Guidelines for Eugene Lang College Students Enrolled in the "Lang Cycling Team" Course

You have enrolled to participate on the Lang Cycling Team, during which you will explore different areas of New York City on bicycle and explore issues of urban cycling such as development of bike lanes, availability of bicycle racks, and making urban streets cycle friendly. You will also learn about bicycle safety and maintenance.

The following are some guidelines about participating in this course. These are intended to minimize any misunderstandings about the course and to protect you from any conflict, inconvenience or injury that may arise.

Please review the following carefully:

1. You must know how to ride a bicycle. You must have a bicycle that passes safety inspection, helmet, lock, and clothing appropriate for outdoor activity in cold weather and rain. You must be prepared to cycle in weather over 45 degrees Fahrenheit.

2. During this course, you will be cycling through New York City. Pay attention to the instructions given regarding the routes. The University does not own, or operate, the routes that you will be biking on. You understand that there are risks associated with biking, including but not limited to falls; accidents; contact with vehicles, other participants, spectators or others; the effect of the weather, including high heat, extreme cold, icing, rainfall, flooding and/or humidity; traffic; and the conditions of the road.

3. You understand that cycling is a rigorous and potentially hazardous activity. You further understand that any training information or tips provided by the University is for general use, and may not be appropriate for your use or your medical or physical condition, and that following any training program does not ensure cycling without injury.

4. **You must consult with a medical doctor with regard to your personal medical needs. <u>In order to participate in this course, you are required to get a medical certification from a doctor certifying that you able to participate in the course</u>. Please provide the attached letter signed by a doctor or similar certification to the instructor no later than the first day of the class. You will not be able to cycle without the signed letter or its equivalent.**

5. You must comply with all New York City laws and ordinances. This included, but is not limited to, not entering parks that are closed, not entering private property and being aware of signage prohibiting particular activities.

6. Consider public safety while cycling and avoid cycling that is likely to pose public safety hazards.

7. You agree that if necessary, the University may, but is not obligated to, take any actions it considers to be warranted under the circumstances regarding your health and safety. You may be required to pay expenses related thereto.

8. If you have questions or concerns about cycling or the routes, ask the instructor.

Please sign that you have read and understood these guidelines.

Name (print): _____ Signature: _____

[date]

To: The New School

I have examined _____ (student) and certify that he/she is physically able to participate in the training involved in the Lang Cycling Team course.

_____

Print Name: