



# Stretch & Refresh: Outdoor Morning Yoga

Explore a gentle outdoor stretch & breathe yoga practice by the beautiful Narragansett Bay at the N. K. Town Beach. Some benefits of yoga include improved posture, improved balance, increased body awareness, better focus and stress reduction. It is a practice open to everybody! All ages and experience levels are welcome. No prior yoga experience is necessary. Ease into your weekend! Treat yourself to a meaningful hour ... Stretch & Refresh with likeminded folks Friday mornings this summer!!

### 3 Sessions Available:

June (6/4-6/25) \$20

July (7/2-7/30) \$25

August (8/6- 8/27) \$20

Non Resident June \$22.00 July \$27.50 August \$22.00

Friday Mornings 7:30 - 8:30

Instructor Karen D'Abrosca RYT200

Location: N. K. Town Beach on the grassy area near the band stand where there is sun & shade.

Wear comfy clothes and a Mask, bring water and a mat/towel. Minimum age 13 years old

### No drop ins please

Class size will be limited so Pre registration is suggested at <https://nkrec.recdesk.com/Community> or print and mail form and fee to Recreation 100 Fairway Dr, Checks payable to Town Of North Kingstown.

We at NK Rec take your health and safety very seriously. We will be abiding by the State COVID Guidelines that are subject to change. Masks are now required for participants, coaches, and volunteers over the age of 2. Please bring hand sanitizer. There will be a screening at drop off, in some cases, including temperature taking, please allow yourself an extra few minute. If you answer YES to any screening questions or have a temperature you will not be allowed to participate that day. Currently, we are allowing minimal and in most cases no spectators. Athletes are recommended to get weekly COVID-19 tests. If you have tested positive or recently been in contact with a positive case inform your coach/instructor immediately. If you have a serious underlying health condition, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised discretion for participation will be advised. For additional information call the office or visit reopeningRI.com

**Rain cancels class, if unsure call or text 401-932-1280 or call Rain Line 401-268-1543**

YOGA 2021

NAME \_\_\_\_\_ SCHOOL AND GRADE IF APPLICABLE \_\_\_\_\_

PRIMARY PHONE \_\_\_\_\_ CELL PHONE(S) \_\_\_\_\_

CELLULAR PROVIDER \_\_\_\_\_ OPT INTO TEXT? Y N

ADDRESS \_\_\_\_\_ 028 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

EMAIL \_\_\_\_\_ @ \_\_\_\_\_

MEDICAL PROBLEMS? \_\_\_\_\_

EMERGENCY CONTACT INFO: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Check all sessions you are registering for:

June(\$20) \_\_\_\_\_ July(\$25) \_\_\_\_\_ August (\$20) \_\_\_\_\_ Total Fee \$ \_\_\_\_\_

PRIOR YOGA EXPERIENCE NONE \_\_\_\_\_ SOME \_\_\_\_\_ EXPERIENCED \_\_\_\_\_

**TOWN OF NORTH KINGSTOWN  
RECREATION DEPARTMENT  
100 Fairway Drive  
North Kingstown, Rhode Island 02852  
Phone (401) 268-1542**

**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)

\_\_\_\_\_ 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.

*BY INITIALING I AGREE TO THE UNRESOLVED USE OF MY CHILD'S NAME AND/OR LIKENESS (INCLUDING PHOTOGRAPHS, VIDEO TAPES, AND OTHER DEPICTIONS) FOR PUBLICIZING NORTH KINGSTOWN RECREATION ACTIVITIES AND EVENTS.*

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

Home State of minor: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Parent/Guardian Legal Name (PRINT): \_\_\_\_\_

Parent/Guardian Legal Name (SIGN): \_\_\_\_\_

**Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

**North Kingstown Rec Programming** has put in place preventative measures to reduce the spread of COVID-19; however, NK Rec **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, **attending NK Rec Programming, being exposed to the public, could increase** your risk and your child(ren)'s risk of contracting COVID-19.



By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending NK Rec Programming and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, NK Rec employees, volunteers, and program participants and their families even though North Kingstown Recreation is taking all possible precautions.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at NK Rec Programs or participation in NK Rec programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless NK Rec, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of programs, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any programming.

**Signature of Parent/Guardian**

**Date**

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**Print Name of Parent/Guardian**

**Print Name of Participant(s)**

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