

**Panama Central School Community Recreation Program**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Number \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Participants:** Please use this form to list one or two people we could contact in case of an emergency during the times you may be in the school building. List first and last names and telephone numbers.  
Emergency Contact #1: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact #2: \_\_\_\_\_ Phone: \_\_\_\_\_

**OPTIONAL** - Medical condition you want supervisors to be aware of: \_\_\_\_\_

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

**Cancellations . . .**

When school is closed due to a holiday or emergency, events will not meet. Cancellation information is announced on:

**Radio Stations:**

WJTN/WWSE  
WKSN/WHUG  
KISS 106.9 FM  
News Radio 930 WBEN

**Television Stations:**

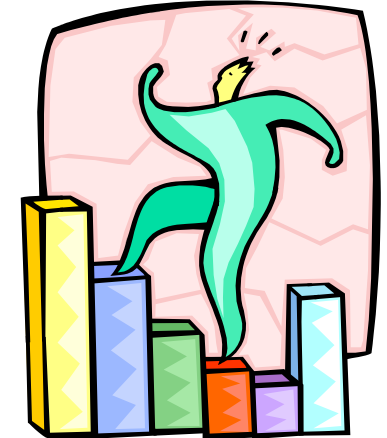
Channel 7 WKBW-TV  
Channel 4 WIVB-TV  
Channel 2 WGRZ-TV  
Spectrum

**PANAMA CENTRAL SCHOOL**

41 North Street  
Panama NY 14767  
Phone: 716-782-2455  
Fax: 716-782-4674  
Website: <http://www.pancent.org>

**Panama Central  
School**

**Community  
Recreation  
Program**



# Recreation Program

October 1, 2018-May 23, 2019

## Walking Times

Monday-Friday  
6:15 AM to 7:30 AM  
3:30 PM to 9:00 PM

## Use of Pool

### Adult Lap Swim

Monday-Friday  
6:15 AM to 7:30 AM

### Adults and Students in Grades 9-12 Only

Wednesday  
7 PM to 9 PM

### Family Swim

Tuesday & Thursday  
7 PM to 9 PM

**ALL CHILDREN MUST BE  
ACCOMPANIED BY AN ADULT**

*\*Please be aware that the pool will be  
closed the night of a home Panama*

### Varsity Swim Meet

### Party/Group Rental

Friday

7 PM to 9 PM

Saturdays by Request

Pool Rental Fee Prepaid When Reserved  
District Residents \$120/two-hour party  
Out of District \$140/two-hour party

## Gym, Weight/Cardio Rooms

### Adults and Students

### in Grades 9-12 Only

Tuesday-Thursday  
7 PM to 9 PM

**\*All Participants Must Sign in\***

## **SWIMMING POOL RULES**

Because we **CARE** about your safety we ask that you:

- Walk at all times on the pool deck.
- Shower before entering the pool.
- Not dive in the shallow end.
- Do not swim if you are a person with infectious or communicable disease.
- Do not swim if you are a person with open blisters, cuts, burns, stitches, etc.
- Don't spit, spout water, blow nose or discharge bodily waste in pool.
- Don't run, push, dunk, be boisterous or rough play, or be noisy in pool area, showers, or dressing rooms.
- Don't use common towels, combs, brushes, and drinking cups.
- Don't bring food or drink on pool deck.
- Supervise or accompany all children under the fourth grade.
- Always enter the water forward without flipping.
- Use only plastic containers and toys in the pool and shower areas.
- Use the pool ladders one at a time and only for getting in and out of the water.
- Stay in the shallow end of the pool if you are a weak or a non-swimmer.
- Use swim diapers not disposable diapers.
- Wear proper attire in the swimming pool-- no cut-offs.
- Don't scream or yell for unneeded help.
- Dive only in permitted areas as stated in Section 6-1.10(1 X 4) of the New York State Sanitary Code. (Exceptions will be granted by Coach or Supervisor)

### **Respect**

Show **RESPECT** for others and our facility:

- Chewing gum, eating and drinking in the pool area are prohibited.
- Pushing, dunking, rough play and fighting are prohibited.

- Listen to the lifeguards at all times, as they are the final authority of the pool. The lifeguards reserve the right to remove any person from the pool if they act in an unsafe manner or dangerous situation for themselves or others.

**The management reserves the right to refuse admittance to or eject from the pool premises, any person failing to comply with any of the above health and safety regulations.**

## **INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

As a condition of using the Panama Central School's Fitness Facilities, all participants will agree to the following terms and conditions:

1. I agree to follow all directions of the supervisor and acknowledge that failure to follow such directions may result in the termination of my privilege to use the school's facilities.
2. I understand that the supervision provided by the district is general in nature and the supervisor is not responsible for supervising or monitoring the manner or intensity of my use of the equipment or participation in exercise activities. I further agree to use all equipment in a way that is not injurious to my health and physical condition.
3. I hereby acknowledge that my use of the district's fitness facilities involves risks including possible injuries to bones, muscles, tendons and ligaments, dehydration, abnormal blood pressure, fainting and heart disorders (including heart attacks). Based on the foregoing, I assume all risks associated with my use of the district's fitness facilities and have consulted with my personal physician.
4. I hereby release the Panama Central School District, its Board of Education, in both their corporate and individual capacities, its employees and supervisors for all claims (of any nature) relating to my use of the district's facilities including, but not limited to, claims for personal injury or death and damage to or loss of personal items.