



## OMPA SWIM MEET SHAVE-DOWN PERMISSION SLIP

### *Spirit Week 2006*

As one of Campolindo Cabana Club “CCC”) Swim Team’s Spirit Week activities before the OMPA Championship Swim Meet, swimmers may participate in a “shave-down” in which body hair is literally shaved off, using a disposable razor and shaving cream. Many competitive swimmers participate in this practice in the belief that it can give them faster swim times. However, not all swimmers do this, nor is it a mandatory activity – **it is strictly voluntary for each swimmer, and a swimmer may only participate in CCC Swim Team’s Spirit Week shave-down with a parent’s or legal guardian’s permission, if the swimmer is under 18.** Accordingly, if your swimmer wishes to participate in a shave-down as part of the Team’s Spirit Week, he/she must give this signed permission slip to CCC’s Spirit Week organizers.

**By signing this form below, I, the undersigned, understand and agree that (i) the nature of “shaving down” carries some risk of minor injury; (ii) “shaving down” will change the appearance of a swimmer, perhaps adversely; (iii) shaved hair may take a lengthy time to grow back; (iv) while hair that has been shaved generally grows back with the same appearance as that shaved, there may, nevertheless, be a difference in the appearance of the new hair.**

**I, the undersigned, represent that I am the parent or legal guardian of the swimmer named below. I represent that I have the authority to sign this permission slip, and that by signing below all necessary permission will have been given. I agree, on my behalf, and on behalf of my family and the swimmer named below, to hold harmless the CCC, its coaches, the Spirit Week organizers, the board members of the CCC Swim Team, the Campolindo Homeowners Association (“Association”) and the Association’s board of directors from all claims that I, the swimmer named below or my family may have relating to the participation of the swimmer named below in the CCC Swim Team’s Spirit Week shave-down.**

**Except as specified below, I hereby give permission to the Campolindo Cabana Club coaches and Spirit Week organizers to allow the swimmer named below to participate in the CCC Swim Team’s Spirit Week shave-down, including but limited to shaving off all of the swimmer’s body hair which is visible while wearing a swimsuit:**

- Do not shave my swimmer’s head
- Do not shave my swimmer’s arms
- Do not shave my swimmer’s legs
- Other instructions (detail with specificity) -

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Print Name of Swimmer

Date: \_\_\_\_\_, 2006

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Print Name of Parent or Guardian