

Stride & Glide Mike Gladish

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STRIDE & GLIDE SKI LESSONS REGISTRATION FORM

Name: _____ Phone Number _____

Lesson: _____ Date: _____

Fee: _____ Paid: _____ Method of payment: _____ Age (if under 18) _____

CANADIAN ASSOCIATION OF NORDIC SKI INSTRUCTORS

PARTICIPATION AGREEMENT

By signing this document you will waive certain legal rights, including the right to sue. PLEASE READ CAREFULLY

ALL SPORT, INCLUDING CROSS COUNTRY SKIING, HAS ITS RISKS

I participate in the sport of cross country skiing because it is physically and mentally challenging. In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to cross country skiing.

The risks and hazards of cross country skiing include, but are not limited to, injuries from:

- Executing strenuous and demanding physical techniques in cross country skiing;
- Dry-land training including weights, running, massage, stretching and other physical training;
- Failing to ski or race safely or within one's abilities;
- Changing weather conditions and changes or variations in the ski surface;
- Colliding with trees, rocks or other objects, and other skiers, including those who may not be skiing or racing safely;
- Failing to remain within designated areas, including injuries from avalanche hazards;
- Physical contact with other participants including instructors whose role is to enhance safety and learning;
- Strenuous cardiovascular workouts in potentially extreme conditions that may result in hypothermia, dehydration or fatigue;
- Exerting and stretching various muscle groups; and
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities.

Furthermore, I am aware that:

- Injuries sustained in cross country skiing can be severe and fatal;
- I may experience anxiety while challenging myself during the activities;
- My risk of injury is reduced if I follow all rules adopted during training; and
- My risk of injury increases as I become fatigued.

I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily in these activities, events and programs. I agree that there are risks in cross country skiing as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs. If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: Canadian Association of Nordic Ski Instructors, their directors, officers, members, employees, coaches, instructors, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the land or facility where programs, activities and events occur, and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Printed Name of Participant

Signature of Participant

Date

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date