



In computer _____
by: _____

PLEASE PRINT

This form is valid for two years from date of signing

Name: First _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone Home _____ Work _____ Cell _____ Gender _____

E-Mail _____ Date of Birth _____ Swimmer/ Non-swimmer

Emergency Contact Name, Relationship & Phone#

Physician's Name _____ Phone# _____

Physician's Address _____

Primary Disability or Known Condition of Medical Risk _____

List Any Allergies _____

List all Medications _____

What health insurance do you have: _____ Oregon Health Plan _____ PacificSource
_____ None _____ Other (name of company): _____

May we e-mail you current information regarding our programs, yes or no?

I, _____, have voluntarily chosen to participate in a Tamarack Aquatic Center swim and/or exercise program. I understand that there are inherent risks involved in this activity, in and around the Tamarack Aquatic Center pool and I accept any and all responsibility for injury and/or damage, which I may incur during this activity.

Signature

Date

updated 8/2018

NAME: _____
Last _____
First _____
Expires: _____

Pool Rules

- All users must check in at the front desk before entering the pool, either paying per drop-in hour (when full hour is permitted) or via Punch Card system—applying the appropriate punches to relevant swim sessions. Please honor our 1-hour time limit for all drop-ins and punch cards (excluding Unlimited cards) and exit the pool at the end of the scheduled session.
- Punch Cards expire 1 calendar year from purchase date. Unlimited Passes expire 1 month from purchase. Please communicate with staff if there is any need for extensions; unused passes will not be refunded after the expiration date.
- All swimmers must shower before entering pool/spa.
- Swimmers who have experienced diarrhea or a communicable disease/virus two weeks prior to swimming are prohibited for the safety of others.
- People with compromised immune systems are advised to use caution while using public showers and pools; no open wounds or bandages in the pool for your safety and others.
- We do not allow babies under 6 months of age enter the pool **at all** for health, safety, and liability reasons.
- All swimmers who are not toilet-trained are required to use **cloth and elastic re-usable** swim diapers.

No disposable swim diapers in the pool.

- No running.
- No diving: jumping is allowed in the deep end **only** during recreational/family swims, and must always be done “feet first.” Please do not jump in during instructed classes.
- No glass permitted.
- All pool users are required to fill out a Liability and Emergency Contact Waiver; this waiver may be updated after any change in address, but must be updated every two years. All Caregivers/Attendants are required to fill out our specific Attendant Waiver, which details rules and expectations for professionals working with pool users.
- No food or drink in the pool or locker rooms; permitted only in the lobby or on the pool deck. No alcohol in the facility.
- Please refrain from leaving personal items on chairs or on benches in the locker rooms: instead feel free to use the lockers provided (bring your own lock!) or store items in the plastic bins provided. Do not keep personal items or wheelchairs in the Family Changing Rooms; other users need the space when you are done!
- Keep clear of the blue pool mats located near the deep end, for your safety.
- Lifeguards on duty are here for your safety as well as ensuring the wellbeing of our facility and enforcing Tamarack Rules—the limitations of their duties require they stay on deck and alert. They will be more than happy to assist with facility needs but cannot assist in transferring clients to/from wheelchairs or physically helping clients in/out of the water.
- Swimmers and guests under the influence of illicit drugs or alcohol will be asked to leave the facility without refund.
- Children must be supervised by parents/guardians at all times.
- Clients unable to support themselves in the water or children under 3 and pregnant people are prohibited from using the Hot Tub; children over 3 are allowed 1 minute per year of age and must be accompanied by an adult: i.e. 4yrs = 4 minutes. 7yrs = 7 minutes.
- 15 minute maximum for Hot Tub use for all ages.
- No walking/sitting/climbing on or over the dividing wall between the wheelchair ramp and the main pool area; wheelchair ramp is designed to provide access to the pool and hot tub for users with mobility concerns, please be mindful of the space’s intended purpose.
- Majority of facility equipment available for users; if unsure, please double check with lifeguard on duty and return all equipment when finished. The scuba flippers may only be used with lifeguard permission. We reserve the right to remove equipment if being used improperly or in an unsafe manner-- including personal items such as Mermaid Tails, flotation devices, or water toys.