



## WAIVER

\_\_\_\_\_ (School Name) has arranged a cross country skiing or snowshoe visit to Hiawatha Highlands. This signed form is required for all students participating in our Snow School Adventure. The purpose of the excursion is educational and the basic lessons are mandatory.

### INHERENT RISK

Cross Country Skiing/Snowshoeing is a sport with physical demands and inherent risks which are beyond the control of Hiawatha Highlands, \_\_\_\_\_ (Name of School Board). Fall, collisions and other incidents may occur and cause injury or death. Participants **must assume** the inherent risks of the sport.

Following all the rules and procedures can reduce the risk of injury. Failure to follow rules will result in the student losing their privileges here at Hiawatha Highlands.

### EQUIPMENT

Hiawatha Highlands provides rental equipment for each student; whoever parents must accept responsibility for equipment that is lost or damaged (other than reasonable wear and tear).

### CROSS COUNTRY SKIER'S/SNOWSHOER'S RESPONSIBILITY CODE

The Ontario Ski Resorts Association (OSRA) has produced a Nordic Responsibility Code, which Hiawatha Highlands and \_\_\_\_\_ (Name of School Board) requires that you know and obey.

## CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

<b>1</b> Always check posted trail conditions.	<b>5</b> Ski in control. On two-way trails descending skiers have the right-of-way.
<b>2</b> Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.	<b>6</b> Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
<b>3</b> Always ski to right when meeting on-coming skiers.	<b>7</b> Do not litter. Take out what you pack in. Respect all property.
<b>4</b> Yield the track to faster skiers and skiers calling 'track'.	<b>8</b> Report all incidents.

**Know the Code - Be Safety Conscious  
It is Your Responsibility**

ONTARIO SKI RESORTS ASSOCIATION 08/2009

**ACKNOWLEDGEMENT:** We have read and understand the above warnings.

I give my child \_\_\_\_\_ permission to participate in the Snow School Program held at Hiawatha Highlands.

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_