



RACE NOTICE

Arrowhead Nordic Ski Club
Presents

MUSKOKA ELEMENTARY SCHOOL AGE (FREESTYLE) CROSS COUNTRY SKI RACE

RACE #2: Tuesday March 3rd, 2020 - **Freestyle**

Race Location: Arrowhead Provincial Park

Cost: \$12.00 per entry (includes certificates, trail permit)

Registration:

Registration opens Friday February 21, and closes at midnight on Saturday February 29. Please go to <http://arrowheadnordic.ca/blog/events/events-2-2-2/> and click on the registration button. This will take you to the Zone4 registration site where you can sign up.

RACE DAY

Bib Pick-up: 9:30 – 10:15 at portable in P1 parking lot
Race Start Time: 11 am
Awards: Approx. 1 pm
Food: Pizza \$2 & free hot chocolate
Contacts: Jody White – jodybenjamintomas@gmail.com
705-789-0997
Cathie Raynor – drdoug@suren.net 705-789-0327

Races are open to grades 1-8 with fun, participation, and striving for personal best being the emphasis.

Approximate distances Grades 1-2 – 1.2 km, Grades 3-4 - 2 km, Grades 5–6 – 2.5 km, Grades 7-8 – 3 km

This is a Freestyle race. Students are able to choose whether to classic or skate ski. Trails will be groomed for both styles of skiing.

Due to our club's insurance policies, waivers must be signed when registering. The waiver is on the Zone4 website. Anyone not registering with Zone4 must print the waiver at the bottom of this document, and bring a signed copy to the race.

Additional Information:

Rental equipment is available at Arrowhead Park, but must be arranged ahead of time. Parents are responsible for transportation to the race and supervision of their children at the race.

Clothing - Students will be outside for the most of the day. They need to have a warm layer of clothing for when they are not racing.

Washrooms – Washrooms are available in the Visitor Centre.

Water - Please have your students bring a water bottle, or other drink. A water bottle filling station is available in the Visitor Centre.

Cancellations – There are no refunds.

Racers need to be at the start line at least 10 minutes before their start time so that the volunteers can get them in order. Start times will be posted. Please ensure that your child makes it to the start line on time! We can always use parents to help line up students at start line. Most help is needed at the beginning lining up the youngest kids.

Please explain to your children before they arrive at the race:

1. **The race is an interval start race. Students will line up in order according to the numbers on their bibs and in pairs.** For example, 1 and 2 go together, 3 and 4, etc. Every 20 seconds, two students will be started.
2. There are 4 race courses. **Students must follow the colour markers on the trail that match their bib colour.**
3. **Please stress trail etiquette with your racers** since we have had complaints in the past of kids not letting other kids pass by them. Tell students not to ski side by side with another student blocking the trail. Slower skiers should use the right track of the course and faster competitors pass on the left. If someone comes up behind them and wants to pass, they should move to the right immediately.
4. Make sure bibs are visible during the race! (They should not be underneath coats or folded over.)

Volunteers: To have a successful event, we will need many **volunteers** to help out with the races themselves - for set up the day before, race day jobs and clean up following the races. It is critical that we have the names and contact information as soon as possible. **Anyone who has participated can tell you this is a great event to meet others, watch the action, and experience that amazing feeling that comes from giving back to your community. Please sign up by contacting our Volunteer Coordinator and remember to encourage friends, family and others to volunteer for this event.**

Volunteer Coordinator: Michele Schwemmer – arrowheadnordicvolunteer@gmail.com

The following page is the Waiver. If you sign up on Zone4, you will be prompted to sign the waiver as part of the registration process. **If you register in person, you must have a printed and signed copy of the waiver.**



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** unless due to the negligence of the CCC/CSA, and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.

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 of Participant: _____ Grade: ___ Boy/Girl ___ Date: _____ Child's Signature: _____

Name of Parent/Guardian: _____ Date: _____

Parent/Guardian Signature: _____ Child's school: _____