

First Year ORANGE SQUAD

2010-2011

Cross Country Yukon is a non-profit organization which is 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

Orange Squad Capacity

For the 2010-2011 season, CCY has broken Orange Squad into 2 groups (first year and second year). We have the capacity to accept 15 skiers into the second year program (2001 Y.O.B) and 20 skiers into the first year program (2002 Y.O.B.). The coaches reserve the right to move skiers between the 2 groups based on skill.

Priority will be given based on the following criteria:

- 1) Skiers who have been in a structured ski program during 2009-2010 (ie: Jackrabbits or Mt. Lorne ski club).
- 2) Skiers who's parent's will be coaching during the 2010-2011 season
- 3) Skiers who have siblings in the CCY squad program
- 4) If still warranted, Squad Rep. Committee will hold a lottery for available spots.
- 5) Wait list will be established

If there are more skiers than spots available, other skiing options for the 2010-2011 season are:

- 1) Jackrabbits at Whitehorse Ski Club or EET. (up to age 12)
- 2) Mt Lorne Ski Club
- 3) Snow Fun at the Whitehorse Ski Club
- 4) Whitehorse Ski Club is open to supporting another ski group if demand is high enough and certified coaches are available. Have a talk with them if you are interested.

Orange Squad

Age: 8+ First Year in Squads

Coaches: Fran Nyman, Perry Diamond, Bill Slater, Simon LaPointe, Scott Puskas,

Start Date: Saturday Oct. 16th 11:00-12:30

****Saturdays only** from October 16th until snow

Tuesdays (4:30-6:00) and Saturdays during ski season

Orange Squad Overview:

The coaches offer a skill-oriented program that increase ski skills and fitness in fun manner. The emphasis is put on the team concept and social activities will be an important part of the program. They encourage and introduce competition as one of the many activities in conjunction with training techniques, but the emphasis is on skill development based on the "FUNdamentals" (agility, balance and coordination)!

ORANGE SQUAD YEAR 1
REGISTRATION SUMMARY

- 1) Make sure all waivers are signed
- 2) Sign up for
 - a) volunteer job (on computers at back)
 - b) snack day (at registration table)
- 3) Hand in three (3) cheques...see below

Orange Squad Registration Fee:	\$275.00 (made payable to CCY)
Orange Squad Extra Curricular Fee:	\$125.00 (made payable to Leslie Gomm)
Volunteer Bond:	\$200.00 (payable to CCY) **POST DATED April 15 th , 2011.

***a reminder that all athletes must be registered ski club members in order to participate as we use the ski club trails**

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).

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

Orange Squad Events 2010-2011

Nov 27	Ski Fest	free
Dec 4	Don Sumaniks Classic	\$10
Jan 8	Ski Fest	free
Jan 22	Ski Orienteering/Lunch	\$10
Feb	Air North Man. Challenge	\$8
Feb 12	Marsh Lake Loppet	\$10
Feb 15 (TUESDAY)	Valentines Relay/Dinner	\$ 10
Feb 19	Mt Lorne Classic	\$10
Feb 26	Hut to Hut	\$5
March 5	NWTel Loppet	(free under 12)
Apr 2	Yukon Champs-free tech	\$10
		\$ 75.00

Fun Fund (pizza parties etc..)	15.00
Coaches Year End Gifts	\$25.00
Banquet Room Rental Contribution	\$10.00

EXTRA CIRRCULAR FEE: \$125.00 made payable to Leslie Gomm

*if you are new to squad, all kids are required to get a CCY hat (with name on it). (\$25.00) . You will be contacted by the squad rep. committee.

2010-2011 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 15/2011 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, you will receive your cheque back at the end of April 2011.**
- **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 2011.**
- **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 15, 2010). This covers your volunteer requirements for the year.

Coming Prepared for Squad....

- 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....parents will need go out on the trails with you to catch up
- 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...Being outdoors and active in cold and sometimes windy conditions requires having the right type of clothing that will serve the functions of keeping you warm, dry and also have the ability to block wind. We can best accomplish this by dressing in a series of layers. **DO NOT WEAR COTTON**. Cotton absorbs moisture and dries very slowly. Once it is wet it will cause you to chill. Proper ski clothing must be able to provide warmth and at the same time be able to move moisture away from the skin, through the mid layer and into the outer layer. Clothing should also have a good degree of flexibility.

MUST HAVES FOR SKIERS

- 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.

EQUIPMENT NEEDS FOR SQUAD PROGRAM

Minimum Equipment Expectations:

Orange Squad: 1 pair of waxable classic skis (no three pin bindings).

2 pair of poles (classic and skate).

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

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

- select bindings that will not rub in the track when the ski is on edge or when skating technique is used.
- 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 technique is officially introduced to the skill development sessions at this point in the skill progressions. The child can learn skating technique skills while using classic, dual purpose skis, but they now require both skating length poles and classic length poles.
- for skating technique sessions, skiers using the classic, dual purpose skis must have the grip wax removed from the kick zone and the entire length of the ski prepared with glide wax.
- skating skis should be 3-4 cm above the head of the skier, with a camber suitable for skating.

- dual purpose skis should be a length mid-way between the length for a classic ski and a skating ski, but the camber must be determined by what is suitable for classic skiing.

Poles

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

Boots

- select bindings that will not rub in the track when the ski is on edge or when skating technique is used.
- 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.

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. Having these old skis will mean we can get out on the trails earlier!

If you have any questions about ski gear please ask either your child's coach or Amanda at 332-4734

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!

Your child's 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: multigrade purple, super blue, and green wax

-glide wax as needed.

We will hold a quick wax clinic for new parents to the program 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 the
Chair of the Squad Representative Committee who will bring
concerns forward to the appropriate person.

For the 2010-2011 season the chair is Leslie Gomm at lgomm@northwestel.net.

**Please sign the
following pages**

**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 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:

YUKON SKI TEAM ORANGE SQUAD REGISTRATION FORM 2010-2011

Children must be current WCCSC members to participate in Orange Squad activities.

The fee of \$275.00 must accompany registration.

Make cheques payable to: Cross Country Yukon

Athlete's Name: _____

Birth date _____

Yukon Health Care number: _____

Medical condition(s) _____

Address: _____

Postal Code: _____

Home Phone: _____

Home/Athlete Email: _____

Parent information:

Mother/Guardian name: _____

Home Phone: _____ Work Phone: _____

Email address (s): _____

Father/Guardian name: _____

Home Phone: _____ Work Phone: _____

Email address(s): _____

Parent/Guardian Signature: (1 required) _____

Please tell us anything else we need to know about your child: (what motivates them, discourages them, likes, dislikes, behaviour issues etc... that would be helpful for the VOLUNTEER coaches)

CROSS COUNTRY YUKON SQUAD WAIVER

LAST NAME: _____ GIVEN NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ SEX: (circle) M F

PARTICIPANT WAIVER FORM

EVENT: CCY squad practices

DATE: September 2010-April 2011

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Yukon** (hereinafter called the **Host Division**) and Whitehorse Cross Country Ski Club (hereinafter called the **Host Club**) accepting my entry into the above named activities, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____.

Name of Parent/Guardian: _____ Date: _____

Parent/Guardian Signature: _____ Witness: _____

WHITEHORSE CROSS COUNTRY SKI CLUB

RACE/EVENT WAIVER 2010-2011 SEASON

LAST NAME: _____ GIVEN NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ SEX: (circle) M F

PARTICIPANT WAIVER FORM

ALL EVENTS AND RACES HELD AT THE WHITEHORSE CROSS COUNTRY SKI CLUB FROM NOVEMBER 2010 -APRIL 2011

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Yukon** (hereinafter called the **Host Division**) and Whitehorse Cross Country Ski Club (hereinafter called the **Host Club**) accepting my entry into the above named activities, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____.

Name of Parent/Guardian: _____ Date: _____

Parent/Guardian Signature: _____ Witness: _____

MARSH LAKE LOPPET

February 12/2011

LAST NAME: _____ GIVEN NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ SEX: (circle) M F

PARTICIPANT WAIVER FORM

Name of Event: Marsh Lake Loppet

Date of Event: Feb. 12/2011

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Yukon** (hereinafter called the **Host Division**) and Marsh Lake Cross Country Ski Club (hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____.

Name of Parent/Guardian: _____ Date: _____

Parent/Guardian Signature: _____ Witness: _____

MT. LORNE SKI CLASSIC
February 19/2011

LAST NAME: _____ GIVEN NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

DATE OF BIRTH: MONTH: _____ DAY: _____ YEAR: _____ SEX: (circle) M F

PARTICIPANT WAIVER FORM

Name of Event: Mt. Lorne Classic

Date of Event: Feb. 19/2011

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Yukon** (hereinafter called the **Host Division**) and Mt. Lorne Cross Country Ski Club (hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Host Division** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, the **Host Division** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, the **Host Division** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Host Division** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____.

Name of Parent/Guardian: _____ Date: _____

Parent/Guardian Signature: _____ Witness: _____