

**NORDIC RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND
INDEMNITY AGREEMENT (“AGREEMENT”)**

VALID FOR THE “ANNUAL” SKI SEASON-POLICY YEAR OF NOV 1, 2020 - NOV 2, 2021

In consideration of myself OR my child participation in the snow ski related activities, an/or other activities (“Activities”) **offered by the** Rangeley Lakes Cross Country Ski Club.

I represent that I OR my child understand the nature of these Activities and **I am** and my child are **qualified**, in good health and in proper physical condition to participate in such Activities. I acknowledge on behalf of myself OR my child that **if I OR my child believe event/Activity conditions are unsafe**, we will immediately discontinue in the Activity.

It is fully understood that these activities involve inherent risks and dangers of serious bodily injury, including permanent disabilities, paralysis and/or death, **which may be caused by my OR my child’s own actions or inactions, those of others** participating in the Activities, **the conditions** in which the activities take place, **or the negligence of the ‘releases’** named below, and that **there me be other risks known to me OR my child**, or not readily foreseeable at this time; and I OR my child fully **accept and assume all such risks and all responsibility** for losses, costs and damages I OR my child might incur as a result of my OR my child’s participation in the Activities.

I hereby agree for myself and for my child to release, discharge, indemnify and covenant not to sue the Rangeley lakes Cross Country Ski Club, it’s respective administrators, directors, agents, officers, volunteers, and employees, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which the Activities take place (each considered one of the “Releasees” herein), and release and discharge them from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releases” or otherwise, including the negligence rescue operations; and **I further agree** that if, despite this release, waiver of liability, and assumption of the risks, that I, or anyone on my behalf OR on behalf of my child, makes a claim against the Releases **I will indemnify, save and hold harmless** each of the Releasees from any loss, liability, damage, or cost which may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, **and understand** that I have given up substantial rights by signing it, and have signs it freely and without any inducement or assurance of any nature, **and intend it to be** a complete and unconditional release of all liability to the greatest extent allowed by law, and agree that if any portion of this agreement/release agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Printed name of Participant)

(Address)

(Signature of participant OR parent/Legal
Guardian - if participants is a Minor child)

(Date)

(Phone)

**It is required that all participants in any competitive event (Nordic Ski Races, etc.) must sign a
release/waiver prior to participation in competitive events.**