

PELHAM PARKS AND RECREATION

6 Village Green, Pelham, NH 03076

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Kids Summer Track and Field Program 2025

Six Wednesdays, July 9th to August 13th

Participant Release Form

Participant Name: _____ DOB: _____ Age: _____ Circle: M / F
(Must be 5 by July 1, 2025)

Address: _____ Town: _____ State: _____ Zip: _____

Email: _____

Mother's Name: _____ Cell or Work Telephone: _____

Father's Name: _____ Cell or Work Telephone: _____

This is a recreation program consisting of track and field training involving a high level of physical activity. The program will take place at the Harris Family Track located at 61 Marsh Road, Pelham, NH. Parents are expected to arrange for transportation to and from the program for children. I/we, the undersigned, understand that my child may be photographed or videotaped for this and other related track events that they may need to attend.

Track and field can pose a variety of risks to the children participating because of contact with any equipment, other players, the ground and by the strenuous level of activity. These risks include but are not limited to bumps, bruises, cuts, abrasions, broken bones, concussions, heart attacks and even death. Because of the inherent risks and extensive physical activity involved in the training of track and field, we advise that all children participating be in good physical condition. Any limitations regarding their physical capabilities should be made known to the Pelham Parks and Recreation Department and the Track/Field coaches and program volunteers.

Participants should wear comfortable clothing and appropriate footwear during participation in the Pelham Parks and Recreation track/field program. No prior knowledge or skills are required in order to take part in this program.

Please list any physical or other condition, medications the participant is taking, dietary restrictions, allergies, or other information which may be necessary and helpful to insure participants' health and safety:

I have read and understand the information provided above. I have noted any physical or medical conditions the participant has which might affect his/her participation. He/she meets the standards required for participation and will have the necessary equipment, which will be in good working condition. Net vests are provided for team identification where needed. I assume all of the risks normally incidental to the nature of this activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by the activity leaders.

I, the undersigned, hereby agree to release, indemnify, save and hold harmless the Town of Pelham, the Parks and Recreation Dept., its employees, agents, representatives, coaches, and volunteers, from any and all liability, actions, causes of actions, debts, claims or demands of any kind for property damage or personal injury resulting from failure to obey safety regulations and directions of the activity leader or resulting from the exercise of judgment by the leader in good faith response to emergencies and exigencies which occur during the activity; provided, however, that nothing contained herein shall excuse any of the leaders to act with reasonable care for the safety of the participant during the course of the activity appropriate to the circumstance.

You have my permission to have a physician attend to my son/daughter, if it is deemed necessary, during his/her participation in the above activity. I give my permission for any videotaping or other photographs taken in which my child/ren may appear and understand that Pelham Parks and Recreation may remove any child from the program as it deems necessary concerning the zero-tolerance policy of inappropriate behavior.

Executed this _____ day of _____, 2019. _____

Parent/guardian signature

Cost is \$40 per participant; Checks payable to Town of Pelham