

# HANDBOOK



# ACADEMY

***Fun. Skills. Confidence.***

This handbook is designed to help families have a successful term by providing information, guidelines, and policies.

Updated January 2020

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## Welcome!

Thank you for choosing the H2O Academy! We are pleased to welcome your family to our program and aim to provide you with a positive experience. This handbook prepares you for your journey with us!

## About the H2O Academy

At H2O, we are proud to offer state of the art swimming lessons for student's ages 4 months – adults. We are dedicated to creating confident and competent swimmers who are equipped to enjoy a lifetime of aquatic activities. As you read this handbook, you will learn how the H2O difference can work for your family!

### Mission

To create confident, safe, and proficient swimmers in a positive learning environment through our purposeful program.

### Vision

A world where people are as comfortable, confident, and efficient in the water as they are on land.

### Guiding Principles

Our guiding principles provide the foundation for operations at the H2O Academy. They are the basis for all programming decisions and actions. At H2O, we believe in **WATER!**

- **Well-rounded:** Students practice meaningful and purposeful activities. It's about developing the confidence to safely enjoy all water environments.
- **Accountable:** Our AQUA-Lit™ Curriculum©, is progressive and builds upon skills. We believe in continual learning and growth, which is why we assess students on a proficiency scale rather than passing and failing.
- **Technical Proficiency:** Learning is achieved through appropriate, relevant, and sequential learning experiences. We teach good habits from the beginning and focus on correct development of the basics.
- **Enjoyable:** Our approach keeps students engaged and active the entire class. We use innovative equipment to encourage creativity and promote social acceptance while learning the FUNdamentals of swimming.
- **Relevant:** The needs of all students are addressed through high quality instruction that is relevant, current, and balanced to meet the developmental and age appropriate needs.

### The H2O Difference

Swimming is a life skill – unlike traditional swimming lessons, we are not a lifesaving program. We focus on technical swimming skills and knowledge to create proficient, confident swimmers who exercise safe, responsible behaviour. We put the FUN back in swimming lessons! Upon graduation from H2O, students will have an easier time transitioning to sport, recreation, and/or lifesaving.

## Lifesaving

It is a common myth that you must achieve all of the levels in the Red Cross Swim program or other traditional types of lessons (e.g. YMCA) in order to become a lifeguard. WRONG! The first step to becoming certified as a lifeguard in Canada is the Lifesaving Society's course called Bronze Medallion. The only prerequisites for Bronze Medallion are that you need to be 13 years of age. The H2O Academy prepares students with the technical skills to complete the pool requirements of the Bronze Medallion pool test (e.g. eggbeater, timed swims, retrievals, floating, kicking, strokes, etc.). The Bronze Medallion course will prepare those students with the lifesaving knowledge.

## It's a Life Skill!

### What is Physical Literacy in the Water Movement Environment?

We develop physical literacy in the water movement environment, but what does this really mean? Physical literacy should be acquired in 4 activity environments— land, water, air, and snow/ice. The water environment can be especially challenging as the “fear factor” adds another dimension to learning. Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities in and around the water for life. Developing physical literacy is the gateway to enjoying a lifetime of aquatic activities, whether it be in sport, recreation, leisure, arts, and/or vocation!



Our programming is rooted in Canadian Sport for Life's (CS4L) Long Term Athlete Development (LTAD) Framework which is a 7 stage pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. The diagram demonstrates how a strong aquatic foundation empowers children to safely go down many different pathways in life – from competing as a high performance athlete, to fearlessly snorkeling on vacation, to canoeing at the cabin, or becoming a police diver.

### To Sport or not to Sport...

We will develop a strong foundation of basic skills and knowledge should your child choose to pursue sport. We work in partnership with aquatic sport affiliates to identify early talent and ensure seamless integration into speed swimming, diving, artistic swimming, or water polo by instilling good habits from the beginning.

If your child doesn't choose sport, they will be able to safely enjoy and participate with confidence in recreational aquatic activities or continue on with lifesaving education. We believe that it's not just about sports... it's about giving children and youth the opportunity to succeed – to live a happy, healthy, long life.

## Classes

We offer classes for student's ages 4 months – adults. Our classes are progressive and skill-based; students build on skills which they eventually become proficient in, rather than being pushed through levels to collect badges. We have a “crawl-walk-run” approach. Visit [www.h2oacademy.ca](http://www.h2oacademy.ca) for class descriptions, details and mandatory pre-requisites.

### *Aqua-Lit™ Curriculum©*

Our proprietary curriculum, AQUA-Lit™, is rooted in physical literacy, an international concept which the Canadian Government has endorsed as part of its Canadian Sport Policy. AQUA-Lit™ ensures progressive, balanced programming, and supports a holistic approach to learning. It puts the FUN back into learning to swim, and ensures students learn correct technique and terminology from the beginning without forming bad habits! We use props, SwimFins, and have low student to teacher ratios to create a fun and engaging environment!

### *AQUA-Lit™ Certified Teachers*

Our staff are all certified in the AQUA-Lit™ Teacher Training Program. Teachers are assigned to classes but may be absent on occasion due to exams, holidays, coaching, etc. Don't worry... our weekly assessments are similar to a medical chart in that any teacher will be able to read it and know exactly where a student is in their progress and current abilities (even if they've never worked with them before!). This ensures that the students continue to progress even though they may have a new teacher, and that when the teacher returns they are aware of what happened while they were away!

### *Schedule*

Classes are offered year-round:

- Fall (September – November, 11 weeks)
- Winter (January – March, 11 weeks)
- Spring (April – June, 11 weeks)
- Summer – H2O @ Home! (July & August, customized schedule)

We are constantly adding new classes to our schedule. Visit [www.h2oacademy.ca](http://www.h2oacademy.ca) for the most recent version of the schedule.

### *Pre-requisites*

Some classes have prerequisites (see class descriptions on [www.h2oacademy.ca](http://www.h2oacademy.ca) for details). H2O reserves the right to remove students from the class if they do not meet the prerequisites due to class management and safety reasons. A refund or a credit will be awarded in addition to a \$25 cancellation fee. If you are unsure if your child meets the prerequisites, please contact us.

### *Evaluations*

Please note that we are no longer handing out certificates as we have gone paperless with our new online evaluations through iClassPro. You can access all completed student evaluations including the skills, progression evaluations (stars), evaluation comments, and class recommendations through your iClassPro account at 11:00 am on the morning after your final class. The 4-star evaluation system in our AQUA-Lit™ Curriculum© is based on 3 pillars of physical literacy (listening & understanding, physical competence, and confidence & motivation). Please note that we have a



very robust skill tree, and you will only be able to see the skills your student has been evaluated on within our learn-to-swim algorithm.

Baby Splash students do not get evaluated through iClassPro, on the last day of class you will receive your underwater swimming video on a USB stick.

Toddler Splash students must have a score of 16/20 on the Toddler Teacher Test AND be between the ages of 24 – 36 months in order to be eligible to register for Mini Splash.

We hope you enjoyed the 2019 Fall Term with H2O and we appreciate your patience with registration as we work through the growing pains of switching to a new system. We hope to see you in the Winter and or Spring Terms! Please be aware of the class descriptions, ages, and pre-requisites when registering for future classes which can be found here: <https://www.h2oacademy.ca/class-descriptions>.

### *Underwater Baby Videos*

As part of the class price all babies will receive a souvenir video on a USB stick. If a student is absent on the last day of class the USB will be made available for pick-up from the front desk for 1 week after the term has ended. If the USB is not picked up it will be mailed to the family and there will be a \$5.00 admin fee charged to the account.

### *Breastfeeding*

We know it's a mother's right to breastfeed whenever wherever, however breastfeeding **is not** allowed while physically **in** the pool as it is considered eating in the pool. If you must feed your baby during class time please fully exit the pool with baby and sit on the pool deck bench or go to the changeroom if you want privacy.

### *Attendance*

Give yourself ample time to get ready for lessons as the feeling of being rushed can give students anxiety or put them in a bad mood. If you are unable to attend a class, please email [info@h2oacademy.ca](mailto:info@h2oacademy.ca) in advance. Please note that if your child has been under sedation or anesthetics of any kind, it is not safe for them to attend class.

### *First Class*

We ask new H2O families to arrive **15 minutes early** on the first day of class for a facility tour. An H2O staff member will meet you at the reception desk at the Winnipeg Winter Club (WWC). **Please do not enter the facility if you have not had your tour.**

### *Class Cancellations*

If for some reason a class must be cancelled (e.g. stormy weather, pool fouling, etc.), we will phone all families that are affected. If the class cannot be rescheduled, we will provide a refund for that class.

## Attire

The following items are **mandatory** to participate in class:

- ✓ **Bathing suit:** all students are required to wear a bathing suit in the pool. We recommend that girls aged 2+ wear one-piece suits as bikinis can be distracting and not as secure. We recommend that boys wear tighter fitted swim shorts as baggy shorts as they can impede movement in the water and create drag. Parents can wear any bathing suit that they feel comfortable in. Please keep in mind that babies/toddlers like to pull at straps and suits when deciding what suit you'd like to wear.
- ✓ **Swim diaper:** mandatory for babies and toddlers. They can either be disposable or non-disposable. We recommend that babies also wear a bathing suit over their swim diaper.
- ✓ **Hair tie:** students with long hair (both girls and boys) must tie their hair back if they choose not to wear a swim cap.

The following items are **optional**:

- ✓ Goggles (not necessary for baby/toddler classes)
- ✓ Swim cap (not necessary for baby/toddler classes)
- ✓ Towel – the WWC has complimentary towels that can be used, however you may wish to bring your own.
- ✓ Water bottle – it's important to stay hydrated!
- ✓ Deck shoes – standard flip flops that are clean and have not been worn outside. **Outdoor shoes are not allowed in the shower areas or on the pool deck.**
- ✓ Snack – we also suggest bringing a snack for their post-class re-energizing, or feel free to purchase food/drink from the WWC cafeteria.

*\*\*\* All H2O families receive a 20% discount off all products (excluding triathlon wet suits) at Swimming Matters located at 1389 Grant Avenue. They can also fit your child for goggles at no charge. You must mention at check-out that you are a member of the H2O Academy in order to receive the discount.*

## Prescription Goggles

If a student wears glasses, you may want to consider prescription goggles. You can also inquire about this at Swimming Matters.



## Facility

All fall, winter, and spring classes are run out of the Winnipeg Winter Club (WWC) pool located at 200 River Avenue in Winnipeg, Manitoba. The pool is closed in July & August for maintenance so H2O can come to your home pool in the summer (H2O @ Home). The pool and deck are warm which provides an optimal learning experience for students as they're not worried or distracted about being cold. This also makes the experience comfortable for parents during the parented classes. The WWC has a clean and secure change room and shower area. There is complimentary parking in the WWC lot for H2O families.

## WWC Purpose and Core Values

### WWC Purpose

WWC is a member-owned sports and social club that provides facilities, programs, and services which enhance our community through physical fitness and social connections.

### WWC Core Values

Community - WWC is a welcoming and safe place for all to build respectful relationships and finely tune your body and soul through fitness and social opportunities.

Wellness - We value the physical, emotional, and social well-being of our members. We live this value in our sports, activities, and events by creating opportunities for self-improvement and by our commitment to lifelong mental and physical wellness.

Excellence - Our people, processes, and operations reflect our commitment to excellence from the locker room to the boardroom. We are committed to serving our membership through continuous improvement, an intense focus on member needs and a dedication to meet those needs with a sense of discipline.

Engagement - We work to create new experiences that draw people together, creating strong social bonds lasting a lifetime.

Innovation - We strive to be on the leading edge with our services, policies, facilities and communications

Caring - We have empathy and respect for one another by being dedicated, considerate, helpful, encouraging, and motivating.

Fun - We believe FUN should be at the core of everything we do making our experiences exciting, enjoyable and memorable.

## WWC Code of Conduct

### Introduction

The Code of Conduct embraces a set of shared values focusing on our members, our staff and our Club. At the core of our values are integrity, teamwork, mutual respect, civil behavior, courtesy and personal responsibility. Through a common set of shared values, we will enhance our commitment to excellence, provide the best possible membership

experience, ensure that we continue to attract and retain high performing employees, protect the reputation of the Club and create a financially sustainable future for the Club.

The Code of Conduct outlines expectations for acceptable behavior to ensure the peaceful enjoyment of the Club by all, to protect the welfare of our employees and to achieve our vision of being one of the finest private athletic and social clubs.

In addition to setting out basic guiding principles based on the Winnipeg Winter Club's mission, vision, and values, the Member Code of Conduct encompasses the rules and regulations of the Club. It is not possible to provide rules to cover every circumstance or situation. Accordingly, the Board of Governors has the power to handle or otherwise deal with any situation and circumstance not covered by specific rules or any reasonable interpretation thereof, by virtue of the authority granted to the Board, in the Bylaws either directly or through their specifically authorized designees, which shall include but not be limited to, the Club Management. Additionally, these rules and regulations may be modified at any time or times by the Board of Governors, at their discretion, and without prior notice.

Our values embody:

#### **Our Members**

- We treat each other with courtesy, dignity and respect.
- We welcome, foster, and celebrate our diversity.
- We rely on one another's good judgment to uphold a high standard of integrity for our Club.
- We expect all members to abide by both the letter and spirit of our Code of Conduct.

#### **Our Employees**

- We have empathy and respect for one another by being dedicated, considerate, helpful, encouraging, and motivating.
- We emphasize teamwork to produce the best results.
- We value our employees' knowledge, enthusiasm and spirit to serve our members.
- We listen, understand and help them succeed.

#### **Our Club**

- We are a welcoming and safe place to build relationships and finely tune your body and soul through fitness and social opportunities.
- We work to create new experiences that draw people together, creating strong social bonds lasting a life time.
- We believe FUN should be at the core of everything we do making our experiences exciting, enjoyable and memorable.
- We value the physical, emotional, and social wellbeing of our members.

Embracing and abiding by these principles and shared values fosters harmony among the members and creates pride in the membership, contributes to a positive market reputation of a highly desirable club to join and protects the investment made by all members. Member behavior that is inconsistent with these values or results in non-compliance with the Club's Rules and Regulations can impair other members' enjoyment of the Winnipeg Winter Club, have an

adverse impact on our employees and damage the reputation and health of the Club. The Club Bylaws along with the Code of Conduct and Rules and Regulations provide a process for fairly evaluating and promptly addressing inappropriate behavior. The overarching goal is to enable our members to enjoy the many amenities of the Club and comradery with fellow members while making the Winter Club a great place.

### **General Rules**

1. The Club and its facilities shall be open on such days and during such hours as may be established from time to time by the Club. Members must respect and abide to the opening and closing times.
2. Except as permitted by the Club, no commercial advertisements shall be posted or circulated in the Club, nor shall business of any kind be solicited or transacted on the property of the Club nor upon Club stationery.
3. It is contrary to the policy of the Club to have its facilities used for functions of fundraising efforts for the benefit of political cause, except as specifically permitted by the Club. The Club's facilities shall not be used in connection with organized religious services.
4. Other than permitted by the Club, no petition shall be originated, solicited, circulated or posted with the Club, or on any other property of the Club.
5. Members and guests must not request specific personal services from the employees of the Club who are on duty.
6. Members and guests are asked not to request staff to use the Club's administrative equipment for personal purposes. If this does apply charges may apply.
7. All complaints, criticisms or suggestions of any kind relating to any of the operation of the Club must be in writing, signed and addressed to Club Management.
8. It is unbecoming for any member or guest to abuse any of the Club's employees, verbally or otherwise. All service employees of the Club are under the ultimate supervision of the Club Management and no member or guest shall reprimand or discipline any employee or send any employee off the premises of the Club for any reason.
9. All members must accompany guests at all times during usage of any facility of the Club.
10. Use of the Club facilities at any time is at the members'/guests own risk.
11. You may not bring pets (other than guide dogs) onto the Club premises.

## Parent/Guest Viewing

Guests are invited to watch classes from the viewing area located in the cafeteria. Viewing classes from the pool deck is not permitted due to safety reasons, unless there is an extenuating circumstance which has been discussed with H2O staff. Food/drink can be purchased (please note the cafeteria does not allow outside food).

H2O Families that are not WWC members are not allowed in the member only areas as per our rental agreement with the WWC (e.g. you are not allowed to sit on the couches overlooking the pool if you are not a WWC member). Parents are not allowed to use areas of the WWC unless they have a membership (e.g. gym, squash, etc.). Please be mindful that many young students look up to their parents during class to wave, smile, or show off their skills.

## Change Rooms

For parented classes one adult may accompany the student to the change room and pool deck. For non-parented classes, you may accompany the student to the change room; however you are not permitted on the pool deck due to space and safety issues. Please note that outdoor shoes and NOT PERMITTED in the shower area and pool deck. Please bring flip flops or bare your feet!

**Please note that boys and girls ages 5 and under are permitted to be in the opposite sex changeroom. Once a student is 6 or older, they must either use their respective changeroom, or the family changeroom. There is a small family change room located by the lifeguard desk on the pool deck – due to the small space, we kindly ask that it is ONLY used for parent and child of opposite sexes who cannot utilize the male or locker female rooms due to age. You are allowed to use the guest lockers but will need to supply your own lock. Guest lockers are identified. One adult per student in locker room.**

## Behaviour

All families must abide by the pool rules of the WWC. At H2O we take safety very seriously. By following some simple guidelines, we make our environment and classes' safe. At H2O we discuss these general rules with the students before each class and hope that parents can follow and reinforce them:

1. Always walk on deck (no running!)
2. Never swim alone, always make sure a teacher or adult you trust is with you
3. Only jump when the teacher says it's safe
4. Always listen to the teacher or you might get a timeout
5. Keep your hands to yourselves
6. We never say, "I can't" and we try everything once (I can do it cheer) – that's how we learn!

## Discipline Protocol

Staff are to conduct themselves in a friendly, respectful way, however they will follow our discipline protocol if necessary:

1. **First warning:** if a student isn't listening or is misbehaving, they will receive a stern warning. Staff must be clear that the student is receiving a warning, and that if this behaviour continues, they will get a timeout (e.g. "Sally, you are not listening, this is a warning, if you do it again you will get a timeout.").
2. **Short Timeout:** if after the first warning the student continues to not listen or misbehave, they will receive a short timeout. They must completely exit the water and sit in a chair/bench for 15 seconds – 1 minute.
3. **Long Timeout:** if after the short timeout the student continues to not listen or misbehave, they will receive a long timeout. They must completely exit the water for more than 1 minute.
4. **Excused:** if after the long timeout the student continues to not listen or misbehave, they will be excused from class and must exit the water.

If steps 2 or higher are exercised, then staff will communicate exactly what happened with the parent immediately after class. Note: if a student exhibits any sort of physical violence (e.g. pinching, slapping, hitting, punching, etc.) staff may jump to step 3 of the discipline protocol as physical violence is not tolerated.

## Policies

### *Privacy Policy*

Our privacy policy is simple. We don't give or sell anyone's information to anyone else and we don't keep any credit card information on file. That's as easy as it can get!

### *Make-up Class Policy*

We understand that things come up, but unfortunately, due to our small class sizes and limited pool availability we are not able to offer make-up classes. Repetition is a key aspect of physical literacy, so we encourage families to attend all classes. Feel free to take your child for a swim - the more opportunities, the better!

### *Cancellation/Refund Policy*

We completely understand that having to pay for one or two missed classes can be irritating, but our costs remain the same whether everyone is present or not. Therefore, H2O Academy is under no obligation to refund or transfer your money if you can't attend part, or all, of classes.

You may cancel your class registration or apply a credit to your account up to 7 days prior to your first day of classes for a full refund and no cancellation fee. Any cancellation less than 7 days before the first lesson will be charged a \$25 cancellation fee. If the term has started, families will be refunded for the classes not taken in addition to the cancellation fee. If payment has not been received 7 days prior to the first class, H2O reserves the right to cancel your spot and you will be notified.

For private/semi-private classes, cancellations done less than 48 hours unfortunately will not receive a refund as the teacher will already be working their shift. If your cancellation is done 48 hours or more prior to the scheduled lesson you will receive a 50% refund of the cost of the class.

SwimFins can be fully refunded, exchanged, or applied as a credit to your account as long as it is in original condition with unopened packaging and returned within 14 days of purchase.

The Baby videos are part of the Baby Splash class cost and are non-refundable regardless of attendance as we are still paying a professional photographer to be there on filming days.

## Community Partners

At H2O we believe in supporting our local community. Visit [www.h2oacademy.ca](http://www.h2oacademy.ca) to learn more about our ever-growing list of local community business partnerships!

## Contact Information

We believe communication is key at H2O! If you have any questions or concerns, please let us know by way of any method below.

Mailing Address	Phone Numbers	Email	Website	Facility Address
H2O Academy PO Box 412, RPO Corydon Winnipeg, Manitoba R3M 3V3	204-299-6215 204-880-2523	<a href="mailto:info@h2oacademy.ca">info@h2oacademy.ca</a>	<a href="http://www.h2oacademy.ca">www.h2oacademy.ca</a>	Winnipeg Winter Club 200 River Avenue R3L 0B2

## Stay Connected!

Stay up to date with the latest H2O updates by following us on social media!

Facebook

[www.facebook.com/h2oaquaticacademy](https://www.facebook.com/h2oaquaticacademy)



Twitter

@h2oacademy



Instagram

@h2oacademy



Feel free to share photos of your swimmer with us by tagging H2O, we can also repost them on our social media!

## Happy with your progress in the H2O?

Let us know! Please share your thoughts and experience on Google review, Facebook, other social media, and/or our testimonials section on our website.



### *Release, Waiver, Consent, Assumption of Risk and Indemnity Agreement*

Upon registering online for H2O you will accept the terms of this agreement, please note this is just a copy for your records, **there is no need to print or bring this to classes.**

#### **Release, Waiver, Consent, Assumption of Risk and Indemnity Agreement**

**TO:** H2O Aquatic Academy Inc. (the "Academy")

**FROM:** \_\_\_H2O registered families\_\_\_\_\_ [Please Print]

(such person, along with his/her parents, legal guardians, heirs, administrators, executors and personal representatives, as the context requires, collectively referred to as, the "**Participant**")

**WHEREAS** the Participant has purchased swimming lessons from the Academy for the period

from September 2019 [Insert date of first lesson] to August 2020 [insert

date of last lesson] at Winnipeg Winter Club or H2O @ Home [insert location of lessons] (collectively, the "**Lessons**");

**NOWHEREFORE**, in consideration of the Academy allowing the Participant to participate in the Lessons, the Participant hereby agrees as follows:

1. The Participant is aware of the potential risks, dangers and hazards associated with participating in the Lessons, including without limitation, the risk of severe or fatal injury to the Participant or others, and that the Participant hereby consents to his/her participation in the Lessons notwithstanding the potential risks.
2. The Participant accepts and assumes all risks, whether known or unknown, and assumes all responsibility for any losses, costs and/or damages for any injury suffered by the Participant or to the property of the Participant by any means and howsoever caused and even if caused, in whole or in part, by the negligence of the Academy or any of the Academy's employees, directors, officers, agents, successors and assigns (collectively referred to as, the "**Released Parties**") by the Participant's participation in the Lesson and/or any activities associated with the Lessons.
3. The Participant hereby waives, releases and forever discharges any and all claims or actions that the Participant may now or in the future have against the Released Parties for any injury, death, damages or loss that the Participant has or may sustain as a result of the Participant's participation in the Lessons and/or any activities associated with the Lessons.
4. The Participant hereby indemnifies the Released Parties against all claims and actions that may be brought against the Released Parties by or on behalf of the Participant in respect of or arising out of the Participant's participation in the Lessons and any activities associated with the Lessons.
5. The Participant hereby warrants that the Participant is in good health and proper physical fitness to enable participation in the Lessons and any ancillary activities associated with the Lessons and any activities associated with Lessons.
6. The Participant gives permission to the Academy to authorize medical care and treatment in emergency situations. The Participant understands that the Academy will make every reasonable effort, in the circumstances, to reach the Participant's emergency contact (provided below) if an emergency arises. In the event that the Participant's emergency contact cannot be reached in an emergency, the Participant gives consent to medical care and treatment as reasonably necessary. The information for the Participant's emergency contract is [Please Print]:



Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Alternate Phone Number: \_\_\_\_\_

7. The Participant acknowledges that he/she has read this Release, Waiver, Consent Assumption of Risk and Indemnity Agreement (the "**Agreement**"), fully understands its terms and conditions, understands that he/she has given up substantial rights by accepting the terms of the Agreement, and has accepted it freely and without any influence, inducement or assurance of any nature and agree that if any portion of the Agreement is held to be invalid, the balance notwithstanding, shall continue in full force and effect. The Academy hereby informs the Participant of his/her right to obtain independent legal advice with respect to the Agreement. In the event that the Participant signs the Agreement without obtaining independent legal advice, the Participant agrees he/she will have done so voluntarily and without any undue pressure and the Participant agrees that any such failure to obtain independent legal advice shall not be used by him/her as a defence to the enforcement of his/her obligations hereunder.

I HAVE READ THIS RELEASE, WAIVER, CONSENT ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
witness

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date Signed

**FOR PARTICIPANTS OF MINORITY AGE**

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for the Participant, do consent and agree to his/her release, waiver, consent, assumption of risk and indemnity as provided above of all the Released Parties, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Released Parties from any and all liabilities incident to my minor child's involvement or participation in Lessons and any activities associated with the Lessons as provided above.

\_\_\_\_\_  
witness

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date Signed