

NORTH KINGSTOWN RECREATION 2017 INDOOR TRACK PROGRAM

THE 2017 INDOOR TRACK PROGRAM STARTS ON MONDAY JANUARY 9<sup>TH</sup> AND WILL END ON MONDAY MARCH 6<sup>TH</sup>. INDOOR TRACK will give kids the opportunity to learn the events of TRACK AND FIELD and to do overall conditioning that coincides with the various workouts used to train for the different events. Coaches Melissa Croteau and Eric Winn have many years of experienced coaching with track and cross country at the youth level. They are currently coaching our youth running programs for each season with excellent turnout. Their main focus is teaching track and field and working out in a fun environment.

PROGRAM MEETS AS FOLLOWS (AGE IS AS OF JANUARY 1, 2017):

- **GRADE K:** Community Center, Beach St, Mondays 6-7PM. (This is a scaled down version of the later session at Toray). **PRE-REGISTRATION REQUIRED!**
- **AGES 6- 8 (first and second graders ONLY)** Toray gym, 181 Cripe st, NK, Mondays 7:30 – 8:30PM. **OR** Community Center, Beach St, Mondays 6-7PM. (This is a scaled down version of the later session at Toray). **PRE-REGISTRATION REQUIRED!**
- **AGES 8 + (3<sup>rd</sup> grade and up)** Toray gym, 181 Cripe st, NK, Mondays 7:30 – 8:30PM.
- An **ADDITIONAL WORKOUT OPPORTUNITY** is available **FOR ALL GROUPS** on Wednesdays, at Ryan Park (men’s field under the lights) 5:30 – 6:30, weather permitting.

**REGISTRATION: SPACES ARE LIMITED for the community center sessions.**

Registration options: *online, mailed, or hand delivered* to **NK Rec Dept, 100 Fairway Drive**. Please fill out registration form, NK AND Toray waiver if applicable. Submit all documents with your fee of \$50.00 (\$58.00 if you wish to purchase a T-Shirt) checks payable to The Town of North Kingstown.

FOR INFORMATION CALL AT 268-1542, online at [www.northkingstown.org/recreation](http://www.northkingstown.org/recreation), EMAIL Al at [asouthwick@northkingstown.org](mailto:asouthwick@northkingstown.org) or Melissa Croteau at [mcroteau2@verizon.net](mailto:mcroteau2@verizon.net)

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**NORTH KINGSTOWN RECREATION TRACK CLUB INDOOR 2017**

SESSION: Community Center \_\_\_\_\_ Toray Gym \_\_\_\_\_

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP 028 \_\_\_\_\_

PHONE(S) \_\_\_\_\_

SEX: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

MEDICAL PROBLEMS? \_\_\_\_\_ T-SHIRT SIZE (additional \$8) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

PLEASE PRINT

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ I AGREE TO THE UNRESOLVED USE OF MY NAME AND/OR LIKENESS (INCLUDING PHOTOGRAPHS, VIDEO TAPES AND OTHER DEPICTIONS) FOR PUBLICIZING NORTH KINGSTOWN RECREATION DEPARTMENT ACTIVITIES AND EVENTS.

\_\_\_\_\_ office use only \_\_\_\_\_ A \_\_\_\_\_ 2W \_\_\_\_\_ PD \_\_\_\_\_

TOWN OF NORTH KINGSTOWN  
RECREATION DEPARTMENT  
100 Fairway Drive  
North Kingstown, Rhode Island 02852  
Phone (401) 294-3331  
MINOR'S CONSENT TO PARTICIPATE  
AND HOLD HARMLESS AGREEMENT AND RELEASE

I, (Print Name of Minor's Parent or Legal Guardian)\_\_\_\_\_ state that (Print Minor's Legal Name)\_\_\_\_\_ (hereafter referred to as "the minor") the minor wishes to participate in (Print Name of Event or Program) **TRACK AND FIELD** sponsored by the North Kingstown Recreation Department (the "Recreation Department").

The minor's parent(s) or guardian(s) understand that participation in the above event or program is VOLUNTARY and that the minor does not have to participate. It is understood that the event or program involves activities which could result in injury to the minor's person or damage to the minor's property, and that by participating, the minor's parent(s) or guardian(s) voluntarily accept and assume the risk of injury to the minor or damage to the minor's property and consent the minor's participation in the event or program.

It is understood that the Recreation Department DOES NOT provide any insurance coverage for the minor's person or property; and minor's parent(s) or guardian(s) acknowledge that they are responsible for the minor's safety and the minor's own health care needs, and for the protection of the minor's property.

In exchange for allowing the minor to participate in this event or program, the minor by and through the undersigned, agrees to release from liability, indemnify, and hold harmless the Town of North Kingstown, its agents, officers, and employees for any injury to the minor's person or damage to the minor's property which arises out of or occurs during or as a consequence of the minor's participation in the event or program, whether or not such injury or damage may have been caused, in whole or in part, by any negligence or want or care on the part of the Town of North Kingstown, its agents, officers, or employees.

This Hold Harmless Agreement and Release shall be binding upon the minor, the parent(s) or guardian(s), any successors in interest, and/or any person(s) suing on the minor's behalf. The minor's parent(s) or guardian(s) understand that this document is complete unto itself and that any oral promises or representations made to them concerning this document and/or its terms are not binding upon the Town of North Kingstown, its officers, agents and/or employees.

**PARENT OR LEGAL GUARDIAN MUST SIGN BELOW:**

I, the undersigned, state that I am the parent or legal guardian of the minor whose name appears above. I understand that the above terms and conditions apply to said minor and to myself. I further understand that said minor cannot participate under ANY circumstances in the above specified event or program without parental consent and that the minor will not be allowed to participate without entering into this agreement. This document is binding on myself, the said minor, and any person suing on behalf of said minor.

Minor's Name (PRINT):\_\_\_\_\_ Birth date of minor:\_\_\_\_\_

Parent/Guardian Legal Name (PRINT):\_\_\_\_\_ Home State of minor:\_\_\_\_\_

Parent/Guardian Legal Name (SIGN):\_\_\_\_\_ Today's Date:\_\_\_\_\_

**MEDICAL/LIABILITY WAIVER FORM**

**This form must be signed and on file by the start of the player's activity at the Toray Plastics (America), Inc. Education & Wellness Center. (This form is applicable for up to a year.)**

Participant's Last Name: \_\_\_\_\_ First: \_\_\_\_\_

DOB \_\_\_\_\_ Parents/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age of child: \_\_\_\_\_

**Medical Information/Release**

In the event of an emergency, who should be contacted?

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of physician: \_\_\_\_\_ Phone: \_\_\_\_\_

What hospital would you prefer your child be taken to in case of an emergency?: \_\_\_\_\_

Medication your child is on \_\_\_\_\_ Allergies \_\_\_\_\_

Other relevant medical information: \_\_\_\_\_

In case of an emergency, if neither parent nor emergency person(s) can be contacted or if there is no time to make such contact, the following signature authorizes such emergency medical and surgical treatment, including transportation to the nearest facility, as may be deemed necessary.

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

**Release of Liability:** The undersigned hereby releases and forever discharges **Pro Health Inc., Toray Plastics (America), Inc.**, its owners, administrators, employees, assignees, sponsoring agencies, advertisers and all other persons, who it might be claimed to be liable, none of whom admit any liability from any and all claims, demands, actions, causes of action or suits of any kind or nature whatsoever and particularly on account of all injuries known and unknown, both to person and property, which have resulted or may in the future develop from any accident which might occur as a result of any social, educational, athletic or any other event or activity sponsored by *Toray Plastics (America), Inc.* The undersigned hereby declares that the terms of this settlement have been completely read and are fully understood and voluntarily accepted for the purpose of making a full and final compromise adjustment and settlement of any and all claims, stipulated or otherwise, on account of the injuries and damages above mentioned, and for the express purposes of precluding forever any further or additional claims arising out of any possible accident by the undersigned. The undersigned warrants that they are insured with appropriate insurance coverage and understand that **Toray Plastics (America), Inc.** does not provide insurance for the undersigned for claims arising from participation in activities at the **Toray Plastics (America), Inc. Education & Wellness Center.**

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I have read this Liability Waiver, understand and agree to all of the above.

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

# TORAY EWC GYMNASIUM USE FOR RECREATIONAL GROUPS

## GENERAL RULES AND GUIDELINES

- All group reps must report to the facility manager to receive approval for use of the gymnasium and sign appropriate forms.
- Toray employees have first priority for gymnasium use.
- Toray has the right to schedule employee events during your scheduled time and will try to provide ample notice prior to the event.
- Arrive at your scheduled time. Please do not arrive too early. There may be fitness center members using the facility.
- There is no charge for gym use, but recreational groups must be non-profit.
- Gym usage is limited to team practices only. No games, competitions, and/or sports camps are permitted.
- Recreational groups are limited to the gymnasium and restrooms. The fitness center is off limits.
- Toray has the right to terminate any application with two weeks notice.

### ○ Rules specific to gymnasium use:

- Use only the side GYM ENTRANCE when entering and exiting the facility.
- For access to the restrooms, use only the 2<sup>nd</sup> gym door, the one farthest from the GYM ENTRANCE
- You may use the basketballs, but please do not use any other Toray equipment unless you have permission.
- Keep shoes off the walls.
- Recreational group's equipment (i.e. softballs, soccer balls, bats, etc.) should not be stored in facility. Only Toray equipment is allowed in storage closet.
- Tobacco, food, chewing gum, glass bottles, and cans are not allowed in the facility at any time; plastic water bottles are acceptable.
- Toray is a smoke-free work place. Please observe the NO SMOKING signs.
- Alcohol, drugs, and banned substances are not allowed in the facility.
- Please keep our facility clean by placing trash in the proper receptacles.
- If dirty, gym floor must be swept prior to use to prevent damage to the floor finish.
- No street shoes are allowed on the gym floor. Only clean and non-marking athletic shoes may be used. Black soles will mark the floor and mud/sand from dirty sneakers will damage the floor finish. If you do not have appropriate footwear, you will not be allowed on the floor.
- When entering the facility to begin practice, bring sneakers in a gym bag and change into them on the benches to avoid tracking in dirt, snow, and salt.
- Gym floor must be cleaned *after* each use. Please use push broom located in the gym or in cleaning closet of the fitness center.
- The water cooler and cups in the fitness center are for Toray employee's use only. Participants should bring their own water bottles and refill them only in the restrooms.
- Immediately report any facility-related injury or equipment problems to fitness center staff.
- Toray is not responsible for user's personal belongings or lost or stolen items.

I, \_\_\_\_\_, **have read Toray's rules and guidelines and hereby agree to follow them. I also acknowledge that failure to comply may result in loss of gymnasium privileges.**

*Thank you for your cooperation. We look forward to having you here and hope you enjoy using our facility.*