As a requirement for the club's insurer, identify the names of family members, and sign and date the following waiver.

Mono Nordic Club Waiver of Liability

I hereby agree to abide by the rules and regulations of Cross Country Canada, Southern Ontario Division, in accordance with the Association's rules, regulations and bylaws. In consideration of Cross Country Canada, Southern Ontario Division, Mono Nordic Club, acceptance of me as a registered member of the Ski Club, and my being permitted to take part in Ski Club events, activities and games, I hereby, for myself, my heirs, executors, administrators and assigns, forever release, discharge and hold harmless Cross Country Canada, Southern Ontario Division, Mono Nordic Club, its Directors, Employees, Representatives and Agents.

ADULTS (18 years and older) RELEASE AND WAIVER

As a member of Mono Nordic Club, I have read and understand the contents and intent of this waiver**.**

Adult Names (Please PRINT) Signature Date

1. Primary member: _____

2. Spouse: _____

Add the names of children 18 and older who are registering as family members. ***To qualify as a family member, children 18 and older must be a dependent, or in full time attendance at a secondary or postsecondary school.***

Names (Please Print) Signature Date

3. _____

4. _____

5. _____

MINOR RELEASE AND INDEMNIFICATION

As a parent or guardian of a member under 18 years of age, I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of all underage members of my family.

Parent/Guardian Signature _____ Date _____

Print the Names of children UNDER 18	Birthdate DD/MM/YYYY