

CROSS COUNTRY CANADA

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of Cross Country Canada and Canadian Snowsports Association (hereinafter called CCC/CSA), Southern Ontario District (hereinafter called the Division) and Bruce Ski Club (hereinafter called Club) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the Activities), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the Parties), acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the Activities. In consideration of the Participant's participation in the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the Activities, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;
- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of Activities; and
- l) other risks normally associated with participation in the Activities.

Furthermore, the Parties are aware:

- a) that injuries sustained may be severe, paralyzing, or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of CCC/CSA, the Division and the Club;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- d) that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of CCC/CSA, the Division and the Club accepting the Participant's application for membership in the Club or allowing the Participant to participate, the Parties agree that CCC/CSA, the Division and the Club and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, caused by the risks, dangers and hazards associated with the Activities.

Acknowledgement

5. The Parties confirm that:  
a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of CCC/CSA, the Division and the Club;  
b) they have been provided sufficient information about Activities and the associated risks and hazards so that they are aware of the effect of this agreement;  
c) the Participant agrees to abide by the Rules and Regulations imposed by CCC/CSA, the Division and the Club, in association with the Activities, and to follow the instructions of the officials during the Activities; and  
d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and representatives.

6. In addition, the Parties:  
a) authorize CCC/CSA, the Division and the Club to collect and use personal information about the Parties which relates in any way to the Activities, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the CCC/CSA, the Division and the Club websites;  
b) grant permission to CCC/CSA, the Division and the Club to photograph and/or record the Parties image and/or voice, and to use this material to promote CCC/CSA, the Division and the Club through any form of and agree that the audio/visual material and copyright will remain the sole property of CCC/CSA, the Division and the Club and waive any claim to remuneration for use of audio/visual materials used for these purposes; and  
c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

\*We do not sell or distribute your personal information to any other third party not listed herein.\*

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name(s): \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Signature(s): \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_

NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.

# Bruce Ski Club

## 2017/18 MEMBERSHIP FORM

**Online registration is also available at: [www.bruceskiclub.ca](http://www.bruceskiclub.ca)**

Please print clearly

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

Street Address \_\_\_\_\_ Email Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Please indicate method you wish to receive newsletter :  
 Email  Regular Mail

<b>Membership List</b> FULL NAME OF EACH MEMBER		Gender		Year of Birth	GBN Member	High School Team	Elem. School Team	Jack-rabbits
		M	F					
1								
2								
3								
4								
5								
6								
7								
8								

### Membership Fees

1. Membership fees are discounted if your registration is postmarked by **20 November 2017**.
2. Family membership includes up to **two adults** and **two children** under the age of 21 at home. Additional children are \$10.00 each.
3. Jackrabbits participants must also register as members of Bruce Ski Club.

	<i>20 November 2017</i>	<i>Regular</i>	<i>Payment</i>
Individual	\$65.00	\$80.00	
Family	\$150.00	\$180.00	
Additional Children \$10 x ( ) Up to 3			
Jackrabbits	\$50 x ( )	\$60 x ( )	
Donations* (non-charitable)	Sawmill Groomer Fund		
	Friend (up to \$99)		
	Sponsor (\$100 to \$499)		
	Patron (\$500 and up)		
Replacement Zipper Tabs \$1 x ( )			
Total Paid:			

**Zipper tabs are provided to all NEW members. Otherwise you will receive coloured stickers to place on your tabs indicating the year of membership. If you have lost your zipper tab and request a new one the cost is \$1.00 each.**

<i>Items Required</i>	Yes	No
<b>Zipper tabs: #</b> _____		
<b>Stickers: #</b> _____		

Please return application with payment and **signed waiver (on reverse of this form)** to: BRUCE SKI CLUB INC. PO BOX 2 OWEN SOUND, ON N4K 5P1

<http://bruceskiclub.ca>

\* Go to [bruceskiclub.ca](http://bruceskiclub.ca) for an explanation of donation levels and recognition. Early Bird registrants will receive their sticker/tgs by December 30, 2016

**EVERY ADULT MEMBER MUST SIGN THE WAIVER ON THE BACK OF THIS FORM**

## Be a BSC Volunteer

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

**The Bruce Ski Club is run by volunteers. This enables us to keep our rates at an affordable level. Please check each box where you are interested in helping the club.**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Trail Clean Up     | <input type="checkbox"/> Special Event Helper       | <input type="checkbox"/> Pisten Bully Maintenance  |
| <input type="checkbox"/> Jackrabbits Helper | <input type="checkbox"/> Cabin Maintenance          | Tell us how you would like to Volunteer<br><div style="border: 1px solid black; height: 20px; width: 100%;"></div> |
| <input type="checkbox"/> Excutive Committee | <input type="checkbox"/> Bird Feeders               |  |
| <input type="checkbox"/> Race Volunteer     | <input type="checkbox"/> Snowshoe Trail Maintenance |  |

Skiers using public trails on private land are reminded to be aware of their responsibilities under the occupiers liability act and the Trespass to Property Act (1990).