



Park500 Terms and Conditions

Effective date: 31/05/2026

Organisation: Park500

1. Introduction

Park500 is a free, community-based fitness event designed to bring people together through running, bodyweight exercise, and outdoor participation.

Park500 events are inspired by community fitness, military-style physical training, hybrid fitness, functional training, and the inclusive spirit of free weekly movement events.

Park500 is designed for participation, not elite performance. People of different fitness levels are welcome, provided they take part safely and scale movements to suit their ability.

By registering for, attending, volunteering at, or participating in a Park500 event, you agree to these Terms & Conditions.

2. What Park500 Is

Park500 is a free outdoor fitness event that may include:

- Running or walking intervals
 - Push-ups
 - Sit-ups or crunches
 - Walking lunges
 - Burpee broad jumps
 - Air squats
- Other bodyweight or fitness-based movements

The standard Park500 format is:

6 x 500m runs with 5 bodyweight stations between runs.

The event may be adjusted depending on location, weather, safety, council requirements, volunteer availability, or course conditions.

Park500 is not a race in the traditional sense. It is a community fitness challenge where participation, effort, safety, and encouragement matter most.

3. Registration

Participants may be required to register online before attending a Park500 event.

Registration details may include:

- Name
- Email address
- Phone number

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- Age or date of birth
- Emergency contact details
- Location preference
- Fitness or health acknowledgement
- Agreement to these Terms & Conditions

You agree that all information provided during registration is accurate and up to date.

If you register another person, you confirm that they have agreed to take part and accept these Terms & Conditions. If registering a child, you confirm that you are their parent, guardian, or authorised responsible adult.

Park500 reserves the right to refuse, remove, or cancel a registration if false, offensive, unsafe, inappropriate, or misleading information is provided.

4. Participation

By taking part in Park500, you acknowledge that:

- Physical activity carries risk.
- You are responsible for deciding whether you are fit and able to participate.
 - You should only take part at a level suitable for your current ability.
- You may stop, rest, walk, reduce reps, scale movements, or withdraw at any time.
- You are responsible for warming up, cooling down, wearing appropriate footwear, and using safe movement standards.
- You should seek medical advice before participating if you have any health concerns, injuries, medical conditions, or are unsure whether the event is suitable for you.

Park500 is not a substitute for medical advice, physiotherapy, personal training, or individual health assessment.

5. Children and Young Participants

Children are welcome at Park500.

For safety, children under 11 must be accompanied by a parent, guardian, or responsible adult at all times before, during, and after the event.

Parents and guardians remain responsible for their children throughout the entire session.

Park500 may involve running, push-ups, sit-ups, walking lunges, burpee broad jumps, squats, and other physical movements. Children should only participate at a level suitable for their age, ability, confidence, and supervision.

Parents or guardians must ensure that children:

- Stay within sight and supervision
- Follow instructions from event volunteers

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- Do not obstruct other participants
 - Take part safely and sensibly
- Stop or scale movements when needed

Park500 reserves the right to ask a child or supervising adult to stop participating if safety becomes a concern.

6. Health, Safety and Risk

You participate in Park500 voluntarily and at your own risk.

Possible risks include, but are not limited to:

- Slips, trips or falls
- Muscle strain or injury
- Fatigue or overexertion
- Collision with other participants, pedestrians, cyclists, animals, or public users
- Uneven ground, grass, pathways, wet surfaces or environmental hazards
 - Heat, cold, rain, wind or other weather-related risks
 - Aggravation of existing injuries or health conditions

You must not participate if you:

- Feel unwell
- Have been advised not to exercise
- Have an injury or condition that makes participation unsafe
 - Are under the influence of alcohol or drugs
 - Are unable or unwilling to follow safety instructions

In an emergency, Park500 volunteers may contact emergency services and/or your emergency contact.

7. Event Rules and Movement Standards

Participants must follow all instructions given by Park500 event organisers and volunteers.

Movement standards may be explained before the event. These are intended to create a safe and consistent experience, but Park500 is not responsible for judging every movement, correcting technique, or providing individual coaching.

Participants are expected to:

- Show respect to others
 - Move safely
- Stay aware of surroundings

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- Keep left or follow course directions where applicable
 - Give way to members of the public
 - Avoid blocking paths
 - Scale movements where needed
 - Encourage others
 - Stop if injured, dizzy, unwell, or unsafe

Park500 reserves the right to change the format, course, exercises, distance, or session structure at any time for safety or operational reasons.

8. Public Spaces and Shared Use

Park500 events may take place in public parks, paths, sports fields, or community spaces.

Participants acknowledge that these areas may also be used by:

- Walkers
- Runners
- Cyclists
- Children
 - Dogs
- Families
- Community groups
- Vehicles or maintenance staff where applicable

Participants must be respectful of the public and must not behave in a way that creates risk, nuisance, intimidation, or disruption.

Park500 does not guarantee exclusive use of any public space unless specifically stated.

9. Volunteers

Park500 events may be supported by volunteers.

Volunteers may assist with:

- Course setup
- Safety briefing
- Timekeeping
- Directional guidance
- General support
- Social media content

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- Pack down
- Participant encouragement

Volunteers are not expected to provide medical care, professional coaching, personal training, or individual supervision.

Volunteers must act responsibly, respectfully, and in accordance with Park500 instructions.

Park500 may remove or refuse a volunteer role if a person behaves unsafely, inappropriately, or contrary to the values of the event.

10. Conduct

Park500 is built on community, inclusion, encouragement, and respect.

The following behaviour is not acceptable:

- Abuse, bullying, harassment or intimidation
 - Discrimination of any kind
 - Unsafe or reckless behaviour
 - Aggressive competition
 - Offensive language or conduct
- Inappropriate behaviour around children or vulnerable people
 - Damage to property, parks, facilities or equipment
 - Ignoring safety instructions
 - Bringing Park500 into disrepute

Park500 reserves the right to ask any participant, spectator, volunteer, coach, or organiser to leave an event or stop participating if their behaviour is considered unsafe, inappropriate, or inconsistent with Park500 values.

11. Event Changes, Cancellations and Weather

Park500 events may be changed, postponed, relocated, or cancelled at any time.

Reasons may include:

- Severe weather
- Unsafe ground conditions
- Council or permit restrictions
 - Volunteer shortage
 - Public safety concerns
 - Emergency situations
 - Course obstruction

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- Low visibility
- Heat risk
- Any other operational concern

Park500 will make reasonable efforts to communicate changes through its website, social media, email, or event channels, but participants are responsible for checking updates before attending.

12. Results, Timing and Participation Records

Park500 may record times, scores, participation counts, locations, or completion data.

Any timing or scoring is for community engagement, motivation, and participation tracking only.

Park500 does not guarantee that timing, results, rankings, or participation records will be accurate, complete, or available.

Park500 may correct, remove, adjust, or withhold results at its discretion.

The focus of Park500 is participation, not official competition.

13. Photos, Videos and Media

Photos and videos may be taken at Park500 events for promotional, educational, community, and social media purposes.

By attending a Park500 event, you acknowledge that you may appear in photos or videos captured in a public event environment.

Park500 may use event images or footage on:

- Website
- Social media
- Promotional material
- Event recaps
- Educational content
- Community updates

If you do not want to be photographed or filmed, you should notify the event organiser before participating. Park500 will make reasonable efforts to respect this, but cannot guarantee that you will not appear in wide-angle, crowd, background, or public-space footage.

Parents and guardians are responsible for advising Park500 if they do not want their child photographed or filmed.

14. Personal Belongings

Participants are responsible for their own belongings.

Park500 accepts no responsibility for lost, stolen, damaged, or unattended personal property.



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15. Privacy

Park500 may collect personal information through registration forms, volunteer forms, event sign-ups, contact forms, emails, or social media messages.

This information may be used to:

- Manage event attendance
- Communicate event updates
- Contact emergency contacts if needed
 - Coordinate volunteers
 - Improve Park500 events
- Share relevant community updates
- Maintain safety records where required

Park500 will take reasonable steps to protect personal information.

Park500 will not sell personal information to third parties.

Participant information may be stored using third-party platforms such as website forms, email systems, CRM platforms, form builders, or social media platforms. Those platforms may have their own privacy terms.

A separate Privacy Policy may be provided and should be read alongside these Terms & Conditions.

16. Website, Social Media and Digital Use

Park500 websites, forms, images, logos, written content, event materials, and social media content are owned or controlled by Park500 unless otherwise stated.

You must not copy, reproduce, scrape, modify, sell, misuse, or commercially exploit Park500 content without written permission.

You must not attempt to interfere with, damage, hack, overload, or misuse Park500 websites, forms, systems, or digital platforms.

Park500 may remove comments, block users, restrict access, or report behaviour that is abusive, unsafe, misleading, spam-related, unlawful, or harmful to the community.

17. Coaches, Clubs, Organisers and Third Parties

Park500 may collaborate with volunteers, coaches, gyms, clubs, councils, community groups, or local organisers.

Unless clearly stated in writing, these third parties are not employees, agents, or legal representatives of Park500.

Any coach, organiser, sponsor, or third party involved with Park500 must act consistently with Park500 values and safety expectations.



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Park500 reserves the right to approve, refuse, remove, or discontinue any third-party involvement.

18. Limitation of Liability

To the maximum extent permitted by law, Park500, its organisers, volunteers, event teams, contractors, partners, sponsors, and representatives are not liable for any loss, injury, damage, expense, claim, delay, or inconvenience arising from participation in or attendance at Park500 events.

This includes, but is not limited to:

- Personal injury
 - Illness
- Property loss or damage
- Event cancellation
- Inaccurate timing or results
- Actions of other participants or members of the public
 - Weather or environmental conditions
 - Use of public spaces

Nothing in these Terms & Conditions excludes liability that cannot be excluded under Australian law.

19. Indemnity

You agree to take responsibility for your own actions during Park500 events.

You agree to indemnify Park500 and its organisers, volunteers, representatives, and partners against claims, losses, damages, costs, or expenses arising from:

- Your unsafe conduct
- Your breach of these Terms & Conditions
- False or misleading registration information
 - Damage caused by you
- Failure to supervise a child in your care
- Failure to follow event instructions

20. No Guarantee of Availability

Park500 aims to provide free community fitness events, but does not guarantee that events will be available every week, in every location, or on an ongoing basis.

Events depend on suitable locations, volunteer availability, safety, council permissions, community support, weather, and operational capacity.



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21. Changes to These Terms

Park500 may update these Terms & Conditions from time to time.

The latest version will be published on the Park500 website or registration page.

By continuing to register, attend, volunteer, or participate after updates are made, you accept the revised Terms & Conditions.

22. Governing Law

These Terms & Conditions are governed by the laws of Queensland, Australia.

Where applicable, disputes will be subject to the courts and tribunals of Queensland, Australia.

23. Contact

For questions about these Terms & Conditions, event participation, volunteering, privacy, or safety, contact Park500 at:

Website: <https://park500.org/park500>

Social media: [FACEBOOK](#) [INSTAGRAM](#)