



## The Alley Pond Park Adventure Course

The Alley Pond Park Adventure Course is a challenge course featuring both low- and high-ropes course elements, including a zip-line, climbing wall, and balance platforms, all of which promote teambuilding and problem-solving skills. A series of activities enables participants to work through physically and intellectually demanding situations as a team.

Alley Pond Park Adventure Course programs can be designed to meet a number of professional, developmental, and organizational goals. Our staff development programs offer experiential based training aimed at helping groups and individuals strive for excellence. Our program provides powerful experiences that have the potential to change the way teams face challenges and take advantage of opportunities. It can help build stronger teams, instill a new appreciation for collaboration, improve decision-making abilities, resolve conflict, and aid businesses in planning for and adapting to change.

To plan the most effective program for your group, we will dialogue with designated staff. This will help us to understand your organization's culture, perceived strengths and weaknesses, and significant environmental changes or challenges that present barriers to productivity. Our course facilitators will work with you to select the best programs for your group, tailoring activities to fit your behavioral and business goals and allowing for the inclusion of the varying fitness levels of your participants. We will frame and debrief each activity to explore the dynamics experienced. After each activity, the group will spend time discussing and analyzing their actions, decisions, successes and failures; sharing what they have learned through working through each activity. This debriefing is structured to fully engage the whole team.

Our programs can be designed to meet a variety of objectives, such as:

- Incorporate new members into the group;
- Improve morale and motivation;
- Promote effective communication;
- Engage in appropriate risk-taking;
- Creatively solve problems;
- Embrace organizational vision.

The results of the adventure course program can be felt immediately and have long lasting benefits for your group.



### Professional Development Reservation Form

Organization Name: \_\_\_\_\_

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

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

Contact Name: \_\_\_\_\_ Title: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**PARTICIPANTS:**

Total Expected: \_\_\_\_\_

Ages: \_\_\_\_\_ Special Needs: \_\_\_\_\_

Accompanying Leaders/Managers: # \_\_\_\_\_

Names and Titles: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Program:**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 1 to 10 Participants<br>\$120 per person | <input type="checkbox"/> 11 – 30 Participants<br>\$100 per person | <input type="checkbox"/> 31 - 60 Participants<br>\$80 per person |
|---|---|--|

Estimated Number: \_\_\_\_\_

Requested Date(s) of Program: \_\_\_\_\_

What are your group's goals for the program in your own words?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Group Objectives:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Teambuilding       | <input type="checkbox"/> Leadership      | <input type="checkbox"/> Communication  |
| <input type="checkbox"/> Community Building | <input type="checkbox"/> Problem Solving | <input type="checkbox"/> Trust Building |
| <input type="checkbox"/> Peak Experience    | <input type="checkbox"/> Other: _____    |   |

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

**By signing this form, I understand the following: 1) I am committing my group or organization to participate in an Adventure Course program as outlined above; 2) To reserve my preferred date a signed copy of this reservation form must be received by the Adventure Course staff within five business days of the date stamped at the top of this form; 3) A non-refundable 50% deposit (payable to the New York City Department of Parks & Recreation) must be received by the Urban Park Rangers within ten business days of receiving the Program Confirmation. Failure to comply with this will result in the cancellation of my program. Further, I understand that the full amount of the program must be received no later than ten business days before my scheduled event. If I cancel prior to ten business days before my scheduled program I will receive credit and will be given the chance to reschedule. Cancellations within ten business days of the program will receive no credit. I understand that all participants shall be required to sign waivers of liability prior to participation in the Adventure Course program. Minors may not participate without parental or guardian waivers.**



## Alley Pond Park Adventure Course Preparation for Full Day Program

### Where are we?

*Alley Pond Park, Queens NY – Exit 23 off the Grand Central Parkway, Take the Exit for Alley Pond Park. Entrance is directly under the Grand Central overpass to the left of the stop sign at the bottom of the ramp.*

### Full day Program

<b>9:30</b>	<b>Arrival</b>
<b>10am - 12:30pm</b>	<b>Morning Session – Ice breakers, Initiatives, Low Elements</b>
<b>12:30 – 1:30pm</b>	<b>Break for meal (Meal Provided)</b>
<b>1:30pm – 3:30pm</b>	<b>Afternoon Session – High Elements</b>
<b>3:30pm – 4:00pm</b>	<b>Wrap-up</b>
<b>4:00pm</b>	<b>Departure</b>

### What should you bring?

- ◆ Wear loose comfortable clothes – you will be outside and active the entire day, so plan according to the weather. You must wear athletic shoes or sneakers. ***No open toe sandals or flip-flops PLEASE!***
- ◆ Lunch – There are some stores within driving distance but its best if you can stay in the park to make sure we make the most of your day with us.
- ◆ Drink – You will be active and will get thirsty. Water bottles are recommended. No glass containers please.
- ◆ Sunscreen and insect repellent

### Other Adventure Course Policies

- ◆ No large earrings or other jewelry.
- ◆ No large belt buckles.
- ◆ ***No smoking*** on the course.
- ◆ Keep off all elements of the course until instructed by facilitator.
- ◆ Use elements only with approved spotters and safety systems.
- ◆ Follow all safety and spotting instructions.
- ◆ Please do not step on the ropes. – ***It damages them and reduces their useful life.***
- ◆ Wear a climbing helmet when climbing on high elements.
- ◆ Remember, we will be following the ***Challenge by Choice*** model – so do your best.



## Alley Pond Park Adventure Course Guidelines for Organizations and Small Groups

### What to Expect at the Adventure Course

Upon arrival all participants will be gathered in a field or other large open space for some icebreakers and group games.

During this time the Lead Facilitator or Adventure Course Manager will meet with your organization representative to answer questions. For large groups (more than 20) we will then break into groups of 10-12 who will be with one facilitator for the day.

The smaller groups will work through a series of icebreakers, initiatives and problem solving activities, as well as both low and high elements of the ropes course. These activities are designed and chosen to allow the group to meet goals set out by your organization. These may include building effective communication, leadership skills, community building or teamwork and more.

Our facilitators are trained to work with a group to meet those goals and to provide activities that challenge a group and help them achieve a feeling of success. Because all participants are different, each group is unique and may be doing different activities.

### Guidelines

- ◆ The Adventure Course uses a **Challenge by Choice** philosophy. This means that each participant is encouraged to choose a level of challenge that is appropriate for him or her and that we never coerce anyone into any level of participation, including climbing the high elements. The Facilitator will review the **Challenge by Choice** concept with all participants as part of their small group activities.
- ◆ Most activities will involve processing or debriefing at the end of the activity.

Thank you for taking the time to review this information. We look forward to meeting and working with you.

***We will meet with you prior to the beginning the program to review this information and allow the staff or chaperones to ask questions.***

Sincerely,

***Alley Pond Adventure Course Staff  
Urban Park Rangers  
City of New York Parks and Recreation***



**ALLEY POND ADVENTURE COURSE  
Participant Agreement and Promise Not to Sue**

In consideration of my participation in the Alley Pond Adventure Course, I understand and agree as follows:

1: I understand and acknowledge that participation in the Alley Pond Adventure Course involves hazardous activity, including but not limited to running, jumping, leaping, Low Elements (18 inches off the ground), and High Elements (climbing up to 45 feet high while on belay), that can lead to injury or even death. I understand the risks associated with participation, I acknowledge that I am participating voluntarily, and I acknowledge that I knowingly assume the risks associated with participation. I agree to follow all instructions and wear all required safety equipment (including but not limited to harnesses & helmets) provided by the staff at the Alley Pond Adventure Course. I acknowledge that the instruction and supervision provided may not prevent injury and does not guarantee that injury will not occur. If at any time I have any doubts about my physical ability to perform an activity or I do not understand the instructions given me, I agree and promise to notify staff immediately.

2: I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary and I elect to participate in spite of the risks.

3: I agree not to sue the City of New York (the "City"), the New York City Department of Parks and Recreation ("Parks"), or their agents, for any and all actions, damages, claims, and demands on account of any personal injury or claims, including without limitation death, arising out of my participation in the Alley Pond Adventure Course.

4: I hereby promise that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

**By signing this document, I acknowledge that if anyone is hurt, or there is property damage during my participation in this activity a court of law may find me to have waived my right to maintain a lawsuit against the City, Parks, or their agents, on the basis of any claim from which I have released them herein.**

**I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE PARTICIPANT AGREEMENT AND PROMISE NOT TO SUE. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS.**

Signature of Participant: \_\_\_\_\_ Print Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



City of New York  
Parks & Recreation  
Michael R. Bloomberg, Mayor  
Adrian Benepe, Commissioner

ALLEY POND PARK ADVENTURE COURSE  
ALLEY POND PARK, WINCHESTER BLVD.  
PHONE: 718-217-4685 FAX: 718-217-6598

**ALLEY POND ADVENTURE COURSE**

**Parent or Guardian's Additional Promise Not to Sue**

(Guardians of participants, under the age of 18, must complete this section)

In consideration of \_\_\_\_\_ ( *print minor's name* ) ("Minor") being permitted by the City of New York (the "City") and the New York City Department of Parks and Recreation ("Parks") to participate in the Alley Pond Adventure Course, I further promise not to sue the City, Parks, or their agents for any and all actions, damages, claims, and demands on account of any personal injury or claims, including without limitation death, arising out of the Minor's participation.

By signing this document, I acknowledge that if anyone is hurt, or property is damaged during the Minor's participation in this activity, a court of law may find me to have waived my right to maintain a lawsuit against the City or Parks, on the basis of any claim from which I have released them herein.

**I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ENTIRE PARTICIPANT AGREEMENT AND PROMISE NOT TO SUE ON THE FRONT OF THIS SHEET. I HAVE READ AND UNDERSTOOD, AND I AGREE TO BE BOUND BY ITS TERMS.**

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

Print Name: \_\_\_\_\_

Emergency Phone Number or Pager: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Photo Identification furnished, type and ID Number: \_\_\_\_\_