



VOLUNTEER LIST

Please consider volunteering for the following activities:

Volunteer Executive Support

- Executive Officer / Director []
- Marketing & Fund Raising []
- Social Media []
- Registration & Data Support []
- Club Socials []

Volunteer Ski Season Activities

- Trail Fee Collector []
- Cabin Warden []
- Kids Skier Development Program
 - Program Coordination []
 - Coaching []
 - Parent Volunteer []
- Annual Troll Loppet []
- Safety Patrol []

Volunteer Work Parties

- Firewood Cutting & Stacking []
- Trail Maintenance & Brushing []
- Start of Season Cleanup []
- Facilities Maintenance []
- Special Projects/Improvements []

Other (specify below): []

- Please pay your membership fee before you ski.
- Please respect the Club policy of no dogs on the trails.

MEMBERSHIP FEES

| Membership Type | Regular | Until Oct. 31 st | Fee Enclosed |
|-------------------------|---------|-----------------------------|--------------|
| Adult | \$85 | \$80 | |
| Family ¹ | \$170 | \$160 | |
| Junior (7 to 18 yrs.) | \$30 | \$25 | |
| Student ² | \$50 | \$45 | |
| Child (6 yrs. & under) | Free | Free | --- |
| Senior (80 yrs. & over) | Free | Free | --- |
| TOTAL: | | | |

¹"Family" is defined as immediate family members living within the same household.

²"Student" is defined as enrolled in full time academic studies.

INSTRUCTIONS:

1. Fill out the form above.
2. For insurance purposes, each member must also sign the waiver form on the reverse side.
3. Mail your completed registration form with a cheque for fees to:

Registrar - Castlegar Nordic Ski Club
P.O. Box 3213
Castlegar, B.C. V1N 3H5

OR

3. Drop off this form with your membership fees at Mallard's Source for Sports (Castlegar), Gerick Sports (Trail), or Gerick Cycle & Ski (Nelson), where you will be given your badge.

CASTLEGAR NORDIC SKI CLUB MEMBERSHIP REGISTRATION FORM 2022 - 2023

www.castlegarnordic.ca

Note: The preferred and recommended alternative to using this paper form is to

Register Online at:

<https://www.castlegarnordic.ca/membership-fees/>

New Member []

Membership Renewal []

Date: _____, _____

Name: _____

Mailing Address: _____

Postal Code: _____

Telephone #: _____

Email: _____

Providing us with your email address allows you to receive Club updates and newsletters. We will not share your email address with anyone.

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

**CASTLEGAR NORDIC SKI CLUB
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 the **Castlegar Nordic Ski Club** (hereinafter called the **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.
2. **Description of Risks:** The Participant is participating voluntarily in the **Activities**. In consideration of the Participant’s participation in the **Activities** sanctioned by 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 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 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.
4. **Disclaimer:** In consideration of the **Club** accepting the Participant’s application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that 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 the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.
5. **Acknowledgement:** 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 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 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 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 **Club** websites; b) grant permission to the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote the **Club** through any form and agree that the audio/visual material and copyright will remain the sole property of 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 the **Club**. The **Club** will advise the implications of such withdrawal.

COVID-19: I agree to: a) follow the guidelines set forth by the BC Government and the Interior Health Authority; b) follow the Club’s COVID-19 Safety Plan and rules posted on site; and c) stay at home and self-isolate if I am sick or experiencing any symptoms of COVID-19.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement. (Attach additional signature pages if necessary)

| Name | Date of Birth | Signature | Date of Signature | NOTE: if the Member/Participant is less than 19 years of age, a parent or legal guardian MUST sign below. | |
|------|---------------|-----------|-------------------|---|---------------------------|
| | | | | Name of Parent/Guardian | Parent/Guardian Signature |
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***We do not sell or distribute your personal information to any third party not listed herein.**