



**Edmonton Nordic Ski Club Membership Application**  
**May 1st, 2011 to April 30th, 2012**

Thank you for registering with the Edmonton Nordic Ski Club. If you would like to save yourself the hassle of paperwork and \$5.00 as well, you can use the on-line registration system at [www.edmontonnordic.ca/online\\_registration.php](http://www.edmontonnordic.ca/online_registration.php) (note the underline: online\_registration)

For course registration, please contact the course coordinator directly. Course information and contacts can be found on our website <http://www.edmontonnordic.ca/>. Note: You *must* be a member of the club in order to take part in any of our programs/courses.

**PART A – THE PERSON FILLING OUT THIS FORM on behalf of themselves or their family *must* complete this section. Please print neatly if you want to ensure you receive club information**

----- Last Name	----- First Name	----- DOB (Month Day Year)	----- Gender
----- Street Address	----- City	----- Postal Code	
----- Home Phone Number	----- Cell Phone Number	----- e-mail	

**PART B – ADDITIONAL FAMILY MEMBERS. If you are receiving a family membership, please enter the following information for each additional member. *If you are renewing a membership, only the first and last names are required as other information will be in our database, but you *must at least* enter their names for them to be considered as members.***

Last Name	First Name	DOB (Month Day Year)	Gender
2. -----	-----	-----	-----
3. -----	-----	-----	-----
4. -----	-----	-----	-----
5. -----	-----	-----	-----
6. -----	-----	-----	-----

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**PART C – INFORMED CONSENT, ASSUMPTION OF RISK AGREEMENT & CODE OF CONDUCT**

**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 and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country Alberta (hereinafter called the **Division**) and Edmonton 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 cross-country 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.\***

## **CODE OF CONDUCT**

The purpose of this code is to promote individual and program responsibility.

### **A. Participant Rights**

As a participant in Edmonton Nordic Ski Club (ENSC) programs I have the right to:

- be treated with respect and dignity;
- be allowed to pursue my sport, recreation, and personal development in a supportive, stimulating, and physically and emotionally safe environment;
- be appropriately oriented and trained by qualified coaches or leaders; and
- expect the ENSC to fulfill its obligations for programs and as set out in the bylaws.

Should the ENSC fail to ensure the above rights, I have the right to petition the ENSC Board.

**B. Participant Responsibilities**

As a participant in ENSC activities and/or events, I agree to the following.

1. I accept responsibility for all of my actions and agree to act in a manner that will bring credit to the Nordic ski community, the ENSC, and myself;
2. I will act to ensure the safety of myself and others;
3. I will comply with the rules and regulations of the Club, event organizers and facility operators;
4. I will demonstrate respect, courtesy, honesty and sportsmanship toward all;
5. I will not engage in any verbal or physical behavior(s) that involve violence, harassment or abuse;
6. I will refrain from any illegal, inappropriate or unacceptable behavior; and
7. I will respect the environment (e.g., keep facilities/trails clean, conserve energy).

**C. Consequences of Violation of this Code of Conduct**

Should I conduct myself in such a way that violates this Code, I will voluntarily subject myself to disciplinary action, which may include one or more of the following:

1. Verbal reminders and/or warnings;
2. Contacting parents/guardians (of children violating the Code);
3. Suspensions from an activity or program (including responsibility for any costs incurred);
4. Expulsion from the program(s) the participant is registered in;
5. Revocation of Edmonton Nordic Ski Club membership; and
6. Contacting police and/or other authorities if a criminal action is involved.

**Participant Acceptance** (Participant aged 10 and above)

By signing here, I acknowledge that I have read and understand this document, including all of Parts A, B and C.

**Participant's Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Acceptance** (If Participant is under 18 years of age, whether signing above or not)As the parent or guardian of the above-named participant, I have discussed the content of this ParticipantCode of Conduct with the participant and believe he or she understands it and will abide by this agreement.

I agree to enforce this agreement with the participant.

**Parent/Guardian's Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**PART D - PAYMENT**

**Membership Fee:**                    -----    **Individual \$65.00 or Family \$105.00**

**Trail Grooming Donation:** -----    **Please consider a donation to help keep the trails in shape**

**TOTAL:**                                    -----

**Please Send Payment To:**

**Gary Olson  
ENSC Membership  
1008 Moyer Drive  
Sherwood Park, AB, T8A 1E6**