

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Ontario** (hereinafter called the **Division**) and the **Silver Spoon Ski Fest** (hereinafter called the **SSSF**) accepting my application for participation in the **SSSF** and thereby allowing (subject to certain limitations and conditions such as applying for a valid CCC race license) my participation at events, and activities run or sanctioned by one or more of **CCC** the **Division** or the **SSSF**. I agree as follows:

Part One - WAIVER and RELEASE

I hereby for myself, my heirs, executors, administrators and assigns, waive any and all claims that I have or may in the future have against **CCC** the **Division** and the **SSSF** their executive directors, servants, agents, sponsors, supporters, employees, contractors or volunteers (all of whom are hereafter the Releasees) and to release the Releasees from any and all liability for any loss, damage, expense or injury including death that I may suffer or my next of kin may suffer as a result of my participation in any event, competition or activity run or sanctioned by one or more of the Releasees (hereafter the Event), due to any cause whatsoever, including **negligence, breach of contract, or breach of any statutory or other duty of care owed on the part of the Releasees and further including failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards associated with the Event as set out below in Part Two.**

I hold harmless and indemnify the Releasees from any and all liability for any property damage or personal injury to any third party resulting from my participation in the Event. I further waive and release any and all recourse which I may now have or may in the future have resulting from any decisions of the Releasees in association with the Event, including any claims I might have in connection with any cancellation or rescheduling of the Event for whatever reason. I have read and understood this Waiver and Release prior to signing it. I am aware that I am an adult and that by signing this Waiver and Release I am waiving certain legal rights that I or my heirs or next of kin may have against the Releasees.

Part Two – ACKNOWLEDGMENTS Risks and Dangers:

I acknowledge that skiing and participating in any event, competition or activity run or sanctioned by one or more of the **CCC** the **Division** and the **SSSF** (hereafter the Event) involves risks and dangers including, but not limited to: accidents that occur traveling to the Event; encounters with other skiers, obstacles (man made or natural) or wildlife; steep and varied terrain, uneven snow conditions; falls or collisions; falling snow or ice; adverse weather conditions, frostbite; exhaustion. I freely accept and fully assume all risks, dangers and hazards associated with my participation in the Event and the possibility of personal injury, death, property damage or loss resulting therefrom.

Health: I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the Event and that no physician or other medically qualified individual has advised me against participating in the Event. I further acknowledge and

agree that it is my choice 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 am instructed not to participate in the Event, I hereby assume all risks associated with my participation.

Image Use: I authorize and consent to the publication in any format or media by **CCC** the **Division** and the **SSSF** of any materials containing my name, likeness or image in association with my participation in the Event, and I release to **CCC** the **Division** and the **SSSF** and all persons acting under authority or license from them, from any claims I might have due to the initial or authorized subsequent publication of such material.

Follow Rules: I hereby agree to abide by the Rules and Regulations imposed by **CCC** the **Division** and the **SSSF** in association with the Event, and to follow the instructions of the officials during the Event.