



2022-2023 LCCSC MEMBERSHIP REGISTRATION FORM (p. 1/4)

Membership Fees to the LCCSC go towards all costs related to providing & maintaining quality cross-country ski trails and for various activities of the club. LCCSC is a non-profit society.

Membership fees to Nordiq Alberta(NA) and Nordiq Canada(NC) support the development of cross-country skiing in Alberta and Canada as well as providing liability insurance coverage for activities approved by Nordiq Canada.

- **\$10.00** Nordiq Alberta Membership Fee (included in LCCSC membership fee)
- **\$10.00** Nordiq Canada Membership Fee (included in LCCSC membership fee)



Date of application: _____

Individual adult (18+): \$50 (\$30 goes to LLCSC; \$20 goes to NA & NC) _____ X \$50 = \$ _____
adults

Individual youth (5-17): \$25 (\$5 goes to LLCSC; \$20 goes to CCA & NC). _____ X \$25 = \$ _____
youth

Zone 4 registration fee: \$2.00/person (w/paper registration) _____ X \$2 = \$ _____
people

Would you like to make a donation for trail grooming costs? \$ _____
(If yes, minimum \$10 donation - should be added onto payment)

TOTAL PAYMENT: cash/cheque to: *Lakeland Cross-Country Ski Club* \$ _____

mail or deliver to: 4601 – 47 Avenue, St. Paul, AB T0A 3A3

or **e-transfer to: lakelandccsc@gmail.com**

Many hands make light work. Volunteers doing what they enjoy make a GREAT CLUB!

- a) _____ Track setting team at Westcove Trails
- b) _____ Track setting team at Golf Course Trails
- c) _____ Machinery & implement maintenance team
- d) _____ Website team
- e) _____ Communications team
- f) _____ Fundraising team
- g) _____ Grant writing team
- h) _____ Coordinating Ski Development Programs team
- i) _____ Coaching Ski Development Programs team
- j) _____ Assisting with adult & youth learn to ski lessons
- k) _____ XC Ski Rental Team
- l) _____ Ski rental maintenance team
- m) _____ Events planning team
- n) _____ Ski Buddy or Ski Host
- o) _____ Statistics keeper
- p) _____ Golf Course Clubhouse cleaning team

MEMBER INFORMATION
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Main contact info : adult member Parent/guardian

Name: _____ Age: _____ Birthday: _____

Address: _____ Postal code: _____

Cell phone: _____ e-mail: _____

Member info: adult (18+) youth (5-17)

Name: _____ Age: _____ Birthday: _____

Address (if different): _____ Postal code: _____

Cell phone (if different) _____ email (if different): _____

Member info: adult (18+) youth (5-17)

Name: _____ Age: _____ Birthday: _____

Member info: adult (18+) youth (5-17)

Name: _____ Age: _____ Birthday: _____

Member info: adult (18+) youth (5-17)

Name: _____ Age: _____ Birthday: _____

Member info: adult (18+). youth (5-17)

Name: _____ Age: _____ Birthday: _____

Member info: adult (18+) youth (5-17)

Name: _____ Age: _____ Birthday: _____

Member info: adult (18+). Youth (5-17)

Name: _____ Age: _____ Birthday: _____

The following attached Agreement pp. 3 & 4 **MUST** be read and signed as a condition of membership.

The attached Agreement MUST be signed as a condition of membership.

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Informed Consent & 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 **Nordiq Canada including all of its registered Divisions and Clubs and Canadian Snowsports Association** (hereinafter called **NC/CSA**), which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

2. DESCRIPTION OF RISKS

The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by **NC/CSA**, 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:

1. training whether indoor or outdoor including strength training, running, hiking and cycling;
2. overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
3. vigorous physical exertion, rapid movements and quick turns and stops;
4. falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
5. contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
6. failing to participate within one's abilities, skill and within designated areas;
7. becoming lost or separated from the group or the group becoming split up;
8. failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
9. extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
10. encounters with animals or plants including allergic reactions;
11. travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
12. infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact;
13. other risks normally associated with participation in the **Activities**.

3. Furthermore, the Parties are aware:

1. that injuries sustained may be severe, paralyzing or fatal;
2. that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **NC/CSA**;
3. that the risk of injury is reduced if the Participant follows all rules established for participation; and
4. that the risk of injury increases as the Participant becomes fatigued.

4. Disclaimer

In consideration of **NC/CSA** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **NC/CSA**, 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 **NC/CSA**, caused by the risks, dangers and hazards associated with the **Activities**.

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5. Acknowledgement

The **Parties** confirm that:

1. the participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **NC/CSA**;
2. 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;
3. the Participant agrees to abide by the Rules and Regulations imposed by **NC/CSA**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
4. 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: (re: photographs & videos)**

1. authorize **NC/CSA**, 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 **NC/CSA** websites;
2. grant permission to **NC/CSA**, to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **NC/CSA**, through any form of and agree that the audio/visual material and copyright will remain the sole property of **NC/CSA**, and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
3. understand that they may withdraw such consent at any time by contacting Nordiq Canada at 403-678-6791 or info@cccski.com. Nordiq 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/We the 18+ Participant(s), Parent(s) and/or Guardian(s) on p.2/4 of this application have read and AGREE to be bound by this agreement

Signature Participant, Parent and/or Guardian#1

Signature Participant, Parent and/or Guardian#2

Printed name of signature above

Printed name of signature above

Thank you for joining the Lakeland Cross Country Ski Club! See you on the trails!

