

STATEMENT OF RISK

In consideration of my entry in OISRA Southern League Race (name of event), a Mt. Shasta Nordic Ski Organization event, scheduled for February 9, 2019 (date of event), I acknowledge and agree to be bound by the following:

Identification of Risks: I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, coaching, and related activities in Nordic competitions (the "Activity"), involves risks of serious injury, including permanent disability, death, and other losses, both to me and my property. I understand that these injuries and losses might result not only from my actions, but the action, inaction, or negligence of others.

Assumption of the Risk: I agree that I am responsible for my safety while participating in the Activity and that such responsibility includes participation in the Activity only: a) when I am 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 a type and condition reasonably necessary to safely participate in the Activity. I assume all risks connected with responsibility for any injury or loss connected with my participation in the Activity.

Waiver: Aware of the risks and willing to assume them, I hereby waive, release, and hold harmless Mt. Shasta Nordic Ski Organization, United States Forest Service, Mt. Shasta Board and Ski Park, and each of those organizations, affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (the "Released Parties") from all claims by me for any liability, injury, loss or damage in any way connected with my participation in the Activity, 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 might pursue any legal action or claim on my behalf.

Applicable Law: This waiver and release is formed under and is to be interpreted consistent with laws of the State of California.

Insurance: I currently have and agree to maintain throughout the time that I participate, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY

X _____ Date _____
Athlete Signature

For athletes of minority age

I certify that, as a parent/guardian of this participant, I do consent to be bound by each of the items and conditions identified above.

X _____ Date _____
Parent/Guardian Signature

MEDIA RELEASE FORM

Name _____ Age _____ Male Female

MEDIA/PHOTO WAIVER: I hereby authorize and give my full consent to Mt. Shasta Nordic Ski Organization to copyright and/or publish any and all photographs, videotapes and/or film in which I appear while attending this event. I further agree that MSNSO may transfer, use or cause to be used, these photographs, videotapes, or films for any exhibitions, public displays, publications, commercials, art and advertising purposes, and television programs without limitations or reservations.

X _____