in the Fitness Area or with **direct supervision** from a parent

POOL RULES

- Listen to and obey all Lifeguards on duty
- Please remove street shoes before entering pool area
- Please shower before entering the pool
- NO running or horseplay
- NO food, drinks, glass or gum allowed in the Natatorium
- Children ages 6 and under must be kept within arm's reach of an adult at all times
- Children ages 7 to 10 must have an adult present in the Natatorium at all times
- Children ages 10 to 12 must have an adult present in the building at all times
- Babies and children who are not fully toilet trained must wear a swim diaper
- Inflatable floatation devices are not permitted
- Children may wear PFD's in the shallow end and must be accompanied by an adult
- Person using the Spa must be at least 16 years of age
- A swim test is required for deep-water swimming
- Forward facing jumping is permitted only in 7 feet or more of water
- Forward facing diving is permitted on in 9 feet of water

Hourly Rental Rates

Community Room - half \$25	Community Room - full \$50
Gymnasium - half \$40	Gymnasium - full \$65
Lap Pool* - 3 lanes \$75	Therapy Pool*—\$75

*up to 25 swimmers

WALDO COUNTY YMCA

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