

MSEF Training and Racing Waiver and Consent
Fill out 1 for Each Participant
2011 – 2012

Participation in any sport requires an acceptance of risk and injury. I know that alpine skiing is an action sport carrying a risk of personal injury. Ski racing and training (including dryland training), with its higher speeds and occasional jumps, is even more dangerous. Injuries can occur, including but not limited to, death, spinal injuries which may result in paralysis, head injuries which may result in brain damage, serious injury to virtually all bones, joints, muscles, ligaments, tendons, and other aspects of the muscular skeletal system, internal injuries, and serious injury or impairment of other aspects of my body, general health or well being.

As an athlete, or as the parent or guardian of an athlete, I assume that those responsible for the conduct of any sport have taken reasonable precautions to minimize the risk of injury. I realize that legislating safety via coaching instructions and ski area equipment standards, while often necessary, seldom is insufficient as relying upon warning labels to produce behavioral compliance with safety guidelines. Nonetheless, I am assured that fundamentals related to safe skiing practices will be emphasized repeatedly both on and off the ski slopes by all MSEF personnel. I agree to responsibly follow all advocated safe skiing practices, and I agree responsibly follow the information below regarding the fitting and use of equipment. I realize that accepting my responsibility in both areas will result in my maximize safety while participating in skiing and ski racing.

Recommended Fitting and use of Equipment

Ski boots should be snug enough to give maximum control over the skis with one pair of socks, even if new boots must be purchased every season. Ski helmets, approved by the USSA, are mandatory for all on-hill skiing activities. They must fit snugly at the front, back and top of head. Chinstraps must be fastened and snug. Mouth guard, shin guards, slalom chin guard and padded gloves are strongly recommended whenever striking gates in courses. Protective padding over the back of hands, wrists and lower forearms, knees and shins along with face guards will minimize injury. Ski safety bindings are critical to racers safety and proper annual binding care, adjustments, settings, inspection, and upkeep by a qualified professional is necessary to avoid injuries; bindings must be checked thoroughly, serviced, and replaced as necessary by a professional ski binding technician. Ski brakes are mandatory.

I, the undersigned, Parent/Guardian (circle one) of *(insert name of participant)* _____ do hereby understand the risks set forth above and consent to and request that he/she be accepted as a member of the Missoula Ski Education Foundation (MSEF) to participate in the activities and competitions of MSEF. In consideration of allowing *(insert name of participant)* _____ to participate in the activities and competitions of MSEF, I hereby release and discharge MSEF, its directors, officers, members, employees and agent and any and all other persons in any way associated with MSEF, from any liability arising from said activities and any travel related thereto and agree to indemnify and hold harmless MSEF, its directors, officers, members, employees and agent and any and all other persons in any way associated with MSEF from any and all damages resulting from injury to *(insert name of participant)* _____.

Signature of Parent/Guardian

Date

Because of the dangers of participating in skiing, ski race training, and ski racing, I recognize the importance of following the coaches' instructions regarding skiing techniques and ski training, team and ski area rules, and reporting injuries as soon as they occur. I hereby agree to obey all said instructions.

I have read all pages of the MSEF Training and Racing Waiver and Consent and acknowledge that I have been advised, understand, and appreciate that the dangers and risks of skiing, ski race training, and ski racing techniques may result not only in serious injury to me but in serious impairment of my future abilities to earn a living, or engaged in business, social, and recreational activities, or generally enjoy life.

Signature Parent/Guardian

Signature of Participant

Date

Do you have any question(s)? Circle Yes No

If yes, state the question(s):

My question(s) has/have been satisfactorily answered.

Signature of Parent/Guardian

Date