



**Far West Nordic Ski Education Association
ADULT WAIVER AND RELEASE FORM**

I wish to participate in the program(s) offered by Far West Nordic Ski Education Association (FWNSEA).

In consideration of acceptance to and participation in FWNSEA programs, I hereby waive, release and forever discharge FWNSEA, ski areas, ski clubs, employees, agents, affiliates, officers, directors, members, sponsors, volunteers, and all other persons connected with such programs from any and all liability for injury, damage or death, caused by negligence or other unintentional conduct. 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 neglect of any released party. I am aware of the risks of Cross Country skiing, ski racing, and related sports activities, including the risks of serious injury and death. I agree to assume all the risks and to release all persons above from any liability for negligence or otherwise actionable conduct.

I certify that I am over the age of 18 and that I have fully read and voluntarily agree to the above terms and conditions. I also certify that I am in sufficiently good physical condition to participate in the programs and activities of FWNSEA without jeopardizing my health.

Signature _____

Name (printed): _____

Date: _____

Please mail this completed form to:

Far West Nordic Ski Education Association
P.O. Box 10046
Truckee, CA 96162

Or bring to the program

Fax copy not accepted

This waiver and release form is valid until Dec 31, 2011