

**ADELPHI CAMPUS RECREATION
NON-CREDIT SWIM INSTRUCTION 2008
REGISTRATION FORM**

Name: _____ Grad Year: _____

Phone Number: _____ Commuter / Resident (circle) Email: _____

Local
Address: _____
(current or on campus) (town and zip code)

I. INTENT TO INFORM

Swimming provides a combination of low, medium, and high intensity Training which is continuous in nature. It requires use of all large muscle groups.

1. I am aware that Swimming is a physical activity and that it involves elements of physical risk and possible serious injury: to the back, spinal cord, and shoulders or fatality such as drowning. I accept full responsibility and am willing to assume these risks.
2. I will wear athletic a bathing suit that is conducive for swimming as required by the instructor. Additional equipment such as goggles, towels, and water bottles are recommended as well.
3. I am aware that to be effective and safe, exercise should be controlled by the participant; that is, the individual should work at the level appropriate for his or her skill, ability, and physical condition.
4. I am aware that there are proper rules of conduct at the pool and failure to adhere to them can result in suspension from participation.

II. ACKNOWLEDGEMENTS OF PHYSICAL LIMITATIONS

I am aware of the inherent risks associated with physical activity and to the best of my knowledge, I have no physical limitations that would preclude my participation in swimming.

III. RELEASE

In consideration of being permitted to participate in swimming, I hereby release any and all rights and claims for damages and/or personal injury I may have against Adelphi University, its agents, employees, and volunteers for any and all injuries and any matters arising out of my participation in the Adelphi University Non-Credit Swim Instruction.

I am an Adelphi University (check on) Student _____ Staff _____ Faculty _____

Participants Signature

Date

Adelphi University Campus Recreation

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors before they start becoming more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 60, the PAR-Q will tell you if you should check with your doctor.

Check YES or NO

	<u>YES</u>	<u>NO</u>
1. Has your doctor ever said that you have a heart condition <u>and</u> that you should do physical activity recommended by a doctor?	[]	[]
2. Do you feel pain in your chest when you do physical activity?	[]	[]
3. In the past months, have you had chest pain when you were not doing physical activity?	[]	[]
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	[]	[]
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	[]	[]
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	[]	[]
7. Do you know of <u>any other reason</u> why you should not do physical activity?	[]	[]

IF YOU ANSWERED “YES” to one or more questions

* Talk to your doctor by phone or in person **BEFORE** you start becoming much more physically active. Tell your doctor about the questionnaire and which questions you answered “YES”, and obtain written clearance prior to exercising.

* Find out which campus programs are safe and helpful for you.

IF YOU ANSWERED “NO” to all questions

* You can start becoming more physically active—begin slowly and build up gradually. This is the safest and easiest way to go.

* Stay hydrated and wear appropriate footwear and clothing for the activities you participate in.

• I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name _____

Date: _____

Signature _____

Witness: _____

Signature of Parent/Guardian _____