

Please check all that apply

- Day Use - Adult - \$15
- Day Use - Child/ Student - \$5
- Day Use – Family - \$20



- Rentals Individual - \$5
- Rentals Family - \$10
- Rentals Returned

Day Pass & Rental Application

Name: _____

Boot Size: (US) _____
(EU) _____

Phone #: _____

Ski Length : Classic _____ cm
Skate _____ cm

Town: _____ Ski # _____

Pole Length: _____ cm

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:

1. training whether indoor or outdoor including strength training, running, hiking, and cycling;
2. overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
3. vigorous physical exertion, rapid movements and quick turns and stops;
4. falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
5. contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
6. failing to participate within one's abilities, skill and within designated areas;
7. becoming lost or separated from the group or the group becoming split up;
8. failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
9. extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes
10. encounters with animals or plants including allergic reactions;
11. travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
12. other risks normally associated with participation in the **Activities**.

3. Furthermore, the Parties are aware:

1. that injuries sustained may be severe, paralyzing or fatal;
2. that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**
3. that the risk of injury is reduced if the Participant follows all rules established for participation; and
4. 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

