Welcome to Iowa State University Swim & Gym!

In this packet, you will find all of the information you need to register your child for the spring 2020 session of ISU Swim & Gym. Children must be registered prior to the start of the program. All paperwork and payments must be received by January 31, 2020. Paperwork can be mailed or brought to the main office located at 237 Forker Building. The program has filled to capacity in the last two years, please be aware that waiting until January 31 may prevent your enrollment in the program due to the lack of space.

Included in this packet are the following items:

1. Payment Information
2. Program Departure Release
3. Activity Information Form
4. Swim & Gym Schedule

Fee information for all families

<table>
<thead>
<tr>
<th>Number of Children</th>
<th>Amount Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$90</td>
</tr>
<tr>
<td>2</td>
<td>$85</td>
</tr>
<tr>
<td>3</td>
<td>$80</td>
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<tr>
<td>4</td>
<td>$75</td>
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</tbody>
</table>

For example, if you have two children the cost will be $90.00 + $85.00 for a total of $175.00.

Three children equate $90.00+ $85.00+ $80.00 for a total of $255.00

Checks should be made payable to “Iowa State University”. We do not accept cash or credit card. Money orders are accepted.

Please mail paperwork and check to: ISU Swim and Gym Program
C/o Jenny Smith-Wittrock
237 Forker Building, ISU
534 Wallace Road
Ames, IA 50011
A Parent/Guardian Handbook was provided along with the Registration Packet. Please review all sections of the Parent/Guardian Handbook so you understand the responsibilities of all parties involved with the program. Adherence to the information in the handbook will help to ensure your child has a fun and safe experience with Swim & Gym.

Children participating in the program must show care and consideration for others in all locations of the program whether it be gymnasium, outdoor, or pool activities. An atmosphere of respect and courtesy are also required in our locker room settings. Please review the information about relationships and respect with your child.

Parents often have questions about program activities, discipline, apparel choices, snacks, etc. The handbook will provide answers to all topics related to the ISU Swim & Gym. If any questions still exist, please contact the Program Director.

By signing this document, you verify that you have read the ISU Swim & Gym Parent/Guardian Handbook and will adhere to the procedures, policies, and guidelines outlined for the program.

Parent/Guardian’s name (printed): ________________________________

Parent/Guardian’s signature: ________________________________ Date: _____

Name of all participating child/children:

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________
Swim and Gym Spring 2020
Iowa State University of Science and Technology
PARENTAL PERMISSION AGREEMENT

Student Participant’s Name: ___________________________  ___________________________  ___________________________
FIRST  MIDDLE  LAST

You have requested that your child be allowed to participate in the Swim and Gym spring 2020 at Iowa State University. All recreational activities involve risks, and it is important for you and your child to have information about this program and to provide program leaders with information about your child. This Parental Permission Agreement must be read carefully and signed by the parent/guardian of each student participant who takes part in the program. **THIS IS A LEGAL CONTRACT AND AFFECTS ANY RIGHTS YOU MAY HAVE IF YOU OR YOUR CHILD ARE INJURED OR OTHERWISE SUFFER DAMAGES WHILE PARTICIPATING IN SWIM AND GYM SPRING 2020.**

**Inherent Risks and Dangers of Recreational Activities:**

I understand and appreciate that risk is inherent when participating in recreational activities. The Swim and Gym Program involves active physical participation in team sports, gymnastics, dance, swimming, and other fitness activities. While participating in these activities, the body is subject to a variety of influences that may become potentially hazardous. Some of these hazards include, but are not limited to: cuts, abrasions, contusions, outdoor allergens, sunburn, dizziness, muscle cramps, heart attack, stroke, drowning, and a variety of other injuries, up to and including death. I affirm to the best of my knowledge, that my child is in good physical and mental health and free from cardiovascular, respiratory or other diseases or ailments, which could endanger him/her while participating in this program.

**Behavior Expectations of the Participant:**

- Successful participation in recreational activities requires participants to abide by general rules and regulations as well as rules specific to the particular activity (swimming, volleyball, gymnastics, etc.). It is important to follow the directions of the activity leader(s) at all times.
- Participants are expected to exhibit appropriate behavior at all times. Inappropriate behavior will be discussed with the child when it occurs. Negative behavior affects more than just the participant involved in the misconduct; it can affect all those around them. If a participant is destructive to University property, the parent will be contacted for appropriate payment and/or dismissal from the program.
- The Swim and Gym Program may dismiss any participant due to violence, bullying, or other destructive behavior. Registration fees may or may not be returned at the discretion of the Program Director.

**For Student Participant:**

I agree to follow the Swim and Gym behavior policies and participate to the best of my abilities.
I will treat other students, staff, and volunteers with respect and help to make this program safe and enjoyable for all.

Participant Signature: ____________________________________________  Date: ____________________
Image/Voice Permission: ______ (Parent/Guardian initials)

Photographs or video/audio recordings may be taken of you/your child during Swim and Gym program activities. Unless you request otherwise, this Agreement will be considered permission for Iowa State University and the Swim and Gym program to photograph, film, audio/video tape, record and/or televise your image and/or voice and/or your child’s image and/or voice for use in any publications or promotional materials, in any medium now known or developed in the future without any restrictions. If you object to ISU using your image or voice and/or your child’s image or voice in this manner, please notify the Program Director, in writing, upon submission of this Agreement.

Release and Waiver of Liability

I, ___________________________ (Parent/Guardian of Participant) hereby release from liability, waive, discharge and covenant not to sue Iowa State University; Board of Regents, State of Iowa; and the State of Iowa, and any of the officers, servants, agents and employees of the above-mentioned entities (hereinafter referred to as RELEASEES) for any liability, claim and/or cause of action arising out of or related to any loss, damage or injury, including death, that occurs as a result of my child’s participation in the Swim and Gym Program spring of 2020.

I understand all of the dangers and risks involved in the physical and recreational activities included in this Program.

I agree to indemnify and hold harmless the RELEASEES when loss, damage or injury is caused by my/my child’s negligence, gross negligence or intentional acts. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Iowa.

By signing this Release and Waiver of Liability, I state that I have read and understand the conditions set forth in this Parental Permission Agreement, my child and I agree to all conditions set forth herein, and I sign this voluntarily.

This Parental Permission Agreement and Release and Waiver of Liability shall be governed by and construed under the laws of the State of Iowa, which shall be the forum for any lawsuits arising from or incident to this Agreement.
PARTICIPANT INFORMATION

Participant's Name ________________________________
Permanent Address ________________________________ Age ________ Sex_________
City, State, Zip ________________________________ Home Phone (____) ________________

The information recorded on this form is intended for use by the program's leader or emergency medical personnel.

PARENT/GUARDIAN INFORMATION

Name: ________________________________ Name: ________________________________
Phone: (____) _________ Phone: (____) _________
Email Address: ________________________________

EMERGENCY CONTACT INFORMATION

Please provide contact information for other people who know your child and with whom we can consult if we cannot reach you. We assume you have spoken with these individuals and they are willing to assist should the need arise.

Name: ________________________________ Name: ________________________________
Relationship: ________________________________ Relationship: ________________________________
Phone: ________________________________ Phone: ________________________________

INSURANCE POLICY INFORMATION

I understand that Iowa State University does not carry health or accident/medical insurance for participants in the Swim and Gym Program. Please complete this area regardless of your current insurance coverage status.

_____ (Parent/Guardian Initials)

The Participant is covered by health insurance: _____ Yes _____ No
Policy Holder's Name ________________________________ Relation to Participant ________________________________
Insurance Company Name ________________________________
Insurance Company Address: ________________________________
Policy # ____________________________ Plan # ____________________________

MEDICAL/HEALTH INFORMATION

Does the Participant have any of the following conditions or a history of any of the following conditions?

Asthma _____ Yes _____ No
Heart or cardio-vascular problems/disease _____ Yes _____ No
Allergies (food, bees, medicine, etc.) _____ Yes _____ No
Diabetes _____ Yes _____ No
History of convulsions/seizures _____ Yes _____ No
Chronic bone, muscle or joint injuries _____ Yes _____ No
Migraine headaches _____ Yes _____ No
Ear infections and/or hearing problems _____ Yes _____ No
Please explain any “YES” answers from page 5 and explain any additional information that may impact your child’s ability to fully participate in the Swim and Gym program. If needed, please attach additional pages to this packet.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

HEALTH CONDITION OF THE PARTICIPANT
Participants must be healthy and reasonably fit to safely participate in recreation activities. By signing this Parental Permission Agreement, you agree:

- That your child has the physical fitness, ability and skill level to participate safely in the specified physical fitness activities included in this Program.
- To inform the Program Director of any medication, ailment, condition, or injury that may affect your child’s performance in Program activities.
- That you will bear all financial responsibility for any medical treatment arising from your child’s participation in the Swim and Gym Program.

PARENT/GUARDIAN AUTHORIZATION FOR FIRST AID AND HEALTH CARE
Name of Family Doctor: _______________________________ Office Phone #: ______________________________
Name of Family Dentist: _______________________________ Office Phone #: ______________________________

This Medical/Health Information form is correct and complete to my knowledge. My child (Participant) has permission to participate in all Swim and Gym Program activities except as explained in writing to the Program Director. I hereby give permission to the Swim and Gym Program staff to provide routine first aid if needed. If I cannot be reached in an emergency, I give permission to Program staff to seek emergency treatment including x-rays, routine tests, and treatment for the health of my child.

________________________________________________________________________
Date

Parent/Guardian Name (please print)

______________________________
Parent/Guardian Signature
Swim and Gym 2020
Program Departure Release

Swim & Gym personnel will remain with your child at the conclusion of Swim and Gym each Tuesday and Thursday. Please complete the following information to ensure an approved adult is retrieving your child at 5:30pm.

An adult must come to the pick-up location at 5:30pm. We cannot take your child outside the building or to the parking lot. The pick-up area is located outside the pool locker room. It is Forker 102 and is the student lounge space for the department.

Approved Adult for Pick-Up #1:

Name: ________________________________

Relationship to Child: __________________

Phone number: __________________________
(Please provide a number that can be reached between 5:30-5:45pm)

Approved Adult for Pick-Up #2:

Name: ________________________________

Relationship to Child: __________________

Phone number: __________________________
(Please provide a number that can be reached between 5:30-5:45pm)

Approved Adult for Pick-Up #3:

Name: ________________________________

Relationship to Child: __________________

Phone number: __________________________
(Please provide a number that can be reached between 5:30-5:45pm)

Please keep the Program Director updated with any changes. It is necessary to notify Jenny Smith-Wittrock if an adult not listed on this document needs to retrieve your child from Swim & Gym.

Jenny Smith-Wittrock, M.S.
Swim & Gym Director
gavsmom@iastate.edu
515-294-1762
Aquatic Experiences

Please answer the following questions accurately as it helps staff properly place your child in a swimming lesson group during Swim & Gym. The first week of the program is used to evaluate and ensure children are practicing aquatic skills at an appropriate developmental level. If you are a returning member of Swim & Gym and simply need to report any updates, that is appreciated.

How well does your child swim? ____________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Does your child like to swim and/or play in the swimming pool? __________________________

Has your child ever taken swimming lessons? ________________________________________
If so, which program was utilized? _____________________________________________

Does your child put his/her head underwater? ______________________________________

Does your child open his/her eyes underwater? ______________________________________

Does your child have tubes in his or her ears? __________________________
   If yes, does he/she know how to insert his/her earplugs? _______________________

Is there any other information that might be relevant to your child’s participation in the swimming aspect of this program (health conditions, past experiences, etc.)?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
University Swim & Gym Schedule

(Please keep the following information! DO NOT RETURN this with your paperwork!)

Here is a schedule to hang up at home to remind you of when Swim & Gym will be meeting during the spring semester.

Days/Dates

Swim & Gym meets on Tuesdays and Thursdays. All sessions will be held at the Forker Building on the Iowa State University campus. The program is 10 weeks in length.

**Begins:** Tuesday, February 4, 2020  
**Ends:** Thursday, April 16, 2020  

Times

**Tuesdays & Thursdays**
Drop-Off: 3:45-4:00pm at Gym 202 west in the Forker Building  
Pick-Up: 5:30pm at Forker 102 (lounge area) in the Forker Building  
Pool Balcony is unlocked at 5:00pm for parents/guardians that want to view swim lessons.

Employees meet children in the gymnasium at drop-off and will not be stationed outside. We are not responsible for the children until they enter the gymnasium. Parents are not required to attend these sessions with their child, but they are always welcome to stay after drop-off in the gym.

What should I bring?

Children should wear loose, comfortable clothing and **athletic shoes** to every session. Sandals, flip-flops, and Crocs should not be worn. Children should bring a bathing suit and towel each day so that they may participate in swimming lessons. Children should also bring a plastic bag in which they can deposit their wet suits and towels after swimming. Other items like goggles, swim caps, etc. are not required, but children may bring their own if they would like to use them. If goggle use is desired, please do not provide scuba goggles as they cover your child’s nose and prevent proper breathing in the water.

Contact Information

Program Director: Jenny Smith-Wittrock, M.S.

Office phone: 515-294-1762  

Email: gavsmom@iastate.edu

ISU Swim & Gym does not take place during Spring Break March 16-20.
Swim & Gym is an after school program that provides physical activity opportunities in both a physical education setting and pool setting. From 4:00-5:00pm, students participate in a physical education setting in gyms 202/184 or outdoors. Generally, students are placed into groups based on age. We typically have an older group that participates in activities with more challenging rules or objectives. Our younger children participate in activities that teach fundamentals and basic skills. We provide units that include team sports, fitness, gymnastics, and cooperative play. From 5:00-5:30pm, we provide swimming lessons in the Forker pool. During the first week of Swim and Gym, swimming skills are assessed and students are placed in appropriate swimming lesson groups.

Our program is staffed primarily by undergraduate students majoring in physical education within the Kinesiology Department. A proportion of students are taking a course called KIN 282 Educational Outreach. Other students in the physical education program are often hired so they may gain additional experience in a physical education setting and support peers helping with the program in the KIN 282 experience. Registration is limited to ensure we have the correct ratio of instructors to children. Swim & Gym works with the Office of Risk Management to ensure all employees have the appropriate background to work with children and young people.

Before and after swimming lessons, the children will change in the locker rooms located next to the Forker pool. The locker rooms are supervised by the same instructors that help in the gym and pool. After swimming, adults remain in the locker rooms and lobby area until all children are picked up by their parent or guardian.

Information about photography:
Photographs are taken during gymnasium activities and placed on bulletin boards in the Kinesiology Department. We do not take photographs in the pool area. It is not mandatory that a parent sign a release form for photography. We'll take measures to ensure your child is not photographed if you do not wish to sign the release form. If a photograph is desired for advertisement purposes, the parent/guardian will be contacted for permission.