



**Far West Nordic
Ski Education Association
Special & Limited Power of Attorney
Medical Release — 2012**

I, _____, a legal resident of (address) _____
_____ am the Parent/Legal
Guardian of _____. I hereby make and appoint the Far
West Nordic Ski Education Association staff my true and lawful attorney for me in my
name to perform any emergency medical care hereinafter set down as fully as I might if
personally present with full power of substitution and revocation, hereby ratifying and
confirming all my said attorney shall do or cause to be done by virtue of this power and
assume all financial responsibility for the same. I authorize said attorney to authorize
any and all medical and hospital care and treatment deemed necessary by a duly
licensed physician for the health and well being of my child as named below.

Participant's Name: _____
(one form per participant)

Parents/Legal Guardians' Signatures

Father's Name: _____
Father's Signature _____ Date _____

Mother's Name: _____
Mother's Signature _____ Date _____

Insurance Co. and policy numbers: _____

Best numbers where parents can be reached: Father's Home/Work/Cell
_____; Mother's Home/Work/Cell _____

Email (mom): _____ (dad) _____ (athlete) _____

Emergency contact if parents cannot be reached:

Name: _____ Ph. # _____

List all important medical information, allergies to food or medicine, special physical
conditions, etc., about the above named:

Dates and results of last physical exam (i.e. school sports):

Family Physician & Address:

This special and limited power of attorney shall become null and void on
December 31, 2012, or unless changes are submitted to Far West Nordic.



ATHLETE'S NAME
Far West Nordic
Ski Education Association
WAIVER & RELEASE FORM — 2012

I, _____, the undersigned, or parent or legal guardian of a minor, desiring to participate in the Nordic programs of Far West Nordic Ski Education Association ("Far West Nordic") hereby acknowledge that the participation by my minor child in Far West Nordic trips and events is permissive only and is subject to the terms of this Release. The waivers and releases given pursuant to this Agreement extend to, and are for the benefit of Far West Nordic and the other Released Parties identified below.

I acknowledge that the sport of skiing, both Nordic and Alpine, biathlon, orienteering, ski jumping and other related events attended or hosted by Far West Nordic are action sports which carry a significant risk of personal injury and even death. I hereby assume those risks, from all factors, known or unknown to me or my minor child. Without limiting the foregoing, I acknowledge that: Skiing, ski racing, ski jumping and related snow sports activities are hazardous activities, and I or my child have made a voluntary choice to participate in those activities despite the risks: **Initial here:** _____

I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risks inherent in ski and snow activities, including ice, poor visibility, cold or freezing conditions, variations in terrain, moguls, forest growth, rocks and debris, lift towers, and other obstacles. I have been given an opportunity to visually inspect the cross-country trails and/or courses, facilities and the ski areas owned or operated by the Released Parties. I hereby assume and accept the risk of all natural and man-made conditions at the ski area: **Initial here:** _____

The aforementioned risks, alone and in combination with the actions of other skiers or actions of my minor child can cause very severe or possibly even fatal injury to my child or others. I acknowledge that my minor child, as a participant in Far West Nordic activities, understand and assume and accept these risks, conditions and hazards whether known or unknown: **Initial here:** _____

I understand that all Far West Nordic trips involve the use of rental and private vehicles operated by volunteers under private insurance plans. I know that road conditions, the actions of other drivers, health conditions of the drivers, and other factors can result in very severe or possibly fatal injury to my child or others. I acknowledge that I, on behalf of my minor child, a participant in Far West Nordic activities, understand and assume and accept these risks, conditions and hazards whether known or unknown. **Initial here:** _____

Having read and understood the foregoing, on behalf of myself or my minor child and our heirs and successors, I hereby waive any and all claims, demands, liabilities and recourse against Far West Nordic Ski Education Association, Auburn Ski Club, Inc.; United States Ski Association; United States Forest Service; all sponsors and the agents, agencies, affiliates, members, officers, Directors, volunteers, and employees of all the above organizations (collectively, the "Released Parties") arising out of or relating to wrongful death, personal injury or property damage suffered by myself or my child from participation in any happening, event, transport to or from, or activity in any way related to the Far West Nordic programs. Without limiting the foregoing, it is my intention that this waiver and release extend to and include claims, damages and liabilities arising out of or resulting from the negligence of any Released Party.

I am signing this waiver and release form with the full knowledge of *California Civil Code Section 1542*, which reads: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor." The provisions of this statute are hereby waived.

By signing below, I am indicating my acceptance of this waiver and release, and I am representing that I or my minor child is in sufficiently good physical condition to participate in the programs and activities of the Far West Nordic without jeopardizing my or his/her health.

Name of participant (Print) _____
 Name of Parent/Legal Guardian (Print): _____
 Signature of parent/legal guardian if under 18 _____ Date _____
 Participant signature if over 18 _____ Date _____
 Signature of witness _____ Date _____



ATHLETE'S NAME: _____

**Far West Nordic Ski Education Association
ATHLETE CODE OF CONDUCT — 2012**

Part 1: Sportsmanship Act

“A racer is expected to conduct himself/herself in a sportsmanlike manner. He/she is responsible for his/her actions at races, traveling to and from races, and while at areas hosting races. He/She is responsible for knowledge of race rules and procedures. Unsportsmanlike conduct may result in disqualification from an event and may hinder the racer from qualifying for team membership.”

Part 2: Code of Conduct

Members of FWNSEA Traveling Teams and Camps are required to abide by the USSA and Western Region codes of conduct. Additionally, members are:

- Prohibited from the illegal possession or illegal use of alcoholic beverages or any other illegal drug or narcotic;
- Prohibited from any illegal behavior, including theft, vandalism, etc.;
- Violations of above items will result in immediate suspension from racing/camp participation and can result in immediate expulsion from the event at the athlete's expense;
- Required to attend all team meetings unless excused by the head coach;
- Required to observe the curfews established by the head coach;
- Required to reside in the room to which they are assigned and shall share with their roommates the responsibility for damages that occur in the room when it is not possible to determine individual responsibility;
- Required to remain with the team or in the vicinity of the team's housing, except with the knowledge and permission of the team's head coach;
- Required to observe any additional rules established by the Team's head coach or the FWNSEA Committee;
- Required to maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for others' physical and emotional well-being, appropriate dress at all times, and courtesy and good manners in public places at competitions and while travelling.

Failure to comply with any of the above provisions can lead to disciplinary action including:

- 1) Immediate removal from the team trip or training camp at the cost of the athlete;
- 2) Suspension from future trips or camps;
- 3) Elimination of funding, coaching, or other benefits.

AGREEMENT:

I have read and fully understand the above Code of Conduct. I understand the financial liability faced by myself as an athlete/athlete's parent-guardian and agree to abide by the terms and conditions set down by the Far West Competition Committee in the event that disciplinary action is necessary as a result of my violation of this Code of Conduct.

ATHLETE'S NAME: _____

Athlete Signature: _____ **Date:** _____

PARENT/GUARDIAN NAME: _____

Parent/Guardian Signature: _____ **Date:** _____