



Kap Nordic Skiers  
 PO Box 153, Kapuskasing, ON P5N 2Y3  
 705.337.1045

2020-2021

## Application for Membership

Mailing Address (Please print)

<b>Name:</b>			
<b>Address:</b>			
<b>City:</b>		<b>Prov:</b>	<b>Postal Code:</b>
<b>Phone:</b>	<b>Cell:</b>	<b>Email:</b>	

Registration and Insurance – Please complete for **all** members

Names	Gender (M / F)	Birthdates (yyyy/mm/dd)	Names	Gender (M / F)	Birthdates (yyyy/mm/dd)

### Fees

(Insurance fees are waived for children under 6 years of age)

Category	Fees		Insurance/person	Amount Paid
Family Ski Membership	\$132	+	\$19 x _____ = _____	
Single Ski Membership	\$116	+	\$19 x _____ = _____	
Family Snowshoe Mem.	\$30	+	\$19 x _____ = _____	
Single Snowshoe Mem.	\$23	+	\$19 x _____ = _____	
Locker	\$25			
			Total	\$
			Receipt	#

### KNS Release and Waiver

In consideration of the Kap Nordic Skiers (KNS) accepting my application, I hereby for myself, my heirs, executors, administrators, and assigns, release and forever discharge Kap Nordic Skiers, Spruce Falls Inc., Tembec Inc., Rayonier Advanced Materials Inc., Ministry of Natural Resources also known as the Ontario Government, Corporation Town of Kapuskasing, Cross-Country Canada, their servants, agents, sponsors or employees from any and all claims, demands, actions for injury, loss or damage while attending or participating in any activity sponsored by Kap Nordic Skiers.

**By signing the reverse side of this form I am accepting the conditions of the "KNS Release and Waiver".**

\*\*Please display membership tag while on the trails. Thanks!\*\*

Please see reverse side, read, and sign “Cross Country Canada Informed Consent and Assumption of Risk Agreement”.



**CROSS COUNTRY CANADA (doing business as NORDIQ CANADA) INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

**By Signing this document you assume certain risk. 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**;
- l) infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact, and m) 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.

**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 403678-6791. 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: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_