

NSW Nordic Ski Club Inc (NSC) Trip Participant Acknowledgement of Risk

NSC Activity: Skiing in the area on 201

By signing in the space provided below I acknowledge that:

- skiing is a dangerous recreational activity, which may lead to, cause or contribute to emotional and/or physical injury or death;
- the risks inherent in skiing include but are not limited to hypothermia, dehydration, muscle strain, fatigue, illness from consuming contaminated food or water, drowning, injury from colliding with other people, rocks or trees, walking or skiing on slippery and/or uneven surfaces, being hit by rocks, snow and/or ice, falling from cliffs or steep slopes, exposure to cold and/or bad weather, being delayed by weather conditions, injury to and/or illness or fatigue of others and/or equipment failure or failure to use equipment correctly;
- by participating in this **NSC Activity**, I am accepting the risks inherent in skiing and the related activities of the NSC;
- I am responsible for ensuring that any NSC activities I undertake are within my capabilities;
- I am responsible for my own safety when participating in NSC activities and I must carry food, water, clothing and equipment appropriate for those activities; and
- I am responsible for notifying the NSC trip coordinator of any medical conditions or other factors which may adversely affect my participation in this **NSC Activity**.

Name Ph Signature

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Name of Trip Coordinator/Leader

Signature of Trip Coordinator/Leader Date

Please email completed form to trips@crosscountryskiing.org.au