

**LAP SWIM OUTSIDE OF NORMAL POOL OPERATING HOURS
NO LIFEGUARD ON DUTY**

Normal Pool Hours: Monday-Friday 11 am - 7 pm, Saturdays 11 am - 8 pm, and Sundays 12 pm - 7 pm

**Mandatory Buddy System for Morning Lap Swim: May 30 - Sept 4, 2023 during the hours of 6 am-8 am
NO use of pool after dark, before sunrise, or during inclement weather**

I release The Highlands Pool and Racquet Club, Highlands Community Association ("Association"), its officers, directors, agents, employees, ACS West, Swim Metro and the Highland Hurricanes Swim Team from responsibility for personal injury or liability while engaged in the Morning Lap Swim during the months of May, June, July, August, and Sept. 2023. I certify that I am at least 18 years of age and of sound mind at the time of this signing. I certify that I am a paid member of the Highlands Pool and must follow all pool rules. I understand that every individual wishing to participate in this activity must fill out and sign their own individual waiver. I agree that I will not share the lock box entry code with anyone or let anyone else in to the pool during this activity.

I understand that this activity requires physical activity and I certify that I am in appropriate physical condition for this activity. I understand that there is an element of risk in this activity and agree to follow all instructions, rules, and regulations. I understand that there must be two persons ages 18 or older present for this activity and that no one individual may be within the pool confines or swimming by him or herself. I certify that I have accident and medical insurance for this activity in effect for the months stated above.

I hereby waive, release and forever discharge Highlands Community Association, its board of directors, officers, agents, employees, and any committee members, ACS West, Swim Metro, and the Highlands Hurricanes Swim Team from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in this activity, whether or not damages or loss is due to negligence.

I agree to indemnify and hold harmless the above-mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death during participation in this activity.

I agree to notify the Association in writing by email to ACS West on the day of my use of any defects, conditions that could compromise health or safety or maintenance needs of any portion of the Pool facility, including the water.

I understand that I may only use the pool outside of normal pool hours from May 30 - Sept 4, 2023 during the hours of 6am-8am. I will not use the pool after dark, before sunrise, or during inclement weather.

I understand that if I violate the above-mentioned rules and policies, my privileges will be revoked and my pool membership will be revoked without a refund. Any use of the pool outside of Normal Pool Operating Hours by a person whose privileges have been revoked shall be considered a trespass.

First and Last name: _____

Street address: _____

Email: _____

Cell Phone: _____

Emergency Contact name(s): _____

Emergency contact phone number(s): _____

Signed: _____ Date: _____

Note: Lockbox code will be provided via email and cell phone, as codes will change throughout the season.