**MEDICAL RELEASE**

**Tracy Hendershot and the Don’t Sweat the Swim, Group Swim Performance Training Sessions**

**and Private Swim Lessons**

Tracy Hendershot and the Don’t Sweat the Swim, Group Swim Performance Training Programs and private swim lessons are concerned with the health and well-being of its athletes and those who participate in training programs. However, we do not provide physical examinations for any athletes who train in our programs. Therefore, it is necessary for such individuals to certify that they are in adequate physical condition to participate in the training programs that are provided and to release Tracy Hendershot from liability for not providing medical examinations, athletic trainer’s examinations or physical fitness assessments. Tracy Hendershot urges all athletes who participate in any of programs to have a physical examination before any of your training begins. I (print name of athlete), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ warrant that I am in adequate physical condition for the purpose of participating in SwimWithTracy Swim Performance Training programs. I am informed that Tracy Hendershot and her respective trainers as well as her employees and assistants, if any, are not responsible for knowing my physical condition at this time. Further, Tracy Hendershot and her trainers as well as employees and assistants, if any, are not responsible for granting me medical clearance to participate in SwimWithTracy and Don’t Sweat the Swim training programs. In consideration for Tracy Hendershot granting him/her permission to engage in said training programs, I hereby release Tracy Hendershot and her SwimWithTracy Swim Performance Group Training Don’t Sweat the Swim or private one-on-one training sessions from any and all liability, claims, costs, expenses, injuries or losses that I (print Name of Athlete), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may have, attributable in whole or in part to my not having been physically examined by a physician. Further, I hereby assume the risk of any and all injuries, even those that are life threatening that occur as a result of participation in training programs with Tracy Hendershot.

**Coronavirus / COVID-19 Warning & Disclaimer**

Coronavirus COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in SwimWithTracy Swim Performance Training programs or accessing Aquatic Adventures Ohio facilities could increase the risk of contracting COVID-19. Aquatic Adventures Ohio LLC and SwimWithTracy Swim Performance Training programs in no way warrants that COVID-19 infection will not occur through participation or accessing Aquatic Adventures Ohio LLC facility.

Athlete’s Name (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature if Under Age 18 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_