



# SPLASH INTO SUMMER



## THE SANFORD-SPRINGVALE TITANS SWIM TEAM

**2024 SUMMER SEASON BEGINS APRIL 22<sup>ND</sup>.**

**REGISTER OPENS APRIL 8!**

### OUR MISSION

The Sanford-Springvale YMCA Titans Swim Team will create a culture of pride and excellence by:

1. Creating a positive, fun, and team-oriented environment
2. Focusing on education of swimming techniques and fundamentals
3. Developing team success at all levels of competition
4. Maintaining a high level of training and athlete development

### ABOUT THE TEAM

The Titans Swim Team is The Sanford-Springvale YMCA's year-round competitive swimming program. We welcome children ages 6 - 18 who are interested in challenging themselves in the areas of mental and physical training and are dedicated to the Olympic Sport of Competitive Swimming.

Our swim team trains in the Sanford-Springvale YMCA 25-yard, 6 lane pool and competes throughout the state of Maine in 2 different seasons: Winter and Summer. Our Winter Season (September to March) competes in 25-yard short course pools, while our Summer Season (April to August) gives swimmers the opportunity to compete in 50-meter long course pools in addition to short course meets. We understand that some families are unable to make the year-round commitment to our Swim Team program, which is why we hold separate registrations for each season. However, we strongly encourage swimmers to participate throughout the year to help improve their techniques and times.

### USA SWIMMING

The Sanford-Springvale YMCA Titans Swim Team is a member of the USA Swimming, the national governing body for swimming in the United States, and does participate in USA sanctioned meets throughout the year. Titans swimmers have the option of becoming a USA swimmer for an additional fee. Since there are often minimum entry fees associated with USA meets, participation is optional.

## PRACTICE GROUPS

### White Group: (meet 3 times a week)

Full Season \$275

Half Season \$178

Streamline on front and back. 25 freestyle with rotary breathing and 25 backstroke, without grabbing the wall/lane line. Rudimentary knowledge of breaststroke and butterfly. Dives off the side and jumps from the blocks. Can tread water for 90 seconds. Completes or tries to complete every set.

### Blue Group: (meets 3 times a week)

Full Season \$275

Half Season \$178

100 freestyle, 100 backstroke, 25 legal breaststroke, and 25 legal butterfly. Dives off the block. Proficient open turns. Completes or tried to complete every set.

### Junior Group: (meets 4 times a week)

Full Season \$320

Half Season \$208

200 freestyle, 200 backstroke, 100 breaststroke, 100 individual medley and 50 butterfly. Proficient breathing on all strokes. Proficient flip turns. Completes or tried to complete every set.

### Performance Group: (meets 6 times a week)

Full Season \$380

Half Season \$247

1000 freestyle, 200 backstroke, 200 breaststroke, 100 butterfly and 200 individual medley. Tries to make it to every practice. Completes or tries to complete all swim sets. Assists and mentor younger practice groups.

## PRACTICE TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	No Practice	4:30 – 5:30pm	No Practice	4:30 – 5:30pm	4:30 – 5:30pm Drylands 5:45 – 6:30 pm	No Practice
Blue	No Practice	4:30 – 5:30pm	No Practice	4:30 – 5:30pm	4:30 – 5:30pm Drylands 5:45 – 6:30 pm	No Practice
Juniors	Drylands 5:00 – 5:45pm Practice 6:00 – 7:00pm	5:30 – 7:00pm	No Practice	5:30 – 7:00pm	Drylands 5:00 – 5:45pm Practice 6:00 – 7:00pm	No Practice
Performance	Drylands 5:00 – 5:45pm Practice 6:00 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm	Drylands 5:00 – 5:45pm Practice 6:00 – 7:00pm	Practice 7:00 – 8:30am

**Focus:** All groups will focus on technique and aerobic development. There are no meet competitions currently scheduled. We will be working with other local teams to look for ways to have the athletes compete.

**Cancellation and refund policy:** Program fees are expected to be paid in full prior to the start of the program unless a payment plan agreement has been filled out. The Sanford-Springvale YMCA program fees are non-transferable and non-refundable. Any changes to the practice schedule, including cancellations, you will be notified via email. We will make every effort to give as much advanced warning as possible. Additionally, no refund or credit will be issued for individual practices missed and make-ups will not be an option.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Welcome all new swimmers joining the team. All new swimmers must have an assessment with Ali Fair the Aquatics Director prior to registration. **This assessment will ensure all swimmers are placed on the appropriate team.**

All Titans swimmers must be active Sanford-Springvale YMCA members. See membership guide for more details.

The Swim Team program fee is required to be paid in full at the time of registration. Swimmers who register for the whole summer (4/22 - 8/10) have the option of setting up a payment plan. See the Financial Agreement for details. **Financial Assistance is available to those who qualify.**

**NOTE:** The YMCA is a non-profit organization. In the event that the participant quits the program, no refunds will be granted.

## 2024 SPRING / SUMMER PROGRAM PARTICIPANT INFORMATION

New Swimmer                       Transferring Swimmer    From Where \_\_\_\_\_

### PRACTICE GROUP

Performance       Junior       Blue       White

### SWIMMER'S INFORMATION (ALL FIELDS REQUIRED)

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Swimmer's Nick Name (if any) \_\_\_\_\_ Gender:  M       F       O

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Age \_\_\_\_      Expected High School Graduation Year \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

School Attending \_\_\_\_\_ Grade Entering \_\_\_\_\_

T-Shirt Size:              Youth:     S     M     L              Adult:               S     M     L     XL

Swim Suit Size: (20 – 38) \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION

Parent/Guardian \_\_\_\_\_

Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Name & Address of Employer \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Name & Address of Employer \_\_\_\_\_

## EMERGENCY CONTACTS

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Relationship to Child \_\_\_\_\_ Phone \_\_\_\_\_  
First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Relationship to Child \_\_\_\_\_ Phone \_\_\_\_\_

## MEDICAL INFORMATION

Your child's safety is our #1 priority. Please provide as much detailed information as possible regarding special needs and medication.

Has participant been previously hospitalized?  Yes  No

If yes, please describe \_\_\_\_\_

Please describe any medical or emotional illness or disorder that could affect the child's ability to participate safely:

Is the participant allergic to:  Medications  Food  None  Other

\_\_\_\_\_

If yes, please explain & note if any medication is needed:

\_\_\_\_\_

Does the participant have:  Asthma  Diabetes  Seizures  None  Other

\_\_\_\_\_

If yes, please explain & note if any medication is needed: \_\_\_\_\_

## DOCTOR'S CONTACT INFORMATION

Physician's Name \_\_\_\_\_ Office Phone Number \_\_\_\_\_  
Address \_\_\_\_\_

## BECOME A VOLUNTEER!

Parent/Guardian volunteers are an integral part to a successful swim season. Please check off the areas that you are interested in volunteering for (there are more volunteer options on TeamUnify):

Timer  Official  Concessions  Other \_\_\_\_\_

## AGREEMENT

I have read the Cover Letter, Financial Agreement, Swimmer Code of Conduct, Photo/Video Release, Communications Policy, TeamUnify Information and Liability Waiver, and fully understand them, and signed the agreements personally and on behalf of my swimmer.

Parent/Guardian must sign if individual is under the age of 18 years.

Swimmer's Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

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



# Titans Swim Team Summer 2024 Financial Agreement



**SWIMMERS NAME:**

This swimmer is eligible for financial assistance from the Y or the multiple sibling benefit of 5%.

**Please be advised, registrations for any membership, other YMCA programs and/or the Titans, may be denied if there is an outstanding balance on your account.**

Full season participant may pay in full at time of registration or choose to schedule monthly payments.

<input type="checkbox"/> Full Season Pay in Full	<input type="checkbox"/> Full Season Monthly Payments	Dates Payments Will Be Drafted
<input type="checkbox"/> White: \$275.00	<input type="checkbox"/> White: \$91.66	May 15 <sup>th</sup>
<input type="checkbox"/> Blue: \$275.00	<input type="checkbox"/> Blue: \$91.66	June 15 <sup>th</sup>
<input type="checkbox"/> Junior: \$320.00	<input type="checkbox"/> Junior: \$106.66	July 15 <sup>th</sup>
<input type="checkbox"/> Performance: \$380.00	<input type="checkbox"/> Performance: \$126.66	<b>Dates that have passed are due upfront.</b>

Half season participants must pay in full at time of registration.

<input type="checkbox"/> Half Season A April 22 – June 15	<input type="checkbox"/> Half Season B June 17 – August 10
<input type="checkbox"/> White: \$178.00	<input type="checkbox"/> White: \$178.00
<input type="checkbox"/> Blue: \$178.00	<input type="checkbox"/> Blue: \$178.00
<input type="checkbox"/> Junior: \$208.00	<input type="checkbox"/> Junior: \$208.00
<input type="checkbox"/> Senior: \$247.00	<input type="checkbox"/> Senior: \$247.00

**If you DO NOT have an account already on file, or wish to use a different form of payment, or if your account will expire during the season please fill out the table below.**

Circle Account Type:	<input type="radio"/> Checking	<input type="radio"/> Savings	<input type="radio"/> Credit/Debit Card
Bank Name:			
Name on Account/Card:			
Account Number:		Transit/Routing Number:	
Credit Card Type (circle):	<input type="radio"/> Visa	<input type="radio"/> Master Card	<input type="radio"/> Discover <input type="radio"/> American Express
Credit Card Number:		Expiration Date:	
Signature of Account Holder:		Date:	

I authorize my bank to honor preauthorized Electronic Funds Transfers (or credit card charges) against my account for (membership/program/contribution) payments as indicated below. When the bank honors EFT (or credit card) by charging my account, such transfer shall constitute notice of payment due and my receipt of payment. Should any preauthorized EFT (or credit card charge) not be honored by said bank when received by them, then it is understood that the payment is to be made by me in the amount of said payment plus service charges.

Signature \_\_\_\_\_

\_\_\_\_\_ I understand that if a payment is not honored by the bank or credit card institution, then the  
initial YMCA, at its discretion, will resubmit the amount due for payment on a future date and there  
may be a \$10.00 return payment fee charged.

\_\_\_\_\_ I understand that I must have an account on file to register for the Titans Swim Team.  
Initial

\_\_\_\_\_ I understand it is my responsibility to keep my account on file up to date and will inform the  
initial YMCA if and when I have to change the account on file.

\_\_\_\_\_ I understand that all payments will automatically be deducted from my account on file.  
Initial

Meet fees are an additional cost and vary, depending on the event. Fees will be automatically applied to your swimmer's account when he/she signs up for a meet. We will automatically draft your payment when the meet fee is applied to your account.

\_\_\_\_\_ I understand that meet fees will automatically deduct from my account on file.  
Initial

I, \_\_\_\_\_ hereby consent to the above mentioned payment agreement. Should I have difficulty meeting the dates as mentioned in said agreement, it is my responsibility to notify the Sanford-Springvale YMCA. I also accept full responsibility for any payments that are returned for ANY reason along with any additional returned payment fees should there be any fees associated with the return payment.

Parent/Guardian Printed Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Director's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## SANFORD-SPRINGVALE YMCA

# Titans Swimmer Code of Conduct

As a member of the SSYMCA Titans, I understand that it's my responsibility to be an active and positive member of the team. The guidelines below help identify mostly behaviors to strive for and others to refrain from. By signing below, I state that I have read, understand and accept this code of conduct.

1. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of the SSYMCA Titans, Maine Swimming, USA Swimming, or be detrimental to its performance objectives.
  - Remember as a Titan swimmer, you represent all Titans. Be polite, considerate and respectful of others while in the YMCA facility including the lobby and locker rooms.
  - YMCA locker rooms are for changing, and restroom use only. No extra time should be spent in the locker rooms. All personal belongings must be placed in a basket on the pool deck. No food or drink is allowed except water in a plastic bottle.
  - Be respectful of Y members when using the facilities. Treat the facility and equipment with respect and care.
  - When entering the pool at the shallow end, everyone must sit and slide – no jumping.
  - Always respect personal boundaries and safety to keeping your hands to yourself.
2. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, the front desk staff, fellow competitors and the public.
3. Team members will act in a positive manner and lift up their teammates with positive words of encouragement, cheering and respect.
4. Team members will respect the program and its objectives by being on time to practices, warm-ups, meets, meetings, and events to the best of their ability.
5. Team members will be active participants in all practices, warm-ups, meets, meetings, and events held by the team or at which the team attends.
6. Team members will listen to their coaches and make their best efforts at every practice, warm-ups and meets.
7. Each swimmer will focus on his/her own personal progress and not compare him/herself to others.

- 8. Team members will be supportive of each other's abilities and encourage camaraderie and mutual respect among swimmers and coaches.
- 9. Team members will refrain from any behavior deemed to be discourteous, dishonest, disrespectful or offensive to others. We have zero tolerance for bullying behavior.
- 10. The coaching staff and Sanford-Springvale YMCA administration will hold the final say on rules or disciplinary action.
- 11. Any additional guidelines for the team will be established as needed by the head coach.

**I hereby pledge to uphold the above statements while representing the Sanford-Springvale YMCA Titans. I understand that failure to do so may result in consequential actions such as dismissal from practice or suspension from team activities.**

\_\_\_\_\_  
Swimmer's Printed Name

\_\_\_\_\_  
Swimmer's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## SANFORD-SPRINGVALE YMCA Titans Photography Consent Form

The SSYMCA Titans may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. The club required parental consent to take and use photographs.

Parents have a right to refuse agreement to their child being photographed.

As the parent/guardian of \_\_\_\_\_ I allow the following:  
Swimmers Printed Name

Take photographs to use on the club's secure website

Consent Given       Consent Refused

Take photographs to include with newspaper articles

Consent Given       Consent Refused

Take photographs to use on club notice boards

Consent Given       Consent Refused

Take photographs to use for marketing purposes

Consent Given       Consent Refused

Take videos/film for training purposes only

Consent Given       Consent Refused

Parent/Guardian Name (Printed)

\_\_\_\_\_

Parent/Guardian's Signature

\_\_\_\_\_

Date \_\_\_\_\_



FOR YOUTH DEVELOPMENT  
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## SANFORD-SPRINGVALE YMCA

# Titans Photo Video Policy

### PURPOSE

There has been much talk about whether it is safe to have images taken of children participating in sports. While the great majority of images are appropriate and are taken in good faith, it is a fact that images can be misused and children can be put at risk if common-sense procedures are not observed.

### POLICIES

1. The publishing of a photograph of swimmer under 18 either on a notice board or in a published article or video recording (including video streaming) of swimming competitions ("publication") will only be done with parents' consent per the attached form.
2. A parent or guardian has a right of refuse to have children photographed. The exercise of this right of refusal cannot be used as grounds for refusing entry into a swimming competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the club or official photographer, should receive parental consent before publishing/displaying the photo, preferably in writing. A suggested form allowing parents to indicate refusal of consent is to follow.

In the case of open meets and other competitions where the host club has an official photographer present, all parents attending should be made aware of this in your meet information. If photos are to be published anywhere, the individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

All photographs will observe generally accepted standards of decency in particular:

- Action shots will be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots will not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs will not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs will not be taken in locker-rooms or bathrooms.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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# SANFORD-SPRINGVALE YMCA

## Titans Electronic Communication Policy

### PURPOSE

The Sanford-Springvale YMCA Titan's Swim Team recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the Y acknowledges the value of these methods of communication, we also realize that there are associated risks that must be considered when adults use these methods to communicate with minors.

### GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- drugs or alcohol use;
- sexually oriented conversation; sexually explicit language; sexual activity
- the adult's personal life, social activities, relationship or family issues, or personal problems
- inappropriate or sexually explicit pictures
- Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is **T**ransparent, **A**ccessible and **P**rofessional.

**Transparent:** All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

**Accessible:** All electronic communication between coaches and athletes should be considered a matter of record and part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

**Professional:** All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

## FACEBOOK, MYSPACE, BLOGS, AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Team join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to "private message" each other through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other IM method.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

## TWITTER

**Best Practice:** Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

**Alternative Option:** Coaches and athletes may follow each other on Twitter. Coaches cannot retweet an athlete message post. Coaches and athletes are not permitted to "direct message" each other through Twitter.

## TEXTING

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from am until 8pm. Texting only shall be used for the purpose of communicating information directly related to team activities.

## EMAIL

Athletes and coaches may use email to communicate between the hours of 8am and 8pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

## REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

By signing below, I state that I have read, understand, and accept this electronic communications policy.

Printed Name \_\_\_\_\_

Swimmer

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Swimmer

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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## SANFORD-SPRINGVALE YMCA

# Titan's TeamUnify Information

### TeamUnify Account

[www.teamunify.com/ymca-2549](http://www.teamunify.com/ymca-2549)

During the registration process, you will be asked to provide your email address which will be used as your username for our team website. Creating your account is easy; on the TeamUnify homepage go to start registration. Once registered your password and instructions for accessing your account will be sent via email (returning members use their existing account).

In order to add your swimmer(s), we will need their legal first and last name (no abbreviations or nicknames), also their middle initial and date of birth. This will help us ensure accurate swim meet entries and the availability of your swimmers results.

Your primary email address will become the main point of contact for important notifications about team events and updates throughout the season. If you find that you are not receiving team emails, please let us know immediately.

Secondary email addresses can be added as needed to allow other family members to also receive team notifications.

As an active member of the team I will adhere to the following guidelines for TeamUnify:

- I understand TeamUnify is the primary means of communication for the Sanford YMCA Titans.
- I will ensure my account contact information is up to date to ensure there is a reliable stream of communication between myself and the YMCA staff.
- I will fully read all messages sent to me to maintain an understanding of all relevant information given to swim team families.
- I understand Team Unify is the exclusive means of meet registration for the Sanford YMCA Titans.
- I will locate and register my child(ren) for meets and other team events; or I will declare my child(ren) as "not attending" within TeamUnify's home page.
- I will be an active participant in learning and utilizing TeamUnify's resources to ensure the best possible experience for my athlete(s).
- I will respect all deadline placed upon events. Failure to do so may result in my child(ren) being unable to participate in such events.
- In the event of a breakdown in communication or perceived absence of messages containing important team information, I will contact the YMCA staff and use the "Get Help" option on the website to contact Team Unify representatives directly.

## Team Communication

Team notifications will typically answer common questions about specific events as they come up. If you have specific questions you can email the Titan's head coach Collin Chamberlain @ [cchamberlain@sanfordymca.org](mailto:cchamberlain@sanfordymca.org) or the SSYMCA Aquatics Director Alexis Fair @ [afair@sanfordymca.org](mailto:afair@sanfordymca.org).

## USA Swimming

The Sanford-Springvale YMCA Titans Swim Team is a member of the USA Swimming, the national governing body for swimming in the United States, and does participate in USA sanctioned meets throughout the year. Titans swimmers have the option of becoming a USA swimmer for an additional fee. Since there are often minimum entry fees associated with USA meets, participation is optional.

USA Swimming registration requires an ID# that is derived from certain characters of each swimmers name and birth date (ID's are considered private information to be used only for USA Swimming registration and official team business).

## Parent OnDeck App

Parents have the option of installing the free OnDeck app on their smartphones. This app is integrated into the team's online data base and will allow you to download your swimmers times, meet info and team news to your device. Visit the TeamUnify website for details and download links.



FOR YOUTH DEVELOPMENT  
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# Minor Participant Release & Waiver of Liability and Indemnity Agreement

**PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING THE SANFORD – SPRINGVALE YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR.**

### Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of the Sanford-Springvale YMCA facilities, services, equipment and premises ("Facilities") and any participation in Sanford-Springvale YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease including, without limitation, COVID-19. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

### Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that the Sanford – Springvale YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

\_\_\_\_\_  
Minor Name (Print Clearly)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Name (Print Clearly)

\_\_\_\_\_  
Parent / Guardian Signature

#### SANFORD – SPRINGVALE YMCA

P.O. Box 249  
1 Emile Levasseur Drive  
Sanford, ME 04073  
P 207 324 4942 F 207 636 8046

#### YMCA TRAFTON CENTER

P.O. Box 249  
19 Elm Street  
Sanford, ME 04073  
P 207 457 0080 F 207 636