

GREEN SQUAD

2011-2012

Cross Country Yukon is a non-profit organization responsible for the development of the sport of cross country skiing in the Yukon Territory. One of the programs CCY coordinates and supervises is the Yukon Ski Team Squad. We have six different Squads which include skiers from the age of 8 years of age all the way to adult skiers. Please check out our website at www.crosscountryyukon.com

GREEN 2011-2012

Coaches: Vero Theriault, Perry Hynes, Elizabeth Reid, Scott Williams, Mandy McClung, Andy Preto

Important Start Up Dates:

Thursday Sept 15 (first day of squad) 4:30-6:00 pm (meet in stadium)

Sept 20- Oct 11: Tuesday and Thursday practices only

Sept 24/25th : squad camp at Kathleen Lake (details will be emailed)

Oct 11th onwards: Tuesday 4:30-6:00, Thursday 4:30-6:00 and Sat 11:00-12:30

Full Calendar will be emailed in October.

Green Squad Overview:

Green Squad still has a “fun” component but, we have moved away for “fundamentals” and are working now on building an aerobic base, developing speed and strength and further developing and consolidating sport specific skills.

The coaches will ensure social and emotional considerations are addressed by placing an appropriate emphasis on team-building, group interaction and social activities.

Skills to cover in the Training to Train stage of development;

Dryland

- Dryland specific ski techniques (ski walking, ski striding and ski bounding)
- Proper flexibility exercises
- Strength training using own body weight (circuit is easiest), can also use jumping, hopping, bounding exercises or routine.
- Speed using various games (ideally the time will vary between 10-15 sec. for each segment)
- Aerobic capacity (hiking, easy running with poles etc.)
- Introduce the concept of recuperation and regeneration
- Talk about nutrition
- Introduce basic mental training

On-snow

- Review all of the basic techniques, then refine
- Discuss race preparation
- Discuss the various race tactics and strategies
- Talk about the various race format (sprint, interval start, mass start)
- Review rule book relating to racing
- Review wax application and ski care
- Talk about proper clothing and how to dress to stay warm
- Introduce the various training methods and their effects

Squad Fee Refund Policy

If an athlete on the Blue, Red or Green Squad leaves the squad after 3 months or less (program start date is May 1), a refund will be given as follows: the full fee minus a \$100 Admin fee plus the prorated fee for one quarter. If they leave between 3-6 months, the refund will be: the full fee minus a \$100 Admin fee plus the prorated fee for two quarters. No refund after 6 months. No refunds for visiting athletes.

CCY will refund the total squad fee for Orange & Purple squads minus a \$100 Admin fee, if a skier withdraws within the first month of the program commencing, and 50% of squad fees minus a \$100 Admin fee if the skier withdraws before December 31st. No refund after December 31st.

Examples:

Blue/Red squad: full fee \$900

Leave before 3 months (July 31) – Refund would be \$575

Leave before 6 months (Oct.31) – Refund would be \$350

Blue/Red squad: out of Territory fee \$500

Leave before 3 months (July 31) – Refund would be \$275

Leave before 6 months (Oct.31) – Refund would be \$150

Green squad: full fee \$400

Leave before 3 months – Refund would be \$200

Leave before 6 months – Refund would be \$100

Purple squad: full fee \$325

Leave before 1 month – Refund would be \$225

Leave before Dec.31st – Refund would be \$62.50

Orange squad: full fee \$275

Leave before 1 month – Refund would be \$175

Leave before Dec.31st – Refund would be \$37.50

Green Squad Events 2011-2012

(tentative schedule...a year long calendar will be forwarded by email in October)

The following races are part of the Green Squad Program. You will be preregistered for events, which makes it very easy for parents! * Northwestel Loppet and Buckwheat will not be part of the squad program. Parents will need to sign skiers up independently.

Nov 26	Don Sumaniks Classic (AWG trials)	\$10
Nov 27	Don Sumanik Free (AWG trials)	\$10
Jan 7	Sprints Round Robin	\$10
Jan 21	Ski Orienteering/Lunch	\$10
Jan 28	Biathlon Yukon Race	\$10
Feb	Air North Man. Challenge	\$5
Feb 11	Marsh Lake Loppet	\$10
Feb 14	Valentines Relay	\$5
Feb 18	Mt Lorne Classic	\$10
Feb 25	Hut to Hut	\$5
Mar 31	Yukon Champs-free tech	\$10
	Total:	\$ 95.00

GREEN SQUAD ACTIVITES:

Camps	\$50.00
AWG trial fee for Sport Yukon (will be refunded if you decide not to try out)	\$20.00
Fun Fund (parties, etc...)	\$10.00
Coaches Year End Gifts	\$25.00
Canada Games Center (cold weather)	\$15.00
Banquet Room Rental Contribution	\$10.00

TOTAL EXTRA CIRCULAR FEE: \$225.00

Made payable to Ski Squad Account.

** your squad rep may approach parents about extra squad clothing options to be paid at a later date

2011-2012 CCY Volunteer Requirements

(sign up for one full job PER child in squad program)

“It takes a community to raise a skier.”

In order to make sure that we all share the work involved with running a ski program, we are offering you 2 choices for volunteering this season.

Option # 1

- **Write a \$200 POSTDATED APRIL 15/2012 cheque to CCY. You will write a \$200 cheque for EACH child you have in squad.**
- **Sign up for one of the squad volunteer choices per child. Go to “Google”, click on “documents” and sign in using ccysquads@gmail.com with the password of: ‘volunteer’.**
- **If you fulfill the volunteer job and inform the volunteer coordinator when job completed, your cheque will have void written on it and ripped up**
- **If you do not sign up, fulfill the required jobs, or tell the volunteer coordinator that you have done your jobs, then CCY will cash your \$200 cheque in April 2012.**
- **Please note: if you have other skills you would like to share (ie policy development, report writing, etc...) let us know and we will consider other volunteer choices.**

Jobs are described in the Google document where you can sign up.

Option #2

Don't have time or interest in volunteering? You are welcome to just write a \$200 cheque for each child in squad to CCY (dated September 6, 2011). This enables us to pay someone to do your job.

Coming Prepared for Squad

(3 W's whistle, watch, waterbottle)

- 1) have a good snack and drink before squad
- 2) arrive early in order to change and wax before start time **(20 -30 mins)**. Read your squad white board to confirm what you are doing for the day. **Squads can't wait for those not ready.**
- 3) in winter always have mitts, toque and neck warmer (always have it with you even it is just in your pocket)
- 4) always dress for the weather and be prepared for weather changes.
- 5) bring a water bottle in a holder or small fanny pack to keep extra gear in
- 6) put a snack in your pocket/pack if you need something during practice and have a snack and drink waiting at the chalet for after squad

CLOTHING

MUST HAVES FOR SKIERS...dress in layers of non-cotton, flexible clothing.

- 1) Light to mid-weight long underwear top and bottom. Good long underwear will wick moisture away from the skin.
- 2) Mid weight shirt (sweater)and pants. Fleece is good as it is warm, light, reasonably flexible and dries quickly.
- 3)A light vest on top of the shirt or over the skin layer is also a good choice for those that feel the cold more than others.
- 4) There is a wide variety of ski specific pants available. Jeans are not good ski pants !.
- 5) Light – medium weight wind jacket and or pants. This should be a breathable wind resistant layer and not bulky. A common mistake is to wear a heavy jacket or pants. In an active sport such as ours, this can cause overheating and sweating.
- 6) Good gloves AND mitts- A decent glove is fine until it gets cold. Mitts are better as they keep the hands warmer. Too bulky of a glove or mitt makes gripping a ski pole difficult. Hot Shots in mitts work too.
- 7) Good socks. Often overlooked but a critical piece of clothing. Using too thick of a sock can make the ski boot too tight cutting off circulation and the feet will get cold.
- 8)Over boots or socks. There are over boots available (a bit expensive) or you can buy a big old ugly pair of socks that can fit over the ski boot and they will accomplish the same thing.
- 9) Toque and Neck Warmer-absolutely essential in our climate. Most toques cover the head but not the ears so having a set of “ Ear Bags “ with you will keep the ears warm when it gets really cold.

Our younger skiers don't have a lot of body mass so they are more likely to feel the cold and once they are cold it is very difficult to get warm again without going back indoors.

Having and wearing the appropriate clothing can make a big difference in the skiers enjoyment of our sport.

If skiers are not dressed appropriately, coaches will

NOT take the risk of taking them into the cold.

EQUIPMENT

Minimum Equipment Expectations Green Squad:

1 pair of waxable classic skis

1 pair of skate skis

2 pair of poles (classic and skate).

Boots: either skate and classic or a combi boot.

*****if you are renting skis you MUST make sure that you get both skate and classic package**

Classic Technique:

Skis

- classic skis should reach just below the wrist of the skier's outstretched arm, with the camber suitable for classic skiing.
- keep in mind, shorter skis are better than longer skis for children

Poles

- Poles must have adjustable straps
- Classic poles should reach under the arm when the skier is standing on the floor
- If poles are too long or too short, the skier will have difficulty mastering the technical skills necessary to become competent in the sport.

Boots

- Classic or combi boots are appropriate
- boots must be comfortable. If boots are too large, they will be awkward to ski in and if they are too constrictive, feet will not stay warm.

Skating Technique:

Skis

- skating skis should be 3-4 cm above the head of the skier, with a camber suitable for skating.

Poles

- Skating poles should be the same height or higher as the chin

Boots

- Skate or combi boots are appropriate
- boots must be comfortable. If boots are too large, they will be awkward to ski in and if they are too constrictive, feet will not stay warm.

USED EQUIP: you can go to the intersquad equipment exchange document (ccysquads@gmail.com password: volunteer) and either post or look for equipment.

Ski swap on Oct 15th is an option.

We are still talking with Coast Mt. Sport to see if they are hosting another squad night.

Rock Skis

If you have old kid's skis hanging around...keep them!!

"Rock skis" are the name of old banged up skis (can be three pin bindings and can be short!) that we can use for early season skiing. Green squad skiers need to have old skis so we can get out on the trails earlier!

WAXING FOR WHITEHORSE

We are very lucky to live in a region that not only has fantastic trails but easy waxing due to dry conditions!

At the green squad level, athletes should be taking care of and waxing your own skis. Your wax box needs to have the following items in it.(All items can be bought at the ski base in the wax room or local ski shops).

-scraper

-putty knife with beveled edge (to take wax off)

-synthetic cork

-kick wax: 1 warm wax, multigrade purple, super blue, and green wax

-glide wax as needed.

We will hold a quick wax clinic to help you learn the basics

CROSS COUNTRY YUKON (CCY)

PARENT, ATHLETE, AND COACH CODES OF CONDUCT

For personal development in x-country skiing, the athlete, his/her parents or guardians, and coaches all play a critical role. To ensure that we work together to get the optimum benefits from sport, we all need to be on the same page regarding roles and responsibilities. We must understand and respect our relationship with the others and the commitments that are required as an athlete and parent of an athlete in the CCY squad program.

Skiing is a unique sport in that skiers are exposed to many risks not associated with other sports (ie: cold, environmental hazards, speed, etc...). Coaches minimize the risks as best as possible, but need the support of athletes and parents for success. Safety is a concern and athletes need to be more actively involved and aware than in other sports. We don't have the option of letting athletes sit on the sidelines if they don't feel like skiing (for whatever reason ie: skill, motivation, attitude, etc...). Nor, do we have the coaching capacity for a coach to ski at the back with just one athlete.

The following Code of Conducts have been developed to aid athletes in achieving a level of behavior that will allow all concerned to maximize the benefits of cross country ski development and guide the athlete in becoming well-rounded and self confident, while keeping safety in mind.

In order to participate in the CCY squad program, athletes and parents must read, understand, and sign both the parent and athlete code of conduct.

For your information, the coach code of conduct has been included.

If you ever have concerns regarding the squad program please raise them with your
squad rep is Sherri Hogeboom (shogeboom1@gmail.com)

Your squad rep will bring concerns forward to the appropriate person.

For the 2011-2012 season the chair is Christine Cleghorn (christine.cleghorn@northwestel.net)

CROSS COUNTRY YUKON Coaching Code of Conduct

Coaches play a critical role in an athlete's personal and athletic development. A coach must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches are role models for the sport and their athlete's behaviors and attitudes reflect this.

Coaches must:

1. Allow athletes' goals to take precedence over their own. Refer an athlete to other coaches or sport specialists when this will benefit the athlete.
2. Ensure the safety of the athletes with whom they work. Make sure that activities are suitable for the age, experience, ability and fitness level of the athletes and educate athletes in safe practices.
3. Respect each athlete's dignity. Treat everyone fairly, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status.
4. At no time make sexual innuendos to or comments about their athletes. At no time become sexually involved (including inappropriate touching) with their athlete. This includes making requests for sexual favours or threat of reprisal for the rejection of such requests.
5. Never advocate or condone the use of drugs or other banned performance enhancing substances. Never provide under age athletes with alcohol.
6. Direct comments or criticism at the performance rather than the athlete. Provide feedback in a positive manner.
7. Consistently display high personal standards and project a favourable image of their sport and of coaching. For example, a coach should:
 - a. Treat other coaches, officials and opponents with respect at all times. Refrain from criticism of others involved in the sport and encourage athletes to do the same.
 - b. Ensure their athletes uphold both the rules of their sport and the spirit of such rules.
 - c. Abstain from the use of tobacco while in the presence of athletes. Discourage athletes from using tobacco.
 - d. Abstain from drinking alcohol when working with athletes. Do not encourage the use of alcohol in conjunction with athletic events or victory celebrations.
 - e. Refrain from the use of profane, insulting, harassing or offensive language in the conduct of his/her duties.
8. Cooperate with registered medical practitioners in the diagnosis, treatment and management of athletes' medical and psychological problems. The athletes' future health and well being is of primary importance. Remember that skiing is a life long activity when making decisions regarding an injured athlete's ability to continue training or racing.
9. Cooperate with a minor athlete's parents or legal guardians, involving them in decisions pertaining to their child's development.

10. Be aware of the academic pressures placed on student athletes. Construct training programs to allow academic success.

Coaches who have problems or concerns can discuss them with the head coach, who can direct them to the appropriate advisor.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in this Coaching Code of Conduct

Signature:

Date:

Witness:

GREEN SQUAD

REGISTRATION SUMMARY

- 1) Make sure all forms and waivers are signed by parent and athlete

- 2) Sign up for
 - a) volunteer job (on line...there will be computers at registration if you need help)
 - b) snack day (at registration table)

- 3) Hand in three (3) cheques...see below

Green Squad Registration Fee:	\$325.00 (\$75.00 already paid in spring) (made payable to CCY)
--------------------------------------	---

Green Squad Extra Curricular Fee:	\$205.00 (made payable to Ski Squad Account)
--	--

Volunteer Bond:	\$200.00 (payable to CCY) **POST DATED April 15 th , 2012.
------------------------	---

or \$200.00 to CCY dated Sept 6th, 2011, if you choose not to volunteer. This enables us to pay someone to do your job if need be.

***a reminder that all athletes must be registered ski club members before Sept 13th in order to participate, as we use the ski club trails. On-line club registration at <http://www.xcskiwhitehorse.ca>**

We will check with the ski club on Sept 14th to confirm registration

If you have financial restrictions, we can consider post-dated cheques (please contact 332-4734 BEFORE squad registration to arrange).

Kids Recreation Fund, administered through Sport Yukon, is also a source for funding for kid's programming. (please contact 393-8334 for more information).

Please sign the following pages

- 1) Registration Form (already completed in spring...only fill out if new information)**
- 2) Athlete Contract**
- 3) Parent Contract**
- 4) WCCSC waiver**
- 5) Marsh Lake waiver**
- 6) Mt Lorne waiver**

YUKON SKI TEAM

GREEN SQUAD REGISTRATION FORM

**only fill out if information has changed since spring registration.

Athlete's Name: _____

Birth Date and Year: _____ Yukon Health Card #: _____

Address: _____

Postal Code: _____

Home Phone: _____

Medical or Behavioural Concerns or Comments:

Name of Parent(s) : _____ / _____

Cell Number Parent (s) : _____ / _____

Work Number Parent (s) _____ / _____

Home Number Parent (s) _____ / _____

Email address(es) for athlete and parents:

(Signature of Parent/Guardian)

**CROSS COUNTRY YUKON
DEVELOPMENT SQUAD ATHLETE CODE OF CONDUCT**

As a member of squad I will:

- Abide by the rules set by my coaches and listen while they are talking.
- Work hard to improve my skills.
- Work hard at keeping up with my squad even if I don't feel like it because my motivation directly impacts the skiers around me.
- Be a team player. Learn teamwork, sportsmanship and discipline.
- Arrive early to make sure I am ready on time for practices and races.
- Come prepared to participate in outdoor activities (appropriate clothing and equipment)
- Always be a good sport.
- Respect and refrain from public criticism of; coaches, teammates, parents, competitors and officials. The respect you give dictates the respect you get from others.
- Treat everyone fairly, regardless of gender, race, color, sexual orientation, religion, political belief or economic status.
- Abstain from use of tobacco, drinking alcoholic beverages, using illegal substances, or performance enhancing or mind-altering drugs.
- Conduct myself in an acceptable manner. The use of abusive, obscene or profane language or gestures will not be tolerated. Bullying will not be tolerated.
- Be an ambassador for my ski community.

If a squad athlete is not able to:

- (a) keep up with his/her squad for whatever reason (or)
- (b) fully participate in the squad practices due to behaviour or attitude,

Parents will be asked to:

- 1) ski beside child during each practice (or find a responsible adult to if parent can't keep up)
- 2) support the decision to remove child from the sport if his/her behaviour does not change.

Date: _____

Name of Athlete/Squad: (print)_____Squad_____

Signature of Athlete: _____

Signature of Parent: _____

**CROSS COUNTRY YUKON
PARENTS CODE OF CONDUCT**

- I will not force my child to participate in cross-country skiing.
- I will remember that my child skis for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will support the CCY practice of focusing on "process" not "outcome" at competition. At the end of a competition instead of asking athletes what place they finished, I could ask my child how he/she felt about the race, what he/she learned during the race, or what they might do differently next time.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good plays & performances by both my child and their competition.
- I will never question the officials' judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's sporting activities.
- I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.
- The success of cross-country skiing in the Yukon depends on participation of volunteers. As a parent, I will support my child by volunteering as needed. If I choose not to volunteer, I will be willing to pay additional funds to ensure that the necessary support can be provided cross-country skiing.

I acknowledge that I have read and understand the above code of conduct:

Date: _____

Parent Names (print) _____

Parent Signature (one required) _____

Athlete Signature: I have read and understand my parent/guardian's role in my ski development:

**CROSS COUNTRY CANADA
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 Yukon** (name of Ski Division, hereinafter called the **Division**) and **Whitehorse Cross Country Ski Club** (name of 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:

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 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.

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**.

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**, 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.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: _____
Date: _____
Signature: _____

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

Name of Parent/Guardian: _____
Date: _____
Parent/Guardian Signature: _____

NOTE:

All Informed Consent and Assumption of Risk Agreements are to remain with the **Club Executive for a minimum of three years.**

DO NOT submit these forms to **CCC/CSA** or the **Division** Office

**CROSS COUNTRY CANADA
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 Yukon** (name of Ski Division, hereinafter called the **Division**) and **Marsh Lake Cross Country Ski Club** (name of 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:

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 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.

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**.

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**, 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.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: _____
Date: _____
Signature: _____

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

Name of Parent/Guardian: _____
Date: _____
Parent/Guardian Signature: _____

NOTE:

All Informed Consent and Assumption of Risk Agreements are to remain with the **Club Executive for a minimum of three years.**

DO NOT submit these forms to **CCC/CSA** or the **Division** Office

**CROSS COUNTRY CANADA
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 Yukon** (name of Ski Division, hereinafter called the **Division**) and **Lorne Mountain Community Association** (name of 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:

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 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.

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**.

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**, 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.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: _____ Date: _____ Signature: _____
--

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

Name of Parent/Guardian: _____ Date: _____ Parent/Guardian Signature: _____

NOTE:

All Informed Consent and Assumption of Risk Agreements are to remain with the **Club Executive for a minimum of three years.**
DO NOT submit these forms to **CCC/CSA** or the **Division** Office