

# Bainbridge Aquatic Masters Medical Information and Waiver Form

Name:

Address:

Phone (H): Phone (B/Cell):

Email: Birthdate:

Emergency Contact Name:

Phone:

Physician's Name:

Phone:

Preferred Hospital:

Circle or Check the correct response:

1. Have you ever had pains or a sensation of pressure in your chest that occurred with exertion lasting a few minutes and then subsided with rest? Yes  No
2. Do you have any known cardiac conditions that might prohibit an exercise program? Yes  No
3. Do you or any of your relatives have a history of heart disease? Yes  No
4. Do you experience unusual breathlessness or exertion that is more than experienced by others doing that same sports activity? Yes  No
5. Do you take any prescription medicine on a regular basis? Yes  No
6. Do you have any allergies? Yes  No
7. Does your heart ever beat unevenly or irregularly or seem to flutter or skip beats for no apparent reason? Yes  No
8. Do you have any orthopedic problems that cause pain or limit motion in any way? Yes  No
9. Do you have asthma or any other respiratory ailment? Yes  No
10. If answered "yes" for question #9, do you need to bring an inhaler to practice? Yes  No
11. Is there any other medical issue the coaches should know about? Yes  No

If you have answered "yes" to any questions, please explain in further detail:

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**Waiver:** As A condition of participation, I the undersigned hereby assume all risk of injury to myself and absolve and hold harmless all coaches, board members, officials, staff, and other swimmers and administrators of Bainbridge Aquatic Masters, Pacific Northwest Association, Untied States Masters Swimming, any and all Park/City Governments from all direct end consequential damages incurred as a result of any and all BAM workouts/play outs, swim meets, clinics, open water swims and activities associated with BAM. I agree to register with the USMS annually, to have a Physical checkup before starting and yearly thereafter, and to be in good health as a condition of my membership. I am also aware that swimming is a strenuous physical activity with some inherent dangers.

Date:

Signature: