



WAIVER FORM

I am attending water safety workshop with Coach Ola at my own risk. I am going to follow her rules and make sure I pay attention to the information she provides. I am not going to play in the water when I am not supposed to.

Coach Ola is going to make sure the groups are broken down into a reasonable number of people when we get in the water. She is not responsible for any lost items at the location. She is responsible for the information she shares and she is responsible over each student when in the water.

I, Coach Ola, will stand by my words and will uphold myself to high standards and be responsible over each individual when in the water and outside of the water. Running is forbidden at the pool deck to avoid injuries. I am not responsible for anyone who injures themselves when they are not paying attention to rules. You are at your own responsibility.

Video recording and photography:

Ola plans on recording the session(s) to add the replays inside her courses for others to watch and learn online. She is going to make sure that no one is in the video but if anyone's face shows up, she will try to fade it out. If you are uncomfortable being in the camera, let her know at the session!

KIDS:

Bring one parent with you to take care of you and to make sure they watch over you. Coach Ola is going to be there only to educate you on water safety and introduce you to the water.

TO THE PARENT:

Coach Ola will make sure she breaks the kids into small groups as needed to ensure they receive the best attention and for optimal results. I need your participation as needed but you can not participate in the workshop – this is where adults session comes in. You are more than welcome to bring your kid with you where you attend the first hour then the second hour your child attends the kids part.

Sign below that you understand this. Make sure you print it out and bring it with you before the session. If you would like to sign it on your laptop/tablet/phone, then show her the waiver form digitally before attending the workshop.

Attendee's signature: _____

Parent's signature (for the kids' session): _____

Coach Ola with BeFit4Aakhirah,