

**PENNSYLVANIA CROSS COUNTRY SKIERS ASSOCIATION  
COVID-19 PRECAUTIONS, WAIVER & RELEASE OF LIABILITY**

In consideration for the rights and privileges associated with membership in the Pennsylvania Cross Country Skiers Association (PACCSA) and/or participation in its programs, I hereby acknowledge and agree to be bound by the following:

**1. COVID-19 Precautions:** I understand that all coaches, staff, volunteers, staff and program participants must go through a health screening and temperature check prior to every program session. In addition, I agree that I and/or any minor for which I am a parent or guardian will stay at home and will not participate in PACCSA programs if any of us have had any of the following symptoms within the past 3 days (72 hours): FEVER of 100° F, COUGH, SHORTNESS OF BREATH, SORE THROAT, RUNNY NOSE, LOSS OF TASTE OR SMELL, DIARRHEA, NAUSEA, VOMITING, MUSCLE/BODY ACHES, FEVER/CHILLS, FATIGUE. In addition, I/we agree not to participate in PACCSA programs upon knowledge of exposure to anyone who has tested positive for COVID-19 within the past 14 days.

**2. Identification of Risks:** I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching/volunteering of activities in cross country ski competitions, clinics and/or learning session involve risk of serious injury, including permanent disability, death and other losses, due to inaction or negligence of myself or others.

**3. Assumption of the Risk:** I agree that I am responsible for my safety while participating in races and programs sponsored by PACCSA, and that such responsibility includes participation only, a) when I am both physically and psychologically prepared to participate safely; b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to participate safely. I assume all risk connected with responsibility for any injury or loss connected with my participation.

**4. Waiver:** Aware of risks and willing to assume them, I hereby waive, release and agree to hold harmless PACCSA, its affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers, volunteers and/or sponsors (hereinafter referred to as “Released Parties”) from any and all claims by me for any liability, injury, loss and/or damage in any way connected with my participation in activities associated with the Released Parties except where caused by gross negligence and/or willful/wanton misconduct. I intend for this waiver and release to apply also to any relatives, personal representatives, heirs, beneficiaries, and next of kin or assign who may pursue any legal action or claim on my behalf.

**5. Insurance:** I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

**6. Photographs:** I agree to grant PACCSA and its authorized representatives permission to record on digital/film photography and/or video, images of my participation. I further agree that any or all of the images may be used, in any form, as part of any future publications, brochure, or other printed materials, to promote PACCSA, and further that such use shall be without payment of fees, royalties, special credit and/or other compensation.

**7. For participants of Minor Age:** This is to certify that, as parent/legal guardian of any named minors, I do hereby acknowledge and consent to their agreement to be bound by each of the terms and conditions identified above.