



NYC Parks

**Alley Pond
Adventure Course**

Alley Pond Park
T 718.217.4685
F 718.217.6598

RELEASE AND WAIVER FORM

I, _____, am a participant in the Alley Pond Adventure Course (“Adventure Course”). When I am participating in the Adventure Course, I agree to cooperate promptly and fully with all directions of the Adventure Course personnel and wear all required safety equipment provided by the staff, including, but not limited to, helmets, harnesses, and belay systems. I agree to follow all of the rules and regulations of the New York City Department of Parks and Recreation (“Parks”), and all applicable City of New York (“City”), New York State, and Federal laws, rules and regulations. I understand that my failure to behave appropriately may result in removal from the Adventure Course.

I understand the nature of the activities that I will be involved in, including but not limited to, running, jumping, leaping, low ropes elements (on the ground or on cables suspended 18 inches off the ground), and high ropes elements (cables suspended 45 feet in the air). I represent that I am physically fit and that I do not have a medical condition that would restrict me from participating in this type of physical activity.

I understand and acknowledge that there are inherent risks with my participation in the Adventure Course, including the risks of serious bodily injury and death, and I hereby assume all dangers and risks associated therewith. I acknowledge that the instruction and supervision provided by the Adventure Course staff may not prevent injury and does not guarantee that injury will not occur. I understand that that I am responsible for my own behavior and agree that I will only perform tasks that I feel comfortable and safe doing and that I am medically and physically capable of doing.

I understand that the City will not cover any medical expenses due to injury received through my participation in the Adventure Course. In partial consideration of my acceptance as a participant in the Adventure Course, I hereby agree to waive all claims I have or may have against the City and Parks, in relation to the Adventure Course, and agree to release and hold harmless the City and Parks, along with their respective employees, agents, affiliates, sponsors, or other representatives, from any and all claims for any and all expenses, personal injury, loss, or damages incurred during or in connection with my participation in the Adventure Course.

I represent that I am at least 18 years of age.

Participant’s signature: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____