



# 2010 registration

Thank you for your interest in being a member of the ECST Summer Swim Team. To register, please visit [www.ecst.info](http://www.ecst.info) or fill out the form below and

Make your check payable to: **East Cobb Swim & Tennis**  
Mail to: **Linda Thompson, 1150 Heather Wood Court, Marietta GA 30062**

For questions or to arrange payment drop-off, contact **Linda Thompson, board@ecst.info**, or call **770-565-8320**.

### Schedule

The end-of-season party will be determined at a later date.

My child will be able to attend the following meets (choose all that apply):

June 2     June 7     June 14     June 28

I prefer to help (*Mandatory - Parent or guardian must volunteer for each event their child(ren) attend.*)

1st half of meet                       2nd half of meet

### Fees

**ECST Members:** First child, \$80; each additional child - \$60, per family max - \$200

**Non-members:** First child, \$100; each additional child - \$80, per family max - \$260

**One-time concession fee: \$25 + concession donation (optional)** \_\_\_\_\_

**Check #** \_\_\_\_\_                      **Amount** \_\_\_\_\_

*Swimsuits in the same style as last year are available, but are not required. If you wish to purchase a new suit, they are available at Kast-A-Way Swimwear, 2550 Sandy Plains Rd., Marietta, 30066, 770-579-1908. Tell them you are with ECST. These suits **are not** ECST-specific or logoed. As a rule of thumb (especially parents of girls), suits should fit snugly. If your daughter can pull the straps up to her ears, the suit is too big. All orders placed by 4/26 have been guaranteed by Kast-A-Ways to be available for the first meet.*

### Parent or Guardian

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email (required) \_\_\_\_\_

			Age on 5/31/10	BirthDate	USA Swimmer
Swimmer 1: First	Last	M / F	_____	_____	Y / N
Swimmer 2: First	Last	M / F	_____	_____	Y / N
Swimmer 3: First	Last	M / F	_____	_____	Y / N

Street Address \_\_\_\_\_ Apt./Suite \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

*Note: We will not share your information with third parties.*

*By signing below, I understand and agree that the coordinators have the right to remove my child from the roster if the behavior of child or parent does not abide by the rules furnished me and the 2010 Use of Swimming Pool Release and Acknowledgement. I also understand neither membership with the ECST swimteam or my signature constitute an agreement of membership with East Cobb Swim & Tennis.*

Signature \_\_\_\_\_ Date \_\_\_\_\_



## 2010 Use of Swimming Pool Release and Acknowledgement

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This Release and Acknowledgment is made on the date noted below by the undersigned in favor of the Cedar Forks Recreation Association d/b/a East Cobb Swim and Tennis ("ECST"), its officers, directors, agents and employees. In consideration of the ECST's agreement to permit me and/or my minor child or children to use and swim in the ECST's swimming pool and pool facilities without ECST supervision, and other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I hereby agree and acknowledge, on behalf of myself and my child/children, as follows:

1. I understand that the ECST is making an accommodation for me in allowing me and/or my minor child or children to use the ECST's swimming pool and facilities while not supervised by the ECST, on the terms specified herein, as a courtesy to me;
2. I understand that swimming poses inherent risks, and I assume all responsibility for the conduct, health and safety of myself and/or my child or children while using the ECST's swimming pool or pool facilities without ECST supervision, except as provided herein;
3. I agree that my and/or my child's or children's use of the pool and facilities will be in full compliance with all published and unpublished regulations of the ECST and with customary safe and lawful practices, **as noted by my initials on the facilities' Rules and Regulations attached;**
4. The ECST, its officers, directors, agents and employees ("Released Parties") are not responsible or liable for any accident, injury, harm or other loss that might occur to me or any of my children resulting in any way from, or in connection with, the use of the ECST's facilities for the purposes contemplated herein, except respectively for such as may be caused by the sole gross negligence or willful misconduct of the ECST;
5. On behalf of myself and my child or children, I hereby forever and fully remise, release, acquit, discharge and indemnify the Released Parties of and from any and all causes of action, claims, suits, counterclaims, damages and demands of whatever kind and nature, known or unknown, anticipated or unanticipated, related to use of the ECST's pool and pool facilities without ECST supervision, except as may be caused by the sole gross negligence or willful misconduct of the ECST; and

I hereby execute this Release on the date written below.

WITNESS:

_____	_____
Name(s) of Adult Swimmer/Parent/Guardian	Address:
_____	_____
Signature of Adult Swimmer/Parent/Guardian	_____
_____	_____
Signature of Co-Parent or Guardian	_____
_____	_____
Date	



Cedar Forks Recreation Association d/b/a East Cobb Swim & Tennis  
P.O. Box 670314 • Marietta, Georgia 30066 • 770-971-8033 • board@ecst.info

## 2010 East Cobb Swim and Tennis Rules and Regulations

**HOURS OF OPERATION** - The facilities are open to members only from 8AM until 10PM except as outlined by the special hours prescribed for tennis and swimming functions. These hours are available upon request and are subject to change. Normal hours of operation for the playground area are 8AM until 10PM.

**PARKING** – Parking is allowed in designated areas only during normal hours of operation. Cars left after hours will be subject to towing.

**PLAYGROUND AREAS** – Children must be supervised by a parent or guardian 14 or older.

### POOL CLOSINGS

It will be necessary on occasion to close the pool for unexpected maintenance or other reasons deemed necessary by the pool committee or the Board. The lifeguards will also have the authority to close the pool if weather is a concern for safety. See pool schedule for other closing times.

### LIFEGUARDS

Certified lifeguards will be under the supervision of Stingrays Swimming. The lifeguard is in control of the pool while on duty. The guard is responsible for enforcing the pool rules. Members are held responsible for their own behavior, as well as the behavior of their guests. Members are responsible for their children's behavior even though their child may be at the pool unaccompanied. The lifeguards will refer discipline problems to the Stingrays (Management Company) and/or the ECST Board for action. Guards have the authority to enforce all pool rules. Members who repeatedly violate the rules may be ejected by the guard. Guards will have a ten-minute break each hour. During this time all children under the age of 18 must "sit-out" for an adult-only swim time. Additional rules apply as mandated by the Stingrays and as outlined within these Rules and Regulations.

### GUESTS

**A card-bearing member must accompany a guest at all times.** Each member family is asked to limit the number of guests to 2 or less at one time, no more than four times per guest per season, especially during prime swim times. Please be advised that Life Guards, ECST Board Members, Pool Committee Members or the Management Agent have the right to limit guests at any time due to over capacity. An excessive number of guests could require us to have to call in an additional guard. Members are responsible for the behavior of their guests.



## FOOD AND BEVERAGES

The consumption of food and beverages within the pool enclosure is permitted with the following stipulations. No glass containers of any kind are permitted inside the fenced area of the pool. Members are expected to maintain a clean and attractive pool area. All trash and unconsumed food particles must be properly disposed in the provided receptacles. Spilled beverages must be cleaned off tables and hosed off of the pool deck immediately. Food is not permitted within 3 feet of the pool edge. The Board of Directors reserves the right to restrict consumption of food and beverages at any time.

## LOST AND FOUND

Please label all items brought to the pool. Any items found will be placed in the designated Lost and Found area. Items that are unclaimed may be discarded without warning.

## RULES AND REGULATIONS

1. All non-members invited as guests *must* be accompanied by a member. Guests may be invited to the pool a maximum of four times during the regular swim season.
2. The rules and requests made by lifesaving personnel must always be followed.
3. Walk; don't run in and around the pool facility.
4. Children under fourteen years old *must* be accompanied by a parent, guardian, or responsible person. Children ages 14 and older may swim unaccompanied by an adult during designated pool hours.
5. Acceptable swim attire must be worn by patrons on the deck and in the water.
6. Animals are not allowed in the building or pool area, with the exception of guide dogs. Guide dogs are allowed on deck, but not in the water.
7. Persons who appear to be under the influence of alcohol or narcotics will be denied admission.
8. No gum, candy, food or beverages in the pool. No glass items or chewing gum is permitted anywhere in the facility. Smoking is not permitted anywhere in the indoor pool facilities. Smoking is permitted only outside the perimeter fence line. Smokers are responsible for safe disposal of filters.
9. Water-squirting devices and tennis (or hard) balls are not allowed for use in the pool. Use of all toys and flotation devices may be subject to approval by the pool manager or the board.
10. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.
11. Weak or non-swimmers must remain in shallow water no deeper than chest level.



12. No one should engage the lifeguard in unnecessary conversation. Conversely, lifeguards should not be engaged in conversations on the phone or with friends or members, unless as required for the safety or maintenance of the pool and facilities.
13. Lying on the deck close to the edge of the pool where swimmers may trip over sunbathers is dangerous. Sunbathers must lie on chairs provided or be situated at least three (3) feet away from the edge of the pool.
14. Spitting, spouting or nose-blowing in the pool is strictly prohibited.
15. Any dangerous practices are prohibited. Patrons must not run on decks; climb, sit or jump from fences; dive in shallow water (less than 11 feet deep); swim in the diving areas; double bounce or crowd diving boards; or dunk, push, pull or unnecessarily splash swimmers.
16. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted.
17. Single groups shall not monopolize a particular area of the pool and thereby limit its use by, or intimidate, other patrons.
18. No one other than the lifeguard is permitted on the guard chairs at any time.
19. No bikes, skates, scooters or hee-lies are allowed inside the fenced area of the pool or on the tennis courts.
20. Parents and children should ensure that sand, bark, etc. are not brought into the pool.
21. Private group uses are not permitted during authorized East Cobb Swim and Tennis periods and must be scheduled as a private rental. See Party and Event Rules for additional rules and details.
22. Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the pool manager, lifeguard, or board members.
23. Foul or abusive language will not be tolerated.

#### **RULES FOR DIVERS and DIVING BOARD**

1. Diving in water less than eleven feet deep, back dives, somersaults, "cannon balls" from the side of the pool or any other unsafe activities are not permitted.
2. Only one person is allowed on the diving apparatus (including the ladder) at a time.
3. Divers must dive straight from the front end of the board.
4. Divers may not spring more than once on the board.
5. Upon surfacing, immediately swim to the nearest ladder. Do not swim under the boards at ANY time.



6. A diver must wait until the preceding diver has surfaced and reached the ladder.
7. No general swimming is permitted in the diving area, unless, the diving boards are closed by staff.
8. Extended dives, or dives for distance from boards or platforms, toward shallow water, are prohibited.
9. Diving board users must be able to swim to the ladder unassisted.

**BABY POOL - THIS IS NOT A LIFEGUARDED AREA. PARENTS MUST SUPERVISE INFANTS AND CHILDREN. SWIM AT YOUR OWN RISK!**

1. Children are allowed in the wading pool ONLY when accompanied by an adult or guardian.
2. The wading pool is for children 4 & under.
3. Swim diapers specially designed for infants and toddlers are required for all children 3 and under, even if they are potty trained. No disposable diapers allowed.
4. No jumping or diving at any time.
5. No food allowed in the pool.
6. No running, pushing, shoving, etc. of any kind allowed.

#### **SANITARY GUIDELINES FOR TODDLERS**

For our youngest members, those who are not yet fully potty trained, special attention must be given their swim attire. Synthetic/disposable diapers are not permitted in the pool. Swim diapers only. This is due to concerns about sanitary conditions AND fibers clogging the filtration lines. If contamination occurs, we are required by law to close the pool until sufficient time elapses for pool chemicals to kill bacteria.

#### **SWIMWEAR, TOYS, FLOTATION DEVICES**

Only regulation swimwear will be allowed. Cutoffs or thread-worn trunks cause pump damage and will not be permitted. The use of toys and flotation devices will be at the discretion of the guard on duty. During crowded periods or if safety concerns arise, members may be asked to remove these items from the pool area. Flotation devices are not a substitute for parental supervision!

A member will be verbally warned for first offenses and rules violation; the patron will be asked to leave the pool facility if a second offense occurs. Revocation of membership will be left to the discretion of the board.

