

RXCSF Youth Skiing 2022-2023

Dates: 12/3/2022 through 3/31/2023

Waiver and Release of Liability

In consideration for the rights and privileges associated with entry and participation in the above Nordic ski activities, I acknowledge and agree to be bound by the following:

1. **Identification of Risks.** I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competition and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.
2. **Assumption of the Risks.** I agree that I am responsible for my and my children's safety while participating in activities associated with the Rochester XC Ski Foundation (RXCSF) and NYSSRA-Nordic, Inc., and that such responsibility includes participation only; a) when we are both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of the type and condition reasonably necessary to safely participate. I assume all risks connected with responsibility for any injury or loss connected with my and my children's participation.
3. **Waiver.** Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the Rochester XC Ski Foundation (RXCSF), its affiliates including NYSSRA-Nordic, Inc., and/or NENSA, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (released parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my and/or my children's participation in activities associated with RXCSF, except where caused by the gross negligence or willful or wanton misconduct of any of the released parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.
4. **Insurance.** I currently have, and agree to maintain throughout the time that I or my children train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entitles from providing this coverage for me.

Parent or guardian must sign for those under age 18.

Skier name(s)

Signature (parent or guardian):

Date