

## Jackrabbit Registration Form



Parents/Guardians \_\_\_\_\_  
 Address \_\_\_\_\_ Town \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Telephone: \_\_\_\_\_ Cell (for emergencies) \_\_\_\_\_  
 Email: (important for notices) \_\_\_\_\_

- Note that Jackrabbit fees include special trail passes for session days. If you plan to purchase a season's trail pass from Arrowhead Provincial Park for your family (approximately \$290), please choose the special Season's Pass holder fee.
- Jackrabbit early bird rates apply up to **November 15, 2011**
- All fees include membership in Arrowhead Nordic Ski Club!
- Bunnyrabbits must be 4 years old by Dec 31<sup>st</sup>, 2011
- **Parents are expected to help with one activity per child during the program** (e.g. snack, course set up, special events). A sign-up sheet will be available the first week.

Bunny Rabbits and Jackrabbits including Level 5					Fees – circle one			
Participant's Name	Date of birth day/mo/yr	Health Card	First year in program?	Last level passed	Early bird	Regular	Season's trail pass holders	Fee
			Yes / no		115	130	99/114	
					115	130	99/114	
					115	130	99/114	

**Total** \_\_\_\_\_

- ✓ I would like my child registered in morning (10am – 12) \_\_\_\_\_ or afternoon (1-3pm) \_\_\_\_\_ sessions (check one)
- ✓ I can help with a class (Introduction to Community Coaching course to be held in December) Yes \_\_\_ No \_\_\_
- ✓ Do any of the participants have any allergies or medical conditions? Yes \_\_\_ No \_\_\_  
 If yes, please give details here.
- ✓ Does your child have any special needs? Yes \_\_\_ No \_\_\_  
 If yes, please give details here.



### 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 Division** (name of Ski Division, hereinafter called the **Division**) and **Arrowhead 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.
7. 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**

*Make checks payable to "Arrowhead Nordic Ski Club." No refunds unless requested with a letter from a physician. Please mail this form with fees to Cathie Raynor, 40 Old Ferguson Road, RR1 Huntsville, ON P1H 2J2*

**Club use: Received by \_\_\_\_\_ . Trail/parking passes given: yes # \_\_\_\_ /no Payment by cheque/cash/online**