



**CASTLEGAR NORDIC SKI CLUB
MEMBERSHIP REGISTRATION FORM
2011 - 2012**

New Member
 Membership Renewal

Date: _____, ____

Name: _____

Mailing Address:

Postal code: _____

Email Address: _____

Telephone Number: _____

Providing us with your email address allows you to received electronic updates and newsletters.

**PLEASE SIGN THE WAIVER INCLUDED ON THE BACK OF THIS FORM.
THANKS!**

VOLUNTEER LIST

The strength of any club is measured in the enthusiasm of its volunteers. Please check off one or more of the following volunteer activities:

- Track Setting
- Executive
- Kootenay Cup
- Loppet
- BC Rabbits
- Trail Maintenance
- Machinery Maintenance
- Cabin Maintenance
- Firewood Cutting
- Fund Raising
- Newsletter
- Trail Fee Collection
- Safety
- Ski Report
- Club Socials
- Publicity
- Baking
- Phone tree
- Web Site
- Other:

 (please specify)

www.castlegarnordic.ca

Please Pay Before You Ski

(Fees cover membership in the Castlegar Nordic Ski Club, Cross Country B.C., and include CCBC insurance)

	Regular	Before Nov 6/11	Fee Enclosed
Single	\$55	\$50	
Couple	\$100	\$90	
Child (under 16)	\$15	\$15	
Student	\$40	\$35	
Family Maximum*	\$110	\$100	
TOTAL:			

* Family: One/two parents and children under 19

INSTRUCTIONS

- Fill out the form above.
- For insurance purposes, each member must sign the waiver form on the reverse side.**
- Drop off the form with your membership fees at Mallard's Source for Sports (Castlegar), Gericks (Trail) or Kootenay Nordic Sports (Rossland) where you will be given your badge (receipt will be sent on request).
- OR mail your completed registration form and fees to:
 Registrar – Castlegar Nordic Ski Club
 Box 3213, Castlegar, BC V1N 3H5

**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**), Cross Country BC (name of Ski Division, hereinafter called the **Division**) and the Castlegar Nordic Ski Club (name of 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**.

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**, 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.

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

Name	Date of Birth	Signature	Date of Membership	NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.	
				Name of Parent/Guardian	Parent Guardian Signature