

## WHAC LIFEGUARD TRAINING REGISTRATION

Name:		Age:	
Home Address:		Zip:	
Home Phone:		Cell :	
Email:			
Emergency Contact:		Phone:	


I understand that to successfully complete the course, I must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

I understand that there is a prerequisite skills test (to be conducted at the beginning of the class) that I must pass before taking part in the full course.

1. Swim 300 yards continuously using the front crawl, breaststroke or a combination of both. Swim goggles may be used.
2. Tread water for 2 minutes using only your legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath.

I understand that if I fail to complete the course, I will not receive a refund of my registration fees.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment Information			
Cost:	\$200	Check #	
Credit Card #:		Exp	
			
Cardholder Name		Phone (in case of problems)	
Billing Address (if different from above)		Zip	

Western Hills Athletic Club  
P.O. Box 160985  
Austin, Tx 78716  
whac@sbcglobal.net

**Western Hills Athletic Club  
RELEASE AND INDEMNITY AGREEMENT**

I understand that swimming, diving, and other sports and recreational activities (collectively, the Activity) pose a degree of hazard and risk, that accidents happen, and can cause serious injury (including paralysis, brain damage, amputation, scarring, psychological trauma) and death.

I understand that before Western Hills Athletic Club (WHAC) will permit me or \_\_\_\_\_ (my Child) to participate in any Activity offered by WHAC, we must give up all rights to hold WHAC liable for injury/damage/loss that my Child or I may sustain. **I willingly assume all risk or injury/harm to me/my Child caused by any Activity.**

**I release WHAC from any and all liability** for personal injury, property damage, or wrongful death resulting from or arising out of any Activity. I understand that this release bars recovery of money from WHAC, even if the injury or harm occurs in a way that I never anticipated or expected or is caused in whole or in part by WHAC's acts or omissions.

**I will indemnify and hold harmless WHAC** from all liability, actions, demands, claims, damages, expenses, and costs of every possible nature due to injury, death, loss, or harm that may arise or result from my/my Child's participation in the Activity.

**I agree to pay for WHAC's court costs and attorney's fees if a lawsuit is brought** against WHAC in relation to my/my Child's engaging in the Activity.

The release and indemnity protections granted to WHAC in this Agreement shall be given the broadest scope permitted by the law of the State of Texas. If any provision is found to be invalid, it will be modified to the least extent necessary to render it enforceable.

I have read this Agreement and understand it. I am the parent or legal guardian of the Child named above, and have full authority to enter into this Agreement on my Child's behalf. I sign voluntarily and on behalf of myself, my Child, and my Child's other parent. This Agreement shall be binding on personal representatives, heirs, and all other persons who could make a claim against WHAC that relates to injury or harm to me/my Child.

Whenever the term "WHAC" is used in this Agreement, it includes WHAC directors, officers, agents, representatives, employees and volunteers.

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

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

**READ CAREFULLY BEFORE SIGNING  
THIS DOCUMENT WAIVES IMPORTANT LEGAL RIGHTS**