

22 Wing Fitness & Wellness Centre



Pool Party Forms, Information & Waivers

Party Contact Information			
Party Date:			
Childs Name & Age:			
# of Children:			
Contact Name:			
Email:			
Phone Number:			
Parties are available on Saturday's & Sunday's, with minimum two weeks' notice, & based on availability. Payment is due at the time of registration. No open flames (i.e. candles) allowed in the facility.			
Package	Military/Veteran	DND/Associate	Non-Member
<input type="checkbox"/> Pool Party ★ 1330-1530hrs ★ 1 to 15 participants ★ Access to open swim (1345-1500hrs) ★ Includes private room ★ Includes 1 Party Host	\$140	\$175	\$205
<u>SUPERVISOR USE ONLY</u>			
<input type="checkbox"/> Book Gymnasium & Classroom in Scheduling. Invoice #: _____			

*An additional hour can be added to all bookings at an extra cost of \$35.00

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Pool Supervision Ratios

The following is a policy that must be adhered to ensure the safety of all individuals using the swimming pool.

For questions and/or concerns, please contact the 22 Wing Fitness & Wellness Reception Desk. 705-494-2011 ext. 2610

Age	Requirement	Guardian: Child Ratio
Under 6 years old	May not be admitted in the swimming pool unless they are always accompanied by parent/guardian at least 16 years or older responsible for their direct supervision who must be actively participating within arm's reach at all times and wearing a proper swimming suit.	1:2
6-13 years old who did not pass the swim test	Always accompanied in the water and within arm's reach by parent/guardian (16 years or older). Are restricted to shallow-end.	1:4 or 1:6 if all non-swimmers are wearing PFD
6-13 years old who successfully passed the facility's swim test	No guardian supervision required.	N/A

Pool Safety Guidelines

These guidelines have been created to ensure a safe and enjoyable swim experience for all participants in the pool.

The duty of care belongs to the parent/guardian even when there are lifeguards on duty at the pool. Lifeguards and parents/guardians work collaboratively to ensure the safety of all participants by the following rules, regulations and policies designed for participants' safety.

The following are policies, procedures and regulations that must be adhered to when participants come for a swim in the pool.

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Patrons of any age (including adults) may be subject to a swim test, at the lifeguard's discretion, before accessing the deep end of the pool. Those who fail the swim test will not have access to the deep end.

Guideline	Details
Water Test	<ol style="list-style-type: none">1. All participants wanting to swim in the lap pool need to take a swim test with the certified lifeguard.2. Children are required to pass the test to be able to swim in the lap pool without a PFD.3. To pass the test the child must:<ul style="list-style-type: none">o Swim the width of the shallow end on their stomach, and then swim the width of the shallow end on their backo Complete the entire distance continuously without stopping, touching or restingo Show strong forward movemento Show ability to take breaths4. When testing, the lifeguard will evaluate the distance completed, comfort level, power, propulsion, and proficiency.
Buddy System	<ul style="list-style-type: none">o Partner the swimmers up so that each of them has a buddy while at the poolo Buddies will swim togethero If one has to go to the washroom, the other will go with themo When partnering children, ensure you are partnering children who have the same swimming abilities, as much as possible

Pool Rules

- Individuals with serious medical conditions (e.g., heart conditions, seizure disorders) must be accompanied by someone knowledgeable of their condition and inform the lifeguard/staff prior to participating.
- The lifeguard may restrict access to any part of the pool if safety concerns arise.
- Direct supervision requires a parent/guardian to be in the water, within arm's reach at all times.
- A caregiver is defined as someone 16 or older. Children under 10 must not be left unattended.
- Children aged 3 and under must wear a water diaper at all times.
- All participants and parents/guardians must shower before entering the pool.
- Upon arrival, participants and guardians must proceed to the pool viewing area for a briefing by lifeguards.

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- A parent/guardian must be present when entering the pool area.
- One parent/guardian should remain in the viewing area to assist participants as needed.
- The guardian in the viewing area must supervise children and be informed of their movements (e.g., bathroom visits).
- Any concerns should be directed to the lifeguards. Please follow their instructions at all times.
- Exit the pool immediately upon hearing three whistle blasts.
- Appropriate swimwear and bare feet (or indoor footwear) are required on the pool deck.
- Strollers, car seats, walkers, etc., are not permitted on the pool deck. Goggles without a nosepiece are allowed.
- Individuals with skin diseases, sores, inflamed eyes, or any communicable disease are not allowed in the pool.
- Spitting, blowing the nose, or spouting water in the pool or deck area is prohibited.
- Food, gum, and beverages (except water in clear plastic containers) are not allowed in the pool area.
- Running or climbing on the walls in the viewing area is prohibited for safety.
- Patrons must not play with buoy lines, lane markers, or ladders.
- Abusive language and profanity are not permitted.
- Diving is only allowed at the deep-end wall with diving blocks. Toys and mats must remain in the shallow end up to the "50" mark.

<p>I have read and understand the above policy.</p> <p>I agree that it is my responsibility to comply with the policy regarding <i>pool supervision ratios, safety guidelines and rules</i> as stated above</p>	<p>Customer Signature:</p> <p>Date:</p>
	<p>Supervisor Signature</p> <p>Date:</p>

Terms & Conditions

PLEASE READ CAREFULLY

I, _____, acknowledge the following terms and conditions:

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- A Party Host will be provided to assist with the event, **but not as a caregiver or child minder**. The party contact is responsible for ensuring children are always supervised.
- The party cost includes one Party Host, lifeguards, and belayers (if needed), as well as set-up, teardown, and cleaning.
- The Party Host will begin set-up 30 minutes before the scheduled start time. The party will begin promptly at the time specified on the Booking Form.
- The Party Host's role is to facilitate safe activities for the guests.
- The party contact is responsible for ensuring compliance with Pool Safety Guidelines when using the swimming pool.
- Payment is due at the time of booking.
- An additional charge of \$5.00 per child will apply for each guest over the 15-child maximum.
- No candles or open flames are permitted inside the facility.
- Due to the nature of the military facility, unforeseen interruptions or cancellations of rooms and activities may occur.
- In the event of a cancellation, every effort will be made to reschedule. If we cannot reschedule, a full refund will be provided, or the booking may be transferred to an alternate date if availability allows.
- Refunds will be issued for medical reasons with a doctor's note or for military operational requirements with validation.
- In case of a dispute, the refund decision will be made by the Community Recreation Coordinator in consultation with the Manager of Fitness, Sports, and Recreation.
- CFMWS/PSP staff at 22 Wing Fitness and Wellness Centre are not liable for any loss or injury before, during, or after the event

I have read and understand the above Terms & Conditions.	Signature: Date:
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RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

Please read carefully. By signing this document, you will waive certain legal rights – including the right to sue

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I have read and agree to be bound by statement above.	Signature
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1. This is a binding legal agreement. Clarify any questions or concerns before signing.
2. As a participant of the *22 Wing MCpl J.J.P Legault Fitness & Wellness Centre* and the activities, programs, classes, services provided, and events sponsored or organized by Canadian Forces Morale and Welfare Services:
 - a. North Bay PSP;
 - b. 22 Wing CFB;
 - c. Ontario;
 - d. Date: _____

including but not limited to: self-led activities, virtual and online activities, instructional sessions or lessons, practices competitive activities including game play, travel, equipment use or loan, indoor and outdoor activities and facilities, strength training and fitness conditioning and performances (collectively the “Activities”), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

3. In consideration of my participation in or attendance at these Activities, I, on behalf of myself, personal representatives, heirs, spouse, children or assigns, do hereby waive, release and forever discharge Her Majesty the Queen in Right of Canada, Her officers, servants, agents, employees, volunteers, officials, participants, agents, sponsors and members of Her Canadian Forces, Staff of the Non-Public Funds and the Canadian Forces Morale and Welfare Services, its officers, servants, agents and employees, volunteers, officials, participants, agents, and sponsors (collectively the “Organization”) from and against all claims and demands, loss, costs, damages, actions, causes of action, suits or other proceedings by whomsoever made, brought, or prosecuted in a manner, related to any loss, property damage, personal injury or death, resulting from, occasioned by or attributable in any way to my acts or omissions resulting from my participation in or attendance at this Activities in any manner whatsoever including, but not limited to, the negligence of the Organization, either collectively or individually.

I have read and agree to be bound by paragraphs 1, 2 and 3.	Signature
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Description and Acknowledgement of Risks

4. I understand and acknowledge that:
 - a. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including

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without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life.

- b. I am responsible for my own code of conduct and behavior during the Activities and will follow safety guidelines including the recommendation by the Organization of the wearing of personal protective equipment (where applicable);
 - c. The Organization has a difficult task to ensure safety, and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - d. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.
5. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
- a. Health (physical and mental): executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, psychological harm, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof;
 - b. Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises;
 - c. Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability;

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- d. Contact: contact with equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury;
- e. Advice: negligent advice regarding the Activities;
- f. Ability: Failing to act safely or within my own ability or within designated areas;
- g. Cyber: privacy breaches, hacking, technology malfunction or damage;
- h. Conduct: My conduct and conduct of other persons including any physical altercation between participants;
- i. Travel: Travel to and from the Activities;
- j. Negligence: My negligence and negligence of other persons, including negligence on the part of the Organization, either collectively or individually, may increase the risk of damage, loss, personal injury or death. I understand that the Organization, either collectively or individually, may fail to safeguard or protect me from the risks, dangers and hazards of the Activities, some of which are referred to above.

I have read and agree to be bound by paragraphs 4 and 5.	Signature
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Terms

- 6. In consideration of the Organization allowing me to participate in the Activities, I agree:
 - a. That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - b. That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
 - c. To complete a Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and followed recommendations such as seeking further advice from a doctor, another health care practitioner who is licensed to diagnose, or a qualified exercise professional before becoming much more physically active;
 - d. To comply with the rules and regulations for participation in the Activities including local, municipal, provincial and federal government regulations;
 - e. To comply with the rules of the facility or equipment;
 - f. That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
 - g. The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;

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- h. That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
- i. That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment;
- j. There is no insurance coverage provided for participants against dangers inherent in the Activity. I am responsible to review my personal accident, life insurance coverage to ensure that there is no exclusions related to the Activities, and that benefits are realistic. I am responsible for arranging and paying for such coverage;
- k. To stop participation in the Event if it becomes, in my own assessment and opinion, unsafe to continue;
- l. That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death.

I have read and agree to be bound by paragraph 6.	Signature
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Release of Liability and Disclaimer

- 7. In consideration of the Organization allowing me to participate, I agree:
 - a. That the sole responsibility for my safety remains with me;
 - b. To ASSUME all risks arising out of, associated with or related to my participation;
 - c. That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - d. To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e. To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
 - f. To INDEMNIFY and HOLD HARMLESS North Bay PSP, either collectively or individually, from and against any and all claims and demands, losses, litigation expenses, legal fees, liability, damages, awards, costs, actions, causes of action, suits, or other proceedings of any form or type whatsoever, they, or any of them, may incur or be subject to whether directly or indirectly as a result of my

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participation in the Activities, whether the claim is based on, including but not limited to, the negligence, gross negligence, breach of contract, or any action taken or things done, maintained or failed to be done of or by the Organization, collectively or individually.;

- g. To FOREVER RELEASE AND INDEMNIFY and HOLD HARMLESS the Organization, either collectively or individually, from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization, either collectively or individually;
- h. That the Organization, either collectively or individually, is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i. That negligence includes failure on the part of the Organization, either collectively or individually, to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j. This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 8. I agree that in the event that I file a lawsuit against the Organization, either collectively or individually, I will do so solely in the Province of Ontario and further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.
- 9. I AGREE that the Agreement will be governed by, and is to be interpreted, construed and determined in accordance with, the applicable federal laws and the laws in force in the province of Ontario, Canada and I AGREE to irrevocably and unconditionally attorn to the exclusive jurisdiction of the Courts of Ontario, Canada and all courts competent to hear appeals from the Courts of Ontario, Canada.
- 10. I AGREE that if any provision of this Agreement is determined to be invalid or unenforceable, in whole or in part, by a court of competent jurisdiction, such invalidity or unenforceability shall not affect the remaining terms or provisions of this Agreement.
- 11. WITHOUT LIMITING THE ABOVE, I AGREE NOT TO SUE the Organization, either collectively or individually, for, including but not limited to, any and all personal injury, including physical and psychological harm, death and property loss or damage, and costs, damages, fees, expenses, awards, and liabilities or otherwise relating thereto of

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any form or type, howsoever caused or arising, and whether directly or in directly as a result of my participation in the Activities.

I have read and agree to be bound by paragraphs 7, 8, 9, 10 and 11.	Signature
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Acknowledgement

12. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization, either collectively or individually, on the basis of any claims from which I have released herein.

Name (Printed)
Signature
Date