

**Fast and Female US**  
**2010 Anchorage FUN -ON-SKIS Event**

**Waiver and Release**

Cross-country skiing is a safe and healthful activity, but there are certain inherent risks present when your child participates in the event. Most skiing takes place in parks where moose and other wildlife live, and exposure to cold temperatures, ice, rain, wind, and dark or steep trails can be expected. Injuries and death can result from falling, collisions with obstacles and other skiers, and from equipment misuse and malfunction. For safety, it is very important that children are dressed properly and that they be instructed by parents to follow the directions of coaches and adult helpers. It is also important for us to know whether your child has any medical conditions which might affect his or her safety or health while participating in this vigorous activity.

**Release and Indemnification/Medical Consent:** I have read and understood the above statement. I understand that there are inherent risks to my child in participating in the Fast and Female US program and I release and covenant not to sue, agree to indemnify and hold harmless, the Nordic Skiing Association of Anchorage, Inc. (NSAA), Fast and Female US and the Municipality of Anchorage, their respective directors, officers, employees, coaches, sponsors, and volunteers, from all injuries, including death, harm, expenses and damages of any kind related to my child's participation in this program, whether incurred during Fast and Female US activities (including skiing), treatment for injuries sustained during those activities or transportation to or from such activities, and irrespective of whether negligence on the part of NSAA, or affiliated persons, may be involved. Furthermore, in the event of a health emergency or injury to my child during participation in the program, I consent to emergency medical transportation and treatment on his/her behalf.

**Media release:** I will allow pictures taken of my child during this event to be used by Fast and Female for publicity.

Participant's Name: \_\_\_\_\_

As a parent or legal guardian of a participant under the age of 18, I have read and accept the terms and conditions above on the entrant's behalf.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*CHILDREN UNDER 18 MUST BRING A COPY OF THIS DOCUMENT  
COMPLETED AND SIGNED BY A PARENT OR LEGAL GUARDIAN TO THE  
EVENT IN ORDER TO PARTICIPATE\*\***