

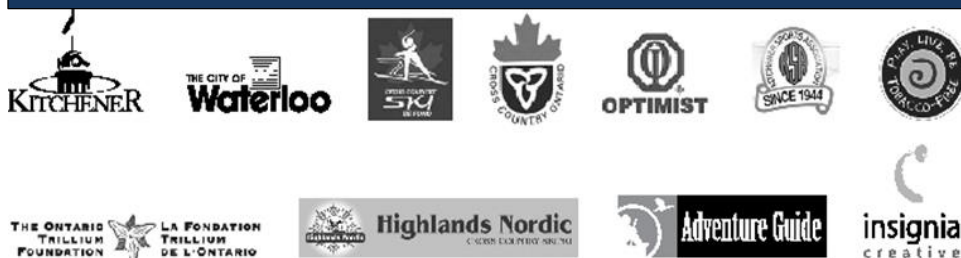
## Skiing Facilities

- Club programs and endeavours take place at Bechtel Park in Waterloo, conditions permitting.  
185 Bridge Street West (corner of Bridge St. and University Ave. West)
- Parking is located at the soccer complex
- Club volunteers prepare trails for the purpose of cross country skiing, conditions permitting.
- Flood lights are turned on from early January to early March from 6:00 p.m. to 9:00 p.m. Tuesdays to Thursday for the purpose of night skiing

## Special Events

- **Bechtel Park Trail Improvement Day**  
Join us to improve the trails at Bechtel Park, building trail reinforcements & spreading wood chips; Saturday Oct. 24, 2015.
- **Bus Trip To Highlands Nordic (DUNTROON)**  
Tentative date is Sat., Jan. 30, 2016. Travel by coach bus. Cost to be determined. Deadline for registration: Friday, Jan. 15th, 2016
- **Orion Race Series**  
Join us for a series of fun short races for all ages and abilities at Bechtel Park. Part of all youth programs. Check webpage for details.

## Sponsors and Partners



## Membership Information

A General Membership is required for all individuals. ....@ \$55/person  
Benefits include:

- Participation in all club events
- Groomed trails and night skiing at Bechtel Park
- Discount on trail fees at Highlands Nordic, near Collingwood
- Access and discounts on ski equipment and club jackets
- Voting privileges at General Meetings
- Liability insurance & membership with Cross Country Ontario (CCO) and Cross-Country Canada (CCC)

## Refund Policy

Club membership fees (\$55 per person) are not refundable. Program fees are not refundable with two exceptions:

1. If a request is received by email prior to one week before the start of the program, 70% of the program fee will be refunded. The 30% accounts for fixed administration costs.
2. Under extraordinary conditions such as a severe lack of snow that prevents more than 50% of a program from being run, a member may apply for a refund of the program fees. The Board will decide on the approval of any refund or partial refund on a case-by-case basis.

## Volunteers

We rely on our many and wonderful volunteers for all club endeavours. We provide training, support and incentives to instructors, as well as coaches. Opportunities exist as:

- Instructors and Assistants for Children, Youth and Adult Programs
  - Trail Groomers
  - Special Event Coordinators
  - Board Members
  - Fundraisers
  - Equipment Managers
  - Registration Managers
  - Race Event Assistant
- Talk to us about it! Call 519-880-1719**

## Children and Youth Programs

We offer youth-centered ski instructional programs, developed by *Cross Country Canada*, that provide a positive, fun learning experience.

**Instructors assign skiers to the most appropriate program, based on their age and skills. Beginners of any age are always welcome.**

### Bunny Rabbit Program (Ages 4-6)

- active start program, introducing cross country skiing in a fun game-filled environment

### Jackrabbit Program (Ages 6-9+)

- a FUNdamentals program combining instructions, activities and games for mastering the classic and skate techniques

### Magic Rabbit Program (Ages 10-13)

- builds on the basics through instructions, activities and games, while introducing aspects of fitness

#### *WINTER PROGRAM*

- starting January 5th, 2016 for five to 8 weeks of ski instruction, weather permitting
- Sundays (1:30-3:00 p.m.) and Wednesdays. (6:30-7:30 p.m.)
- Bechtel Park in Waterloo & Optimist Club (Erbsville & Kressler Road)
- Participation in Orion Series of ski races

#### *FALL PROGRAM*

- Dryland activities in the fall after October 18, focusing on games, social interaction, outdoor appreciation, and equipment care

### Junior Outers Program (High School aged)

- September through March – registrations ongoing until December
- Challenging outdoor activities in a fun, group environment
- Choose either a recreational or competitive focus, and participate in ski touring, racing and leadership
- Eligibility for benefits at Southern Ontario Training Centre

#### *FALL PROGRAM*

- Involves roller skiing, hiking, running, etc.
- Wednesday evening (6 - 7:30 pm) & Sunday afternoon (1-3 pm),

#### *WINTER PROGRAM*

- Tuesday / Thursday evenings (6 - 7:30 pm) and weekend events.

## Para-Nordic Programs

Instruction and support is available for physically-disabled skiers.

Contact Ken Campbell @ 519-571-8086 or [kccampbell@golden.net](mailto:kccampbell@golden.net)

## Adult Programs

### Adult Beginner & Intermediate Skier Lessons AGE 18+

- Classic Skiing - Tuesday evenings @ 7:30 pm (Beginner & Intermediate)
- Skate Skiing- Wednesday evenings @ 7:30 pm (Classic ski experience and skate skis required)
- Lessons at Bechtel Park in Waterloo starting on Tuesday January 5, 2016.

### Adult Ski Touring Program AGE 18+

- For novice or advanced skiers, Classic and/or Skate.
- car pooling and departure locations arranged by group leader.
- Tour dates to be announced.
- Venues TBD but may include Horseshoe Valley, Circle "R" Ranch, Highlands Nordic, Mansfield Outdoor Centre, Scenic Caves.

## Program Costs

All programs subject to coach and instructor availability, as well as enrolment numbers.

### **Cost be added to the general membership fee of \$55 person**

• Bunny Rabbits	4-6	\$5
• Jack Rabbits	6-9+	\$15
• Magic Rabbits	10-13	\$20
• Junior Outers A	13-18	\$75
• Junior Outers B	13-18	\$50
• Adult Lessons	Tues or Wed.	\$50
• Adult Lessons	Tues & Wed.	\$80
• Adult Touring	18 +	Trail fees extra
• Para-Nordic	4-18	Program Dependent

**Family Membership: Discount \$20 from the total for a family of four, minimum of one adult.**

## **Cross-Country Canada-Informed Consent and Assumption of Risk Agreement**

1. This is binding legal agreement. As a participant in cross country skiing and the programs, activities and events of Cross Country Canada and Canadian Snowsports Association (hereinafter called CCC/CSA), Southern Ontario Division (hereinafter called the Division) and "Waterloo Region Nordic Sports 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:

2. Description of Risks - 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; 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 c) activities, events and programs of CCC/CSA, the Division and the Club;
- d) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- e) that the risk of injury increases as the Participant becomes fatigued.

4. Disclaimer - 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. Acknowledgement - 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 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.

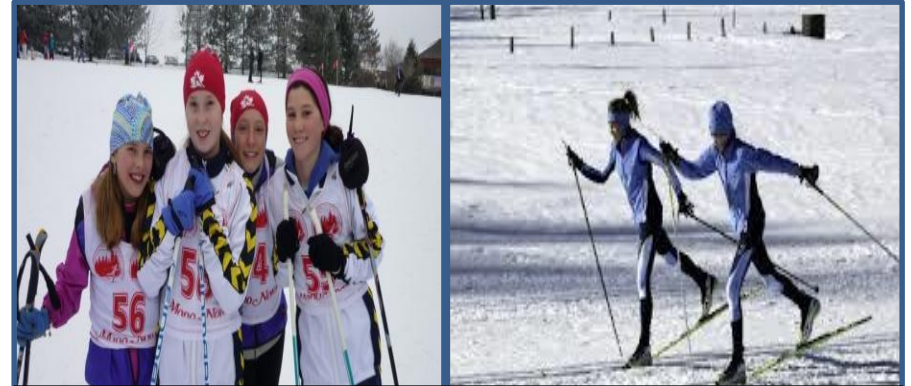
We do not sell or distribute your personal information to any other third party not listed herein.\*

I have read and I accept the above waiver and/or acknowledgements for myself and any immediate family members (spouse and children).

**Date:**

**Print Name:**

**Signature:**



# CROSS COUNTRY SKI



# WATERLOO REGION NORDIC 2015-2016 SEASON



# Welcome to the WRNSC

Since 1984, the Waterloo Region Nordic Sports Club (WRNSC) has been providing cross-country ski instruction for children, youth and adults from beginner to expert. We cordially invite you to join us this season to enjoy all aspects of cross-country skiing.

For further information, visit us at [www.wrnscc.ca](http://www.wrnscc.ca), call 519-880-1719 or e-mail at [info@wrnscc.ca](mailto:info@wrnscc.ca).

*Sincerely,  
The Board of Directors*

## Registration

1. [On-Line Registration \(recommended\)](#)  
[www.wrnscc.ca](http://www.wrnscc.ca)

2. [Open-house and equipment pick-up](#)  
Sunday, October 18, 2015; 2:00 pm - 4:00



Room 101, Waterloo Memorial Recreation Complex 101  
Father David Bauer Drive, Waterloo

3. [Mail Registration](#)  
Waterloo Region Nordic Sports Club, P.O. Box 40031  
Waterloo, Ontario N2J 4V1

**Registration for lessons & programs should be done by Dec. 20, 2015. After this date, please call 519-880-1719.**

## Junior Equipment Rental

Seasonal equipment rental is for registered Junior club members only (ages 4-17), and is limited. Equipment is ideally picked up at the open house on October 18, 2015 and must be used and treated appropriately. Cost for the season is Skis \$25; Boots \$25; Poles \$10

**WRNSC Membership Application (PLEASE PRINT CLEARLY & SIGN WAIVER ON THE BACK)**

Family Name	First Name	Birthday	Medical Conditions	Member Fee	Program Fee
				\$55+	
				\$55+	
				\$55+	
				\$55+	
				\$55+	
			<b>SubTotal:</b>		
			<b>Family Discount:</b>		
			<b>Rental Fees:</b>		
			<b>GRAND TOTAL:</b>		
<b>Address:</b>					
			<b>Telephone (Home &amp; Emergency):</b>		
<b>Postal Code:</b>					
<b>E-Mail:</b>					
<b>I would like to volunteer for:</b>					