

**SATURDAYS: December 2, 9, 16, 2023, January 6, 13, 20, 27,
February 3, 2024 - 10 am to 12 noon**

Through organized activity and active play, participants learn how to cross-country ski, develop an appreciation for the outdoors, and develop new ski friends. We facilitate Nordiq Canada lessons, led by certified instructors.

ADDITIONAL INFO:

- All participants must provide their own equipment. Rental options available at Hilltop Ski Rentals (hilltopskirentals@gmail.com, 613-757-1404) or the Killaloe Public Library Sports-Lending Hub.
- All participants must complete a self-assessment prior to participation and Covid-19 specific protocols will be shared closer to the start date.
- All participants must provide their own mask or facial covering, water bottle and snacks, and are encouraged to carry a hip belt.

PROGRAMS OFFERED:

- **Jack Rabbits (ages 6 to 9):** The objective is for children to learn basic cross-country ski skills, including classic and skating styles and to instill a lifelong interest in the sport. Participants will develop the basics of agility, balance, coordination and speed, as well as good ski technique habits, fun and fitness.
- **Track Attack (ages 9 to 12):** The focus of the Track Attack program is to help participants become technically competent cross country skiers and use their skills to explore a wide range of ski activities.
- Cost: \$105, plus insurance fee of \$18 per child (unless you have already purchased a family membership).

Child's name: _____ Age: **YYYY-MM-DD**

Medical conditions? (list): _____

Child's name: _____ Age: **YYYY-MM-DD**

Medical conditions (list): _____

Child's name: _____ Age: **YYYY-MM-DD**

Medical conditions (list): _____

Child's name: _____ Age: **YYYY-MM-DD**

Medical conditions (list): _____

Parent's name: _____

Phone(s): _____

Email: _____

Mailing address: _____

General concerns?: _____

Emergency contact: _____ Phone: _____

Number of children: _____ x \$120 program fee = \$ _____

Number of children: _____ x \$22 insurance* = \$ _____

Total: \$ _____

***Insurance fee of \$22 is required UNLESS you've already purchased a family membership.**

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

Mail registration form and payment to:

Allyson Saunders, Wilno, ON, K0J 2N0

Contact Ally at: youth.opeongonordic@gmail.com, 403-352-5502

**One waiver per child required.
Read and sign the waiver »**



**CROSS COUNTRY CANADA (*doing business as* NORDIQ 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**;
 - l) infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact, and
 - m) 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**