

BINDING ADJUSTMENT NOTICE & WAIVER RELEASE FORM

Confirmation of Policy

I, the undersigned, acknowledge and confirm that I have read the Equipment Safety Policy ("Policy") adopted by the Boards of Directors (the "Boards") of Altius Nordic Ski Club and Alberta Ski Jumping and Nordic Combined (together, the "Sport Organizations") and agree to abide by the Policy.

Binding Adjustment Notice

This Policy, among other matters, sets out rules with respect to the adjustment of bindings as a means of ensuring the safety of all participants, including the Athlete named below, in the Altius Nordic Ski Club and Alberta Ski Jumping and Nordic Combined program.

The Policy differentiates between two types of bindings: (i) those for alpine and nordic skis; and (ii) those for ski jumping skis. I acknowledge and understand that in the case of bindings for alpine and nordic skis, if there are any issues with the bindings, parents will be instructed to seek the services of a qualified technician at the shop where they originally purchased the alpine or nordic skis or another technician that specializes in mounting or adjusting bindings and has full calibration services.

I further acknowledge and understand that in the case of ski jumping athletes, that there are no specific technicians certified worldwide to adjust bindings for ski jumping skis, but the individuals engaged by the Sport Organizations to provide coaching services (the "Coaches") do understand and follow international standards when mounting and adjusting these bindings in accordance with FIS rules. Because of liability issues, coaches will no longer make such adjustments unless the Athlete and the Athlete's parents/guardians have signed the waiver and release of liability below and have returned the form to the Sport Organizations' office in the Ski Jump Centre.

Waiver and Release

The Athlete and his or her parent(s)/guardian(s) signing this Waiver and Release recognize that ski jumping is an inherently risky activity, and that injury, including serious bodily injury or death, may result from participation in such activity, even when bindings and other equipment are properly adjusted for the circumstances.

Each person signing below further acknowledges that:

- (i) the Coaches do follow international standards when mounting and adjusting these bindings in accordance with FIS rules;
- (ii) Sport Organization members, parents, Athletes or any person not authorized by the Boards ("Unauthorized Persons") to adjust the bindings on the ski jumping skis are expressly barred from
- (iii) if such adjustments are made by Unauthorized Persons, the adjustment to the bindings is made at the Athletes own request and risk and Coaches are prevented from providing any further adjustments on the bindings adjusted by the Unauthorized Persons unless expressly permitted by the appropriate Board of one of the Sport Organizations;
- (iv) the Unauthorized Person making such adjustments are held legally responsible for any injury or death that may result from the the improper adjustment to the ski jumping skis he has adjusted.

Each person signing below agrees and acknowledges that any adjustments made by a Coach of the Sport Organizations to the undersigned Athlete's bindings are made at the Athletes own request and risk.

By signing this waiver and release, the Athlete's parent(s)/guardian(s) consent to any request made by the Athlete signing below for binding adjustment by a Sport Organization Coach.

The Athlete and parent(s)/guardian(s) signing below accept the risks involved, and hereby waive and release any claims they may have against the Sport Organizations or their Coaches, including claims of negligence, and release and indemnify the Sport Organizations and their Coaches for any claims made against them by any of the persons signing below.

Signed this _____ day of _____, 2014

Athlete's Name

Athlete's Signature (if 18 years of age or older)

Parent/Guardian Name (if Athlete younger than 18 years old)

Parent/Guardian Signature