



Prince Albert Nordic Ski Club Membership

2018-2019

Membership Fees

Jackrabbit mbr (only)	\$5 plus \$15	\$ 20	_____
Single	\$40 plus \$15 CCC/CCS	\$ 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			_____

Date: _____

Address: _____

City: _____ Phone: _____

Postal Code: _____ E-mail Address: _____

Total =====

First Name	Last Name	Adult <u>or</u> Child (under 18)		Waiver Consent (Initial)	Signature
		Year of Birth	Year of Birth		
		<input type="checkbox"/>	<input type="checkbox"/>		Note: Each adult membership must have a valid signature and initial the waiver consent column.
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>		

Prince Albert Ski Club Membership Types

- Single:** Adult membership costs \$40 plus \$15 CCC/CCS fee and is open to anyone over the age of 14. Applicants under the age of 18 must have the Cross Country Canada Waiver signed by a Parent or Guardian.
- Couple:** Additional Member 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 31st of the current registration year.
- Jackrabbit Membership:** Jackrabbit Membership costs \$5 plus \$15 CCC/CCS fee. This option is only available to youth 14 and under 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 has an additional fee of \$20.00. Any youth not registered in the Jackrabbit program must be registered as part of a family group, or as an Additional Member with an Adult.

Participation

Membership Tags: All members are issued annual membership tags, which should be displayed when using the trails. Club preference is to have tags mailed out to members. However, 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.

Check here if you can't receive a tag by mail

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.

Trail Clean Up	Every fall and after major weather events, we need extra hands to clear debris from the trails	Check here if you can help with Trail Clean-Up <input type="checkbox"/>
Jackrabbit Helper	This youth development group can always use extra help. Interested parties will be provided training as coaches. It's a great way to contribute and improve one's own skiing ability.	Check here if you can help with Jackrabbits <input type="checkbox"/>
Ski Club Board of Directors	The Board is composed of 12 Club members. These are the people who guide the affairs of the Club. New people and ideas are crucial to the Club's future.	Check here if you would consider a board position <input type="checkbox"/>
Treasurer		Check here if you are interested in this position <input type="checkbox"/>
Event Planning & Execution	On the weekend of Jan. 28th & 29st, 2017, the Prince Albert Ski Club is hosting a Sask Cup Race Event on Saturday, and a Loppet on Sunday. These events require substantial member involvement starting at the planning stage and through to the actual event.	Check here if you are interested in helping with the Loppet <input type="checkbox"/>
Trail Grooming & Tracking	The Club can always use more people on the Grooming Roster. No previous experience is required! Some warm clothing (pants and boots) is provided. Training is provided by senior members, and, until a person is competent and confident to "go it alone", we always use the buddy system.	Check here if you are interested in grooming / tracking <input type="checkbox"/>
Member Preferences	Knowing membership preferences will assist the Board in allocating resources. Check your favourites.	
	Touring / Recreational:	<input type="checkbox"/>
	Competition / Racing:	<input type="checkbox"/>
	Classic:	<input type="checkbox"/>
	Skate:	<input type="checkbox"/>
		<input type="checkbox"/>

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.