



Tui Ridge Park

ROTORUA NEW ZEALAND

Fitness Course

What is the TRP Fitness course?

The Tui Ridge fitness course is a series of exercise sites set out on a 1km trail best suited for children under 13 years of age. It is designed to challenge and stimulate.

It's all yours

The fitness course is available free of charge to all guests. However for an additional cost Tui Ridge can provide an instructor for this activity.

What do I have to wear?

We advise sturdy shoes, relatively comfortable fitting practical clothes. Hats and warm jackets are recommended and a raincoat just in case as it can get cold at the park.

Food and Water

Taps with drinking water are around the park so you can fill up your drink bottles if you need to. Tui Ridge can provide meals by request for day visitors but this must be booked prior to arrival and would be an additional cost.

Who can use it?

Any member of the public can come in and use our fitness course on any day of the week except Saturdays. This is subject to bookings and other groups who may have exclusive use of the park.

Contact details

You can contact us by email at tuiridgepark@xtra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



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FITNESS COURSE PROCEDURES **This is an adult supervision activity**

DESCRIPTION

The Tui Ridge Park fitness course is set over a distance of 1.5km. It has ten stations with a different exercise at each one. A map of the course and its exercises will be handed to the group leader on request.

GROUP RESPONSIBILITIES

Adults should make themselves familiar with fitness course before activity
Adults must supervise activity at all times
Adults should be stationed at any possible hazards on the course
Group leaders are responsible for pointing out the hazards
Group leaders are solely responsible for the safety and well being of all the group members during activity

TUI RIDGE PARK RESPONSIBILITIES

Tui Ridge Park will supply any equipment needed for the activity
Tui Ridge Park will point out possible hazards to group leader prior to activity and explain each exercise station
Tui Ridge Park will maintain the course on a regular basis
Tui Ridge Park will check the course every two months for repairs

DISCLAIMER

I the under signed have read and understood the procedures for the use of the Tui Ridge Park Fitness course and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____ (Group leader) Date: ____/____/____

Group name: _____

