

**Waiver and Release
Safety Plan
Say Yes to Life Swims LLC**

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that any swimming activity tests a person's physical and mental limits and carries with it the potential for death, injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular and boat traffic, and the actions of other people including, but not limited to organizers, participants, volunteers, and spectators.

I hereby assume all of the risks of participating and/or volunteering in open-water swim events sponsored by Say Yes to Life Swims LLC. These events include escorted open water swims, swim lessons of any type, clinics and educational events, and all other activities. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained, and am prepared for participation in the events I register for, and have not been advised otherwise by a qualified medical professional.

I acknowledge that the event holders, sponsors and organizers of the events in which I participate will use this Accident Waiver and Release of Liability form and Safety Plan. These documents govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: swim organizers, teachers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers;

(B) Indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

This Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I have read and agree to the waiver and safety plan.

Date

Your signature

Your mobile phone number

Emergency contact name

Emergency contact phone

Say Yes to Life Swims LLC

Escorted Open Water Swims Safety Plan

Description

Say Yes to Life Swims LLC (SYTLS) provides Escorted Open Water Swim events and swim lessons. Unless otherwise noted, the Escorted Open Water Swims are for intermediate swimmers and above; swim lesson participants must be able to confidently swim at least 50 yards in a pool. Most events place in Lake Washington, Seattle, although some occur in other bodies of water.

All swimmers must pre-register, be over the age of 16, and read and agree to this Liability Waiver and Safety Plan.

People taking swim lessons from SYTLS release SYTLS from any responsibility for injuries sustained during the course of swim lessons. SYTLS may provide safety craft and a PFD for the swim lesson. SYTLS provides no on-site safety personnel for swim lessons.

SYTLS Responsibilities for Escorted Open Water Swims

SYTLS provides volunteer water safety craft escorts. These may include kayakers, paddleboarders, jet skiers, or small boats. Each water safety craft personnel will oversee a maximum of six swimmers. The role of water safety craft is to:

- Help keep swimmers on course.
- Make swimmers more visible to boat traffic.
- Determine if a swimmer is distressed.
- If necessary, allow a swimmer to rest briefly while holding on to the front or back of the kayak.
- Order any distressed swimmer to abandon the Escorted Open Water Swim, and help transport that swimmer to an exit from the water.
- Take appropriate action in case of a medical emergency (see below).

Water safety craft is equipped with:

- Minimum one swimmer PFD.
- One whistle.

A minimum of four in-water support craft will be supplied with walkie-talkies. The lead watercraft operator carries an air horn. At least one on-land support personnel carries a walkie-talkie and cell phone, and is accessible by radio at all times. At least one water safety craft operator holds up-to-date Red Cross certification in CPR.

SYTLS provides an intensive kayak safety briefing, which includes route information, before each swim event. Kayakers must be present at this meeting to participate in the event.

All water safety craft escorts shall enter the water before the swimmers. They will observe and hear the swimmer count-off.

In Case of a Medical Emergency in the Water

The Water Safety Craft escort nearest to the distressed swimmer shall:

- Determine if swimmer is conscious, and ask the swimmer if he or she needs help.
- Call Land Support personnel and instruct him or her to call 911. (Land support personnel immediately calls 911.)
- Do their best to pull the swimmer onto the safety craft, and/or use PDF to support swimmer.
- If possible, paddle the swimmer to land.
- Lay the swimmer on a flat surface. If necessary, begin CPR (or instruct another escort to do so) until emergency help arrives.

Swimmer Responsibilities

Before the Swim

Swimmers must assess their levels of fitness, comfort and swimming skill before registering for swim lessons or Escorted Open Water Swim events. They must be physically fit, have sufficiently trained, and be prepared for participation in the events they register for, and have not been advised otherwise by a qualified medical professional.

Swimmers should register *only* if they are adequately prepared to swim the distance of the Escorted Open Water Swim they wish to join. For the safety of all, swimmers will NOT be allowed to leave the course during the swim unless they have a medical emergency or are too fatigued to continue.

SYTLS provides an in-person safety meeting for swimmers before each event. Each swimmer is required to attend this meeting, which includes information about the route, what to do if emergencies or distress occur, and other essential information. If a swimmer misses the safety meeting and/or is not present when the swimmer count-off occurs, that swimmer may not participate in the event. SYTLS will not wait for late swimmers.

Immediately before entering the water, SYTLS will conduct a swimmer count. Swimmers will line up and verbally count off.

During the Swim

Swimmers must:

- Keep at least one other swimmer within their vision at all times.
- Keep at least one water safety craft within their vision at all times.
- **Stop** if they hear a whistle or air horn. Swim to the nearest water safety craft for further instructions.
- Obey all directives given by water safety craft personnel, INCLUDING a halt to the swim. These directives may initiate from on-land safety personnel and be passed to water safety personnel.
- Communicate with water safety craft operators in the following ways:
 - If water safety craft personnel ask “Are you OK?” (pats own head while looking at swimmer,) swimmer should respond:
 - “I’m OK.” (Swimmer pats own head) or
 - “I’m not OK.” (Swimmers put both arms in air and moves them.)
 - If water safety craft personnel asks swimmer questions to determine swimmer’s mental state, swimmer must answer to the best of his/her ability.

SYTLS monitors the weather, water and surrounding conditions constantly to protect swimmers. Any Escorted Open Water Swim or swim lesson may be cancelled or rescheduled at any time if conditions warrant it.