



# PA Nordic Ski Club

## Membership 2021-2022

Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### Membership Fees

Youth	\$5 plus \$15 CCC/CCS (under 18 on Dec 31)	\$ 20	_____
Adult	\$40 plus \$15 (18 or older on Dec 31)	\$ 55	_____
Couple	\$60 plus \$30	\$ 90	_____
Family – 1 child	\$65 plus \$45	\$ 110	_____
Family – 2 children	\$70 plus \$60	\$ 130	_____
Family – 3 children	\$75 plus \$75	\$ 150	_____
Family – 4 children	\$80 plus \$90	\$ 170	_____
Jackrabbit Program Fee ***		\$ 20	_____
Donation to Trail Maintenance			_____
<b>Total</b>			\$ <input type="text"/>

First Name	Last Name	Date of Birth		Waiver Consent (Initial)	Signature Note: Each adult membership must have a valid signature and initial the waiver consent column.
		Year	Month Day		

\*\*\*Please indicate which child  
is participating in the  
Jackrabbit Program



## Prince Albert Ski Club Membership Types

- Adult:** Adult membership costs \$40 plus \$15 CCC/CCS fee and is open to anyone 18 and older as of December 31 of the ski season. Applicants under the age of 18 must have the Cross Country Canada Waiver signed by a Parent or Guardian.
- Couple:** Two adults of the same household costs \$60 plus \$30 CCC/CCS.
- Family Membership:** Family Membership costs \$60 plus \$5 per child plus \$15 CCC/CCS fees per member and consists of 2 adults of the same household and their dependant children under the age of 18 years (as of Dec 31<sup>st</sup> of the current registration year.
- Youth Membership:** Youth membership is \$5 plus \$15 CCC/CCS fee. This option is only available to youth under the age of 18 on December 31 of the ski season. This is typically for youth under age 13 who are enrolling in the Jackrabbit program and are not included in a family membership. This allows children with non-skiing parents to belong to the Prince Albert Ski Club for the purpose of taking part in the Jackrabbit Ski Program.
- Jackrabbit Program:** This program is administered by a sub-committee of the Club and is open to youths under the age of 13 who are registered members of the Club. There is a program fee of \$20.00 per participating youth.

## Membership Tags

- Membership Tags:** Membership tags can be picked up at Fresh Air Experience and Genes Sports. If this is not possible, please contact Roy Fremont at 306.922.2520 or Mike Horn at 306.922.1500 to set up a drop-off/pick up.

## Volunteer Information

We are a volunteer organization. The Club can't continue to operate or improve without member support. Please check below how you are able to participate. This will allow us to develop an up-to-date contact list.

- Jackrabbit Helper**  
The learn to ski Jackrabbit program consists of three different age groups and abilities which include different skill objectives and approaches. We would like 2-3 adult leaders per group. Lessons will be held on Saturday from 11am-12 noon of each week for a period of 10 weeks, starting the second Saturday in December.

Bunnyrabbits 3-5 years old  
Jackrabbits 6-8 years old  
Track attack 9-12 years old

The over-arching focus for all groups is having fun and enjoying the outdoors. Games, scavenger hunts, and exploring different terrain are used to help learn balance, agility, and endurance.

- Loppet and Sask Cup Race Volunteers.**  
We will be hosting a Loppet on January 30, 2022 and a Sask Cup Race TBD, 2022. Volunteers are needed in the planning process through to the actual event.

- Trail Maintenance** assisting Trail Crew in clearing trails, spreading wood chips, etc

## Cross Country Canada Waiver Agreement Informed Consent and Assumption of Risk Agreement

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 Saskatchewan (hereinafter called the Division) and the Prince Albert Ski Club (hereinafter called the 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:

### Description of Risks

2. 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, where 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 plans 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.

### Disclaimer

4. 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. 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 the 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 distribute your personal information to any other third party not listed herein \*

NOTE: All Informed Consent and Assumption of Risk Agreements remain with the Club Executive for a minimum of three years. These forms are not submitted to CCC/CSA or the Division Office.