

Opeongo Hills

• NORDIC SKI CLUB •

Groomed classic and skate ski trails near Killaloe, Wilno, Barry's Bay, Eganville and Foymount, Ontario
ski@opeongonordic.com • www.opeongonordic.com

Kids' Cross-country Ski Program

AT OPEONGO NORDIC

The kids will play on cross-country skis, review basic nordic skills, learn how to stay safe and enjoy playing outdoors in the winter. There will be no skill assessment of kids, just an enjoyable learning environment.

Saturdays • January 20–February 24, 2017

10 am to 12 noon • Ages 5 to 16

\$105 for all six sessions, includes a snack

If there are rainy/icy days and/or below -15 temperatures, we'll skip that day. There will be no rescheduling for weather. Please arrive at around 9:50 a.m. to sort out ski equipment.

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Parent's Name: _____ Phone: _____

Mailing Address: _____

XC Skiing Experience: _____

Allergies? (list): _____

Concerns?: _____

Emergency Contact: _____ Phone: _____

Total number of children: _____ x \$105.00 = \$ _____

Please make cheques payable to: *Opeongo Hills Nordic Ski Club*

Mail registration form and payment to: Opeongo Nordic, c/o Beth Kennedy

3105 Letterkenny Road, RR1, Wilno, ON, K0J 2N0

(See page two for equipment rentals)

One waiver per child required.

Read and sign the waiver, pages 3 and 4.

Rentals

Limited kids-sized equipment rental available.

At each kids' program session, the equipment will be delivered to the ski club and picked up after the session. The equipment is modern, good quality and comfortable, with Profil or NNN binding system. Some skate-ski equipment is available. \$60 per package (one set of boots, poles and skis) for all six sessions.

Child's name: _____

Child's shoe size: _____ Child's weight: _____ Child's height: _____

Child's name: _____

Child's shoe size: _____ Child's weight: _____ Child's height: _____

Child's name: _____

Child's shoe size: _____ Child's weight: _____ Child's height: _____

Child's name: _____

Child's shoe size: _____ Child's weight: _____ Child's height: _____

Total number of rental packages: _____ x\$60 = \$_____

Please make cheques for rental equipment payable to: Paul Jorgensen Carpentry

For more information about rentals, contact Beth Kennedy, 613-401-9069, ski@opeongonordic.com

**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 including all of its registered Divisions and Clubs and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), 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 **CCC/CSA**, 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**.
3. **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**;
 - 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** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, 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 **CCC/CSA**, 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**;
 - 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**, 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**, 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** websites;
- b) grant permission to **CCC/CSA**, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, 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: _____
Date: _____
Signature: _____

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

Name of Parent/Guardian: _____
Date: _____
Parent/Guardian Signature: _____

NOTE:

All Informed Consent and Assumption of Risk Agreements are to remain with the **Club Executive for a minimum of three years.**

DO NOT submit these forms to **CCC/CSA** or the **Division Office**