



## Saskatoon Nordic Ski Club Membership

Your membership from last year's ski season expires on October 31. To renew your membership for the **2019-2020** ski season, complete both sides of this form and return with cheque to: Membership Director, Nordic Ski Club, P.O. Box 2062, Saskatoon S7K 3S7. Cheque is payable to the Nordic Ski Club. **Return form and cheque by October 31 to make sure you don't miss an issue of the Club newsletter Kivilski.**

**Membership renewal is now online. Go to <http://www.zone4.ca> and look for the Saskatoon Nordic Ski Club under Club Registrations**

Mailing Address:
e-mail(s)
Phone

Youth (17 and under)	\$40
Adult	\$50
Family (2 adults and any children under 17)	\$100

**Membership Type (check one):**

Would you prefer to receive the Kivilski by (circle one):  
 e-mail    /    mail

Last Name	First Name	Adult (check)	Child (check)	Birthdate of Child	Waiver Consent*	I still have last year's membership card
						Yes / No
						Yes / No
						Yes / No
						Yes / No
						Yes / No

\*Waiver Consent: Please read CCC Informed Consent & Assumption of Risk Agreement (below), and initial in box above if you agree. For children, parent or guardian should initial.

**Please indicate your area(s) of interest. Make sure to fill out the volunteer form on the back.**

Recreational Skiing		Youth Ski Lessons	
Group Hiking / Ski Touring		Adult Ski Lessons	
In-city Group Skis		High performance training / Competition	
Loppet		Blind Skiing	

Volunteers are essential to maintaining the Saskatoon Nordic Ski Club programs and trails. The areas listed below are those where we have a particularly strong need. Please indicate below if you are able to help with:

Social media, website updates, or club publicity (20-30 hour commitment annually)	
Volunteer appreciation or membership registration (20-30 hour commitment annually)	
Helping to set up, serve food, or organize and/or run an event (e.g. loppet, races, Eb's day (5-8 hrs/event	
Club executive (President, Treasurer, Secretary, etc. (30-100 hour commitment annually)	
Vision 2020 new facility committee (20-30 hour commitment annually)	
Youth (Jackrabbit) coach (2-4 hours per week in winter plus 4 days training)	
Assist with Jackrabbit program food setup and cleanup (4 hour commitment)	
Ski tour or hike leader (10-16 hours per trip led)	
City family ski host (10 hours per event)	
Eb's trails maintenance (8-10 hours per work bee).	
I currently volunteer for the ski club in another capacity.	
I am a youth member / I currently do not have time to help.	

### CCC INFORMED CONSENT & ASSUMPTION OF RISK AGREEMENT

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 Saskatchewan** (hereinafter called the **Division**) and the **Saskatoon Nordic Ski 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:

2. Description of Risks - 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.

4. Disclaimer - 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**.

5. Acknowledgement - The **Parties** confirm that: a) the Participant's physical condition is sufficient to allow participation in the sport of crosscountry 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.

**\*We do not sell or distribute your personal information to any other third party not listed herein.\***