

Shadow Cliffs ORCAS

Shadow Cliffs ORCAS open water swim club

Visit our web site at to find out more: www.shadowcliffSORCAS.com



Club Rules (quick overview)

- Sign in and out at the Kiosk you will be required to show your ORCAS identification card during sign in.
- You must wear your yellow ORCAS swim cap
- You must swim with at least one other ORCAS club member
- Open water swim hours are as follows:
During the summer season:
Mornings: 6:00 am until 10:00am seven days a week
Evenings: 6:00* pm until 8:30 pm seven days a week
**note: on peak days, the lifeguards stay on duty past 6:00 pm, you can not swim outside the designated swim area until they go off duty.*
During the off season swimming is permitted during normal park hours prior to dusk. The off season is when the lifeguards are not on duty. If you are unsure check with park personnel.
- It is at the complete descretion of park personnel to restrict our swim times in the event that either conditions do not permit it or if it interferes with other events taking place at the lake. You must follow these restrictions irrespective of the times listed above.
- ORCAS are not the only open water swim group at this facility, you are to be courteous to the members of the other group(s).
- Failure to comply with the rules will result in immediate dismissal from the club.

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Membership:

Membership dues for the 2010 season, May 1, 2010* to April 30, 2011 **only \$25** if you join early, your membership is still good until April 30, 2011

*we accept membership as early as January 1, 2010, returning members should renew by April 21, 2011

You can not swim until your dues are paid, you have passed the swim test and a signed waiver is recieved.

Dues Payment options:

1. Preferred: On-line payment (two ways), it's safe, secure and we both have a record, it costs you nothing extra *and* it's the green thing to do (saves us a trip to the bank): either by:
 - a. "Buy Now" buttons that can be linked to on the Membership Page or here: <http://www.payments.shadowcliffSORCAS.com/>
 - b. e-mail invoicing using Google Checkout (just ask us to e-mail you the invoice,
2. By check: Make checks payable to "Shadowcliffs ORCAS"
3. Good ole cash, though I carry very little change, so please bring the correct amount

You can submit your waiver and payments (pmt option 1 is usually handled prior to meeting though your are not invoiced until you pass your test).

Or you use the mail (who has stamps anymore)?

Mail checks and waivers to:

Shadowcliffs ORCAS

849 E. Stanley Blvd. #127

Livermore, CA 94550

For those people that have not taken and passed the swim test, you can present the waiver and pay at the time of testing (we prefer you pre-pay on-line). If you are a renewing member, it's just like last year, we just don't have to do the swim test.

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Testing:

During the early season (March through, June), Al or John will be available to test members regularly. Please check the website for testing times. If you can not possibly make a normally scheduled test time, check the website under “swim test” to schedule a test.

To schedule a swim test please contact:

Go to www.shadowcliffSORCAS.com and click on the link: sign_up@shadowcliffSORCAS.com e-mail link or contact us :

John at 925-294-9050 or john@shadowcliffSORCAS.com

Al at 510-414-7928 or al@shadowcliffSORCAS.com

The swim test:

1. the swim test is conducted in the swim lane of Shadowcliffs swim area. the length of the swim is about 150 yards, depth of the water is about 8 feet
2. you will be asked to swim one lap (about 300 yards) and will need to complete it in under 10 minutes. Wet suits*, flotation devices and swim fins, or other aids will not be permitted during the test. We will observe you during your swim test and assess your general swimming ability, comfort in the water and endurance. * wetsuits will only be allowed in the event that the water temp in the lake, as determine by testing personnel, is 62° F or less.
3. the Orcas team swim cap MUST be worn whenever you are swimming outside of the designated swim area, it shows park personnel that you are qualified to swim outside the designated swim area.

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Shadowcliffs ORCAS Club Rules

For the purpose of this document the Shadowcliffs ORCAS will be referred to as ORCAS. The Shadowcliffs Regional Park is referred to as the Facility and the East Bay Regional Park district is referred to as the District. The By Laws of this corporation shall be as follows:

- A. **Membership** - Because of the physically demanding nature of the proposed activity, membership in the ORCAS is open to those individuals demonstrating superior swimming ability. For the purpose of this organization superior is defined as the completion of a 1500 meter swim in less than 45 minutes or the ability to swim twice the width of Shadowcliffs lake unaided.
- B. **SAFETY** - Personal safety shall be the foremost consideration in usage of the Facility by all ORCAS members. All swims shall be performed on a 'buddy' basis with two or more members swimming together or a boater in close proximity to each swimmer. Additionally all ORCAS members must wear a yellow ORCAS cap at all times when swimming in the Facility.
- C. **DAYS AND HOURS**. Authorized members of ORCAS may swim at the park on evenings **when lifeguards are on duty**, once the guards have completed their shift, to 8:30 pm and Monday through Sunday mornings from 6 a.m. to 10 a.m. Times may vary off season. When no lifeguards are on duty Orca's swimmers can swim at any time during park operating hours.
- D. **AGE** - The minimum age for membership in ORCAS shall be 13. Each club member who is a minor shall be "buddied" with an adult member when using the Facility.
- E. **CHECK IN PROCEDURES** - ORCAS members are requested to comply with check in, check out procedure when using the Facility. The Kiosk at the entry to the Facility parking lot will have a clipboard with the names of all ORCAS members. Each individual is required to sign their name, note their check in time and present their ORCAS identification card. Upon departure from the Facility each member must note their time of departure. The Facility asks that members do not block the Kiosk driveway while doing this.
- F. **DUES** - Dues shall be set on an annual basis in accordance with the anticipated budgetary requirements for the Club. Annual dues for the 2010 season shall be \$25. The ORCAS season will be from May 1 to April 30 the following year.
- G. **CAPS** - All ORCAS members will be given a yellow ORCAS cap. You must wear your ORCAS cap to swim outside the designated swim area. Additional or replacement caps may be purchased for \$8.
- H. **RULE ENFORCEMENT** - These rules and By-laws are intended to provide safety and manageability of the proposed activity. Non adherence to them may jeopardize the activity for all ORCAS members. A member's failure to comply with these BY-Laws will result in immediate expulsion from ORCAS.
- I. **OFFICERS OF ORCAS** - ORCAS will keep the District currently informed in writing concerning the names and addresses of their officers and directors. Such lists will be updated within ten (10) days following changes of the identity of any officers and directors.
- J. **WAIVERS** - Each member of ORCAS will be required to complete a participant waiver form prior to using the Premises. A copy of the signed waiver will be provided to the District for each member of ORCAS. ORCAS members under the age of 18 will be required to submit a waiver signed by a parent or legal guardian.

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Waiver of Liability

In consideration of the acceptance of my request for membership into the Shadowcliffs ORCAS swim club, hereafter referred to as ORCAS, I agree to abide by all the rules and regulations of the East Bay Regional Park District (EBRPD) and ORCAS. I have received a copy of ORCAS club rules and regulations and agree to abide by these rules.

Applicants that are 18 years of age or less must obtain written parental consent on order to participate in ORCAS club activities.

I am aware that participation in the activities of ORCAS is potentially dangerous. I have been warned that I should not participate in this activity unless: 1) I am in excellent physical condition 2) I have previously completed a 1500 meter swim in under 45 minutes or I am able to swim one mile in open water continuously, without rest 3) I have been examined by a licensed physician and advised that I can safely participate in the training activities of ORCAS.

Knowing these facts, in consideration of acceptance into ORCAS, I hereby for myself, my heirs, my executors and administrators, waive, release and discharge the directors of ORCAS, the members of ORCAS, the directors and employees of the EBRPD and any successors or assigns from any and all rights, claims or liabilities for damage for any and all injuries to me or my property or for damage caused by me or to anyone else, arising out of or in connection with my participation on this activity.

I further agree that I will defend, indemnify and hold harmless the directors of ORCAS, the members of ORCAS, the EBRPD and its employees, directors or its agents against all claims, demands or causes of action including court costs and attorney fees directly or indirectly arising from any or other proceedings brought by or prosecuting for my benefit contrary to this agreement.

This release extends to all claims of any kind and nature whatsoever, whether known or unknown and I expressly wave any benefits I may otherwise have under Section 1542 of the Civil Code of California relating to the release of unknown claims.

Name: _____
(Printed) (Signature)

(Parental Signature if under 18)

Address: _____

City, State Zip Code: _____

Work Telephone: () - Current date: _____

Home Telephone: () - Birth date: _____

e-mail address: _____

Orca use only: waiver pmt received chk# _____ pass swim test received cap

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Map of swim area:

