



Member Information Sheet

Dear Member and Parent, Thank you for supporting the Loch Lomond Ski & Snowboard Program.

Please fill this Member Information Sheet along with the liability waiver and return both to the Boys & Girls Club. The guide on how to dress appropriately for skiing and snowboarding will help to ensure student's success and comfort while partaking in the program.

To fill out this sheet start by reading the ability chart and choose the color that best matches your skiing or snowboarding ability. Then, complete the Rental Chart at the bottom of this sheet. Please realize that we can only set up the equipment in advance if we have **all** the information. This way we can maximize the time spent outside and minimize the time spent in the rental shop. Thank you for your cooperation and we are looking forward to meeting you.

Member's Name: _____ **Age:** _____ **Grade:** _____

Skier **Snowboarder** (please check one) **Own Equipment**

Does your child / youth have a current membership at Loch Lomond yes no
Ski & Snowboard day is on Thursday December 27th

Please check off which category that best describes you:

Red: Beginner/Never Ever. If you are a beginner you have never been on skies or on a snowboard. This is your first time to be out on the hill.

Yellow: Novice you have limited experience and this is one step up from beginner level. As a skier you can make snowplow turns green (really easy) terrain. As a snowboarder you feel comfortable to sideslip on the heel side edge and the toe side edge.

Green: Intermediate. You feel confident to ski and ride on beginner and intermediate runs. As a skier you ski almost parallel and as a snowboarder you do complete turns from your heel side edge to your toe side edge.

Blue: Advanced. You feel confident on all runs on the hill using the proper technique to ski parallel and to ride on your edge. You feel confident in changing conditions and look to improve your techniques and perfect the pole plant. We teach advanced skiers only pole planting as it's a distraction and dangerous for Intermediates.

Rental Chart: If you have your own equipment you do not have to fill this part in.

Skier

I need skies Yes No

I need boots Yes No

I need a helmet Yes No

Snowboarder

I need a board Yes No

I need boots Yes No

I need a helmet Yes No

Height; (inches) _____ Weight: (lbs) _____ Boot size: _____



RELEASE AND INDEMNITY AGREEMENT APPENDIX # 5

FOR CLUB SKI/SNOWBOARDING, COMPETITIONS – RACING - TRAINING - COMPETITIVE PROGRAMS

READ VERY CAREFULLY BEFORE SIGNING

I, (_____) , in consideration of being allowed to participate in the Ski ? Snowboard Program at Loch Lomond Ski Area and any preparatory training therefore, do hereby release and agree to hold harmless and indemnify the directors, officers, shareholders, agents, servants, employees of, Loch Lomond Ski Area ,and Boys & Girls Clubs of Thunder Bay, from all claims, actions, or damages without any limitation whatsoever, whether consisting of loss, personal injury, property damage, or death, that does or may result in any way from my participation in these competitive sporting events or programs, assuming myself any and all responsibility and liability for same. I further agree to indemnify and hold harmless all of those above names from any damages or costs or expenses whatsoever which they or any of them may sustain as a result of any claim brought by anyone against any of them as a result of my preparation for and/or participation in these competitive sporting events or programs.

I specifically agree that before any given competition takes place I will, if I so desire, inspect all areas involved in the competition, fully realizing, accepting and understanding that competitive skiing/snowboarding in general and of this type in particular is inherently risky and dangerous, as are preparations, practice, or training for such events. I, as a participant, completely understand that the above paragraphs constitute a covenant and a promise on my part to fully discharge all of the above named parties from any and all liability of any kind for any injuries, loss, damage, or death which may result from my participation in these competitive sporting events or programs.

This release is binding, and I so understand, not only upon myself but upon my heirs, administrators, executors, and assigns, and I herewith again reaffirm my free and willing intent to exercise it, acknowledging a complete understanding of its terms and conditions and the totality of its effect, and the totalness of the waiver of any rights that I would otherwise have had, had this agreement not been executed

For day skiers/snowboarders: I acknowledge and acceptance is hereby made of the waiver printed on the ski ticket.

Dated at, time: _____ this _____ day of (month) _____, 20_____

Witness Participant: _____
(print name) (Signature)

Parent (Guardian) : _____
(print name) (Signature)



How to Dress Appropriately for Skiing or Snowboarding:

All students should wear appropriate clothing during the Skiing / Snowboarding Program.

Appropriate clothing consists of:

Winter Jacket

Snow Pants

Winter Boots

Hat/Headband /Neck Warmer or Facemask

Mitts/Gloves (knitted wool mitts are not a great idea, they get wet too fast)

All children, youth, volunteer and staff must wear a helmet. It is a great idea to bring a helmet that fits your child as the helmets at Loch Lomond are “first come, first serve” and the right size may not be available.

Please do not wear scarves or hats with long ties as it is a health and safety issue.

Please dress in layers, if the weather becomes warmer throughout the day, you can take something off. Polyester based thermal layers next to the skin are best as cotton is a cold fiber when damp.

For more information, please contact Lee-Ann at 623-0354 x 111

ALPINE RESPONSIBILITY CODE – DOWNHILL

Officially endorsed by: ONTARIO SNOW RESORTS ASSOCIATION

THERE ARE ELEMENTS OF RISK IN SKIING AND SNOWBOARDING 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 GREAT OUTDOOR EXPERIENCE.

1. Always stay in control. You must be able to stop or avoid other people or objects.
2. People ahead of you have the right-of way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

KNOW THE CODE – BE SAFETY CONCIOUS – IT IS YOUR RESPONSIBILITY



ALL PARTICIPANTS MUST WEAR AN APPROPRIATE SNOW SPORT HELMET FOR CLUB EXCURSIONS.