

Membership Application 2014-2015
Laurentian Nordic Ski Club (LNSC) www.laurentiannordic.com

Name (Please print legibly)	Age mm/yy	Sex M/ F	*Member / Program Code	Ski Qualification or Level	Email address*

* LNSC would like to share electronic communications such as newsletters, emails, event notices with our members and volunteers that we think would be relevant to you. By providing your email you consent to this communication. Note you may withdraw consent at any time.

Address _____

City _____ Postal code _____ Phone _____

Annual Club Membership and Program Fees:

*Member code	Club Member Category	Fee	# of each	= Total
Basic club membership & trail use fee incl. insurance & NOD fee EARLY BIRD: \$5 DISCOUNT/PERSON PRIOR TO DEC. 1ST				
GA	Senior (55 yr +)	\$70.00		
GA	Adult (19-54)	\$80.00		
GA	Fulltime Student (19+: ID required)	\$55.00		
GC	Children & Youth (6-18)	\$40.00		
GC	Children 5 and under	\$25.00		
THE FOLLOWING PROGRAMS ARE FOR CLUB MEMBERS ONLY. PROGRAM PARTICIPANTS MUST ALSO BE REGISTERED AS LNSC MEMBERS.				
*Program code	Skier/ Program Category			
RM	Master Racer (31 yr +)	Free		\$00.00
RS	Senior Racer (21-30)	Free		\$00.00
RJ	Junior Racer (no coaching support)	Free		\$00.00
RJ-\$	Junior Racer with coaching (~10-20) Contact Dave Tindall 919-7866	Contact coach		
PNR	Para-Nordic - Recreational/Development Contact Patti Kitler (pattikit@gmail.com)	Contact Coach		
PNC	Para-Nordic- Racing Contact Patti Kitler (pattikit@gmail.com)	Contact Coach		
CH	Challenge and other Youth (~14+)**	\$40.00		
TA	Track Attack (10-14)*	\$50.00		
JRJ	Jackrabbit (6-9)	\$40.00		
JRJ	Bunnyrabbit (4-5)	\$40.00		
AL	Adult lessons Skating and Classic	\$40.00		
*Track attack – 1 weekday session to be offered in addition to Saturday		Donation (not tax deductible)		
**Challenge/Youth – for those who want to ski but not necessarily race		GRAND TOTAL		

See Waiver – next page

Return registration (ALL THREE (3) PAGES) and SIGNED waiver, with cheque payable to “Laurentian Nordic Ski Club” care of 96 Mist Hollow, Sudbury, ONT P3E 6L2

Note: If a CCC racing license is required, a designated club official and coach must sign it.

For 2014/15 season, the designated club official is **Geoff Kendall** and the coaches are **Dave Tindall or Patti Kitler** (para-nordic coach).

CROSS COUNTRY CANADA
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

By signing this document, I 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 (including Laurentian Nordic Ski Club – LNSC) 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**.

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/LNSC**, 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/LNSC** websites;
- b) grant permission to **CCC/CSA/LNSC**, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA/LNSC**, through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA/LNSC**, 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.

NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.

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

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Our Club is run by volunteers and we need your help!!

I/we are interested in helping with the following:

- | | | |
|-------------------------|---------------------------|---------------------------|
| _____ <i>Trails</i> | _____ <i>Race Support</i> | _____ <i>Photographer</i> |
| _____ <i>Jackrabbit</i> | _____ <i>Promotion</i> | _____ <i>Coach</i> |
| _____ <i>Leader</i> | _____ <i>Clubhouse</i> | _____ <i>Executive</i> |

