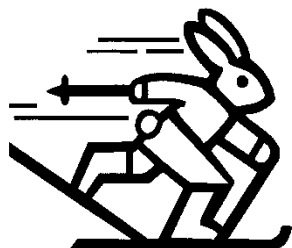


Paid

# Snow Valley Nordic Ski Club

## 2019 Bunnies, Jackrabbits, and Track Attack Registration Form



Child's Name: \_\_\_\_\_

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

E-mail: \_\_\_\_\_  
(for newsletters and club updates)

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

Birth Date: D: \_\_\_\_\_ M: \_\_\_\_\_ Y: \_\_\_\_\_ M/F: \_\_\_\_\_

Age as of December 31<sup>st</sup>, 2018: \_\_\_\_\_ Years skiing/Jackrabbit level achieved: \_\_\_\_\_

Medical problems, allergies, etc.? \_\_\_\_\_

\*\*Bunnies is a mandatory parent participation program. Parent Name(s):  
\_\_\_\_\_  
\_\_\_\_\_

- Fees:  Bunny Program (ages 4-5)\*\*: Club Members - \$45 Non Club Members - \$65  
 Jackrabbit/Track Attack Program (ages 6-12): Club Members - \$50 Non Club Members - \$70

Rate is half price for third and fourth children. Free for fifth and subsequent children.

Please make cheques payable to: **Snow Valley Nordic Ski Club**

Mail forms to: **Box 404, Kitimat, B.C., V8C 2M4**

### PRINT OFF AND COMPLETE THIS WAIVER – LEGAL REQUIREMENT.

#### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

**By signing this document you will assume certain risks. Please read carefully.**

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 BC** (hereinafter called the **Division**) and **Snow Valley Nordic Ski 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
  - 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
  - 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
  - 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
  - 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. (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: \_\_\_\_\_

2019 Season Calendar  
for the  
Snow Valley Nordics  
Bunnies and Jackrabbits

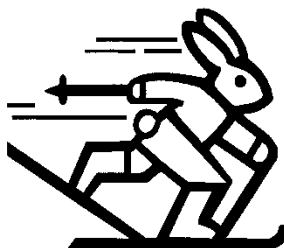
Jan 5 <sup>th</sup>	Lesson 1
Jan 12 <sup>th</sup>	Lesson 2
Jan 19 <sup>th</sup>	Lesson 3
Jan 26 <sup>th</sup>	Special Event 1 <b>Snow Valley Open</b>
Feb 2 <sup>nd</sup>	Lesson 4
Feb 9 <sup>th</sup>	Lesson 5
Feb 16 <sup>th</sup>	Lesson 6
Feb 23 <sup>th</sup>	Special Event 2 <b>Moose Marathon</b> (a.k.a. "Chocolate Marathon")
Mar 2 <sup>nd</sup>	Lesson 7
Mar 9 <sup>th</sup>	Special Event 3 <b>Fun Ski Activity</b> family members welcome

*Snow Valley*  
*Nordic Ski Club*

Skill Development Program

**Bunnies and  
Jackrabbits  
Program**

Registration and  
Information Form



Bunnies (ages 4 – 5)  
ski from 10:00am – 11:30am Saturdays  
Jackrabbits (age 6 – 12)  
ski from 10:00am – 12:00pm Saturdays

[www.snowvalleynordics.com](http://www.snowvalleynordics.com)

Looking for new or used  
cross-country ski  
equipment?

The ski club has seasonal rentals available for children at the trails—prices vary depending on equipment needed. There will also be daily rentals for adults, families, or groups available on weekends—check out the website for details.

If you're looking at purchasing new or used equipment, here are some places to start:

**Annual Ski Swap (Terrace)**  
[www.winterextreme.com/skeena](http://www.winterextreme.com/skeena)

**All Seasons Source for Sports**  
4555 Lakelse Ave (Terrace)  
250-635-2982  
--rentals and new equipment

**McBike & Sport (Smithers)**  
1-250-847-5009, <http://www.mcbike.ca/>  
- sells new equipment

**Stride & Glide Sports**  
(Prince George) [www.strideandglide.ca](http://www.strideandglide.ca)  
- sells new equipment  
- has Jr. Ski Boot trade-in program

**Mountain Equipment Co-op**  
(Vancouver) [www.mec.ca](http://www.mec.ca)  
- sells new equipment  
- has an online gear swap

## Rabbits/Bunny Program Information and Confirmation

Thank you for registering your child in the Snow Valley Nordic Ski Club's cross-country ski programs. Sessions are conducted at the Onion Lake Ski Trails, located half way between Kitimat and Terrace, approximately 30 km from each town. The 2<sup>nd</sup> parking lot from the highway provides the easiest access to the lesson meeting area beside the large warming hut.

The Club usually hosts an **Open House** just after Christmas – see website for date. If you would like to check out the facilities yourself, skiing, hot drinks, lessons and tours are free and low-cost rental equipment is available.

The **1<sup>st</sup> session** will be held on **Jan. 5, 2019**, with subsequent sessions on Jan. 12, 19, 26, Feb. 2, 9, 16, 23, Mar. 2, and Mar. 9. There will be two race events included. Sessions begin at 10:00 am. Please arrive at least 15 minutes early and assist your child in getting his/her skis on. They should have all their equipment on and be ready to ski at **10:00 am**. All skiers should wear proper winter clothing including a warm jacket, ski pants (no jeans), hat, mitts, and warm socks. A backpack with a water bottle is also a good idea. The first session will be a games-oriented day designed to give children maximum fun and coaches a chance to get to know skiers and their abilities.

Sessions are scheduled to **end at 11:30 a.m. for Bunnies** and **12:00 noon for Jackrabbits**.

However, as most groups are out skiing on the trails, some variation in return times can be

expected. All parents who are not assisting or skiing with their child's group are requested to be available to meet their child, in the meeting area, approximately 10 minutes prior to the scheduled end times.

**Hot chocolate** will be available at no charge for all participants after the sessions and hot lunch/goodies can be purchased at the Snowflake Cafe in the lodge.

Sessions will be held in all but the worst winter weather conditions. If a session must be cancelled due to particularly adverse weather, advance notice will be given by about 8:00 a.m. The cancelled session will be made up.

Children in the Bunny/Jackrabbit programs are encouraged to get additional time on skis outside of the Bunny/Jackrabbit sessions in order to work towards the ski program awards. **Snow Goals** are awarded for the time children ski outside their lessons. **Hat Trick awards** will be awarded for overall achievement, including technique, sprint participation, and times skiing.

Additional information about the above events or about the Bunny/Jackrabbit program may be obtained from your child's coach or by contacting Julie Stevens (250-632-3489) or Travis Carter (250-635-6435). Detailed information on clothing and equipment guidelines is available on the club website in our JackRabbit Program Parent Guide.

We look forward to seeing you and your child on January 5, 2019.

## How to Dress for Nordic Skiing

### Remember:

You'll be moving most of the time and you will get hot, sooo...

- Dress in loose layers: Long johns under sweat pants and shirt, under fleece jacket, under a windbreaker shell.
- In the Snow Valley area that windbreaker should be water proof and include pants.
- A hat and at least 2 pairs of mitts are ESSENTIAL, and don't forget good, thick wool or synthetic (not cotton) SOCKS.
- Children who ski in snow pants (light pants underneath) are fine as long as they can take off their jackets.
- Carry a day pack big enough for excess clothing (clothing discarded as you warm up) because as soon as you stop, you will freeze if you can't put it back on.