



# ROCOvery Fitness is hosting an Irondequoit Youth Hike (ages 13-18 years of age)

August 2 at 4 PM

Durand Eastman Park-Meet at the playground parking lot on  
Log Cabin Road

Parents are welcome to attend with their teen for the introduction  
and for the hike if they choose (or stay and have a cup of ice coffee  
or soda and help with food set up)

**This is a ONE HOUR HIKE! Dress  
appropriately-sneakers, hats, sunscreen, bug  
spray, WATER!**

The purpose of the hike is to connect Irondequoit Youth who may want to  
consider participating in future adventure and leadership opportunities.

Contact [dfitogether@gmail.com](mailto:dfitogether@gmail.com) and you will be emailed a registration form.

The registration can also be printed from D-FI: Together website at  
[www.dfitogether.org](http://www.dfitogether.org) OR from [www.rocoveryfitness.org](http://www.rocoveryfitness.org)



OR call 314-6546 to get more information.



## YOUTH Events Permission Slip/Code of Conduct

Program Name: Irondequoit Youth Hike

Participant Name: \_\_\_\_\_

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

Participant Email Address: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Phone: \_\_\_\_\_

1. Treat everyone with respect. Physical contact, teasing, bullying or abusive language will not be tolerated.
2. Everyone is responsible for their own items and belongings. Please do not bring valuables
3. Participants are to stay with the group at all times where there is supervision.
4. All participants, youth and adult, are allowed to participate only if without drug or drink in the past 48 hours.
5. Have Fun!

**By signing I hereby understand and agree to follow the Participant Code of Conduct.**

Parent/Guardian: \_\_\_\_\_

Participant: \_\_\_\_\_

Are there any allergies, medical or other information we should be aware of?

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

### Parent/Guardian Contact Information

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Emergency contact (in case parent/guardian is unavailable)

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Will your teen be arriving independently and departing independently? Yes No

If No, who is picking your teen up from this program?

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

I hereby understand and acknowledge that there is some risk inherent in all recreational activities. I acknowledge that ROCOVERY Fitness, Inc. does not provide accident or medical insurance for program participants. I fully understand that I must provide proper medical insurance coverage for myself and/or my child. I give permission for emergency medical staff, a licensed physician or hospital staff to administer emergency medical care deemed necessary for person(s) registered for the above program(s) and/or event if parental/guardian permission is unavailable. I agree to hold ROCOVERY Fitness Inc. its employees and volunteers harmless for any accident, and injury or other cause of action occurring while myself and/or my child participates in a recreation program and or event.