



**WAIVER AND RELEASE FORM: ACKNOWLEDGEMENT AND ASSUMPTION OF THE RISK**

The UNDERSIGNED knows, understands and accepts that alpine skiing, and particularly ski racing, are inherently hazardous sports that carry significant RISKS, DANGERS, AND HAZARDS that may cause serious personal injury, death or property damage. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and manmade obstacles and structures, course design or maintenance, the design or condition of any equipment used by me (whether or not such equipment is specified, recommended or provided to me by "Cochran's" as defined below), equipment failure, collisions with objects or structures, being struck by skiers, snowboarders, or equipment, and exceeding one's own abilities. I further understand that ski racing and related competition may be more hazardous than recreational skiing or snowboarding. I also know that there are natural, mechanical and environmental conditions and risks, which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others. I agree that I alone ASSUME THE RISK AND AM RESPONSIBLE FOR: (a) my safety while participating in skiing, coaching, training and/or competitive events; and (b) providing, utilizing and maintaining the equipment necessary for the safe enjoyment of my participation with Cochran's Ski Club and Cochran's Ski Area; and (c) I specifically acknowledge that Cochran's Ski Club, Cochran's Ski Area Inc., any agent, representative, officer, director, ski coach, employee, member, volunteer, or affiliate of any person or entity named above (hereinafter collectively referred to as "Cochran's") are not responsible for my safety.

Being fully aware of the risks, conditions and hazards of the proposed activity as a participant, athlete, and/or competitor, I HEREBY FREELY AND VOLUNTARILY AGREE TO WAIVE, RELEASE, DISCHARGE AND HOLD HARMLESS Cochran's from any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in skiing, coaching, training, competitive events, and/or other activities involving Cochran's, whether such injury or damage was foreseeable or not, including, but not limited to, any claims arising from the RISKS, DANGERS, AND HAZARDS identified above. I specifically WAIVE, RELEASE, DISCHARGE AND HOLD HARMLESS Cochran's from any liability whether known or unknown, even that liability which may arise out of any carelessness, negligence, or omissions on the part of Cochran's. I agree to accept all responsibility for the risks, conditions and hazards, which may occur whether they be known or unknown.

I further agree to forever HOLD HARMLESS and INDEMNIFY Cochran's, generally and specifically, from any and all claims, causes of action and liability for death, personal injury or property damage, resulting in any way from my participating in skiing, coaching, training, and/or competitive events. I agree that I will accept and abide by the rules and regulations of Cochran's Ski Club, Cochran's Ski Area Inc., and any other rules or regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Waiver and Release from Liability shall be binding upon my heirs, administrators, successors, and assigns.

I agree to carry or provide health insurance coverage for myself and my minor children to cover any injury suffered in skiing, racing, training or other activity offered by Cochran's.

I have read and understand this Acknowledgment and Assumption of Risk and Waiver and Release from Liability. I am signing it freely and of my own accord, realizing it is a legally binding agreement upon myself, my children, my estate, my heirs, administrators, successors and assigns. In the event that I am signing on behalf of my minor child, that I have fully explained it to my minor child, and that I have full authority to sign it on his or her behalf.

Signature (If skier is under 18, signature of parent/guardian is required)	Printed Name	Date
Signature	Printed Name	Date
Signature	Printed Name	Date
Signature	Printed Name	Date
Parent/Guardian Signature	Printed Name	Date
Parent/Guardian Signature	Printed Name	Date

A signed waiver must be on file prior to your child's first race each year. Each family member should be named above.

Send waiver with your Cochran's Ski Club membership application form to:  
Cochran's Ski Club, P.O. Box 104, Richmond, VT 05477



**COCHRAN'S SKI CLUB MEMBER COMMITMENT TO GOOD HEALTH AND SAFE PRACTICES**

Family last name: \_\_\_\_\_

**Commitment to Cochran's COVID-19 Protocols:**

As a member of the Cochran's Ski Club community, I understand my role in preventing the spread of COVID-19 and other illnesses to help make sure we can all have a healthy season.

You can count on me to:

- Use the Heja app to RSVP to Ski Club activities and update RSVP if / when plans change.
- Sign in as required upon arrival at trainings or other events, to facilitate contact tracing if needed.
- Wear an appropriate protective mask to cover my mouth and nose when indoors or can't maintain physical distancing.
- Practice physical distancing—stay a full GS ski length (at least 6 ft.) away from others—as much as possible.
- Wash my hands and / or use hand sanitizer frequently.
- Answer health screening questions honestly and cooperatively.
- Not show up if I am not feeling well, or if a member of my family or other my established social pod is sick—from COVID-19 or anything else.
- Inform my coach ASAP if anyone in my immediate group or family is diagnosed with COVID-19.
- Read and abide by all posted messages and updates including Cochran's Ski Area COVID-19 guidelines and policies.
- Follow the guidance from coaches and other leaders in the Cochran's community, as well as state and local guidelines for preventing the spread of COVID-19.
- Stay flexible if the guidance or plans change.
- Encourage my friends and family to take this seriously, too.

Each family member initial or sign: \_\_\_\_\_

**Acknowledgment of U.S. Ski and Snowboard Abuse Prevention Policies:**

USS&S works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior. All adult members of USS&S are required to adhere to the SafeSport Code and USS&S Minor Athlete Abuse Prevention Policies. The U.S. Center for SafeSport is committed to building a sport community where participants can work and learn together in an atmosphere free of emotional, physical, and sexual misconduct. Annual SafeSport training is required for Cochran's Ski Club coaches and other adults in positions of authority. SafeSport resources, including training for parents and athletes, can be found at <https://usskiandsnowboard.org/safesport-athlete-safety>.

The USS&S Minor Athlete Abuse Prevention Policies are specific policies that USS&S has adopted to promote an atmosphere free of emotional, physical, and sexual misconduct. These include policies about one-on-one interactions between coaches and athletes; email and social media communications; and travel with coaches. Details of these policies can be found at [https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/MAAPP-June-2019\\_0.pdf](https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/MAAPP-June-2019_0.pdf).

Each family member initial or sign: \_\_\_\_\_

**Acknowledgment of U.S. Ski and Snowboard Concussion Policy:**

USS&S concussion policy: Any athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in U.S. Ski & Snowboard sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation by a qualified healthcare provider trained in the evaluation and management of concussive head injuries. Details of this policy can be found at <https://usskiandsnowboard.org/governance/policies/concussion-policy>.

Each family member initial or sign: \_\_\_\_\_