

WaterGym® Class Registration & Waiver of Liability

(Instructions to fill out this form are below on PAGE 2)

Name (first, last)	Mailing Address
Phone (cell preferred)	Email

WaterGym® Waiver of Liability

- I understand that as with any exercise program, a medical check up is advised before starting.**
 - WaterGym® is intended for men and women who are in good health and physical condition, and who are comfortable in and around the water. Before participating, I should consult my physician for a physical evaluation to determine whether WaterGym® is appropriate for me. If so, I will only do exercises at a vigor that feels safe and comfortable for me, *even if I am told to do otherwise*, and I will stop exercising and inform the instructor if I am experiencing any physical discomfort or pain.
- I am participating in WaterGym® at my own risk.**
 - WaterGym® involves 60 minutes or more of vigorous physical activity, and includes exercise in and around swimming pools, with risks of slipping, falling, drowning or other types of injuries that may lead to death. By participating in WaterGym®, I'm voluntarily assuming sole responsibility for any and all risks I may be involved in before, during and after taking the class, including exposure to COVID or any other type of communicable diseases.
 - Each time before I take a WaterGym® class, I am required to sign in on a class roster which includes a waiver of liability stating that I am taking the WaterGym® class at my own risk. It also states that I will hold harmless WaterGym LLC, the WaterGym® teachers and the clubs at which the class is being held if anything happens to me before, during or after taking the class.
 - Exercising in an outdoor pool has been known to be one of the safest workout environments during COVID, however there's always a risk I might be exposed to COVID while in class or at the club the class is held at. Therefore, I'll willingly provide my phone number so I can be contacted if there's a COVID exposure at the facility which in WaterGym® is being held.
- If I am sick or have COVID, or have been around someone who is sick or who has recently had COVID, I will not come to class until I've quarantined and am no longer contagious.**
 - I will take all proper precautions so as not to risk exposure to other WaterGym® participants, teachers or facility staff.
- I will be responsible for my own health and comfort level.**
 - I understand everyone has their own comfort level in regards to COVID. I'll make sure to do what I feel necessary to stay safe and healthy before, during and after my WaterGym® classes, such as wear a mask, distance myself or whatever I feel is best.
 - If I decide to wear a mask while in the water during class, I understand I should have an extra mask or two close by in case my mask gets wet, because wet masks do not allow for proper ventilation and need to be immediately replaced with a dry one.
- I will respect the comfort and safety of others.**
 - I will do my best to keep enough space (ideally 6 feet) between myself and the other WaterGym® participants during class, especially during the traveling section of our workout.
 - I will do my best not to "breathe all over" my WaterGym® pool pals, by not performing any type of exaggerated huffing/puffing "mouth exhaling" during class. If there's a medical reason I must do this type of exaggerated breathing, I'll let my teacher know so he/she can decide if there's a place in the class where this can be performed away from others.
- If a club allows INDOOR locker room usage and requires masks to be used inside their facility, I will abide by their policy and wear a mask. If a club leaves this decision to each individual, I will take responsibility and decide if I need to wear a mask or not, and allow others to do the same.**
 - I also understand that my locker room usage must be brief, and the showers they are providing are for a quick rinse off only, no shampooing, shaving etc.

By signing this waiver of liability below, I hereby release, indemnify, and hold harmless WaterGym LLC, the WaterGym® teachers and all owners and operators of any clubs that the WaterGym® program is being held at from all claims and demands that may arise from my participating in this aquatic, aerobic workout. If any part of this waiver is held invalid, I agree the rest will remain valid.

Signature	Date
Print Full Name	



Instructions on how to fill out our WaterGym® Class Registration & Waiver of Liability form

1. **Download this form onto your computer. Open form and PRINT OUT.**
2. **Read all of Page 1. This is our WaterGym® Waiver of Liability.**
3. **If you agree to the terms of our waiver, fill in and sign the two areas required on Page 1: the registration area at the top, and the signature area at the bottom. All areas must be complete and legible to be accepted. Please use black ink.**
 - a. Complete and return the form to us. See #4.
 - b. **IMPORTANT! After completing this form and BEFORE emailing it to us, SAVE the form to your desktop. Then close the file and RE-OPEN it. Do this to CHECK to make sure you're sending us the COMPLETED form, not our blank original. (yes... it's true...we are getting a lot of those!) SAVE A COPY OF YOUR COMPLETED FORM for your records.**
4. **Use one of the following 5 methods to complete your form and return it back to us.**
 - a. **COMPLETE & SIGN ELECTRONICALLY:** Will NOT work on a phone or tablet. Will ONLY work on a computer if you have the ability to sign a document electronically, otherwise use another option below.
 - i. Open up document. Fill in the top and bottom, then enter in your electronic signature at the bottom. Save a copy of the file to your computer. Close document. Open back up and make sure it is complete and not blank.
 - ii. Email COMPLETED FORM to: info@watergym.com **See 3.b above BEFORE sending!**
 - b. **SCAN:** Print out the form. Fill it in by hand using black ink. Scan completed form.
 - i. Email COMPLETED FORM to: info@watergym.com **See 3.b above BEFORE sending!**
 - c. **FAX:** Print out the form. Fill it in by hand with black ink. Fax completed form – but FIRST give us a call at 415-388-5099.
 - i. Our WaterGym® office does not have a dedicated fax line. We will call you back with our fax number when we're in the office ready to receive your fax.
 - d. **TAKE A PHOTO:** Print out the form. Fill it in by hand using black ink. Then take a CLEAR photo of your completed form.
 - i. We will only accept clear photos, that can be printed out straight and clearly readable. Try printing your photo first. If needed, make adjustments to photo before sending. Must be big enough size to print & see. Email COMPLETED FORM to: info@watergym.com **See 3.b above BEFORE sending!**
 - ii.
 - e. **SNAIL MAIL:** Print out the form. Fill it in by hand using black ink. Mail it to us.
 - i. This method is the slowest as we only go to our Post Office box 4x per month. Call us at 415-388-5099 to ask our timing if necessary. Mail it to: WaterGym LLC PO Box 550 Tiburon, CA 94920
5. **Once we receive your completed form, we'll email you back with your 3-digit registration pin number within 1-7 business days, however we'll do our best to get it to you within 1-2 business days. We suggest you register AT LEAST 1 WEEK BEFORE YOUR FIRST CLASS to get your pin in time.**
 - a. Print the email you receive from us and keep in your swim bag just in case you forget your pin!
 - i. It is also proof of class registration, important if you're taking WaterGym® from various clubs & teachers.
 - b. Every time you sign in for class, you'll write in your registration number on the sign in sheet.
 - c. You will not be allowed to participate in WaterGym® without your pin.
 - d. To view our registration page on our website again: <https://watergym.com/watergym-class-registration/>

Thank you for registering for our WaterGym® classes! Call 415-388-5099 if you have questions!

WaterGym LLC PO Box 550 Tiburon, CA 94920

<https://www.watergym.com>