

Announcement- Open GS Training Day

February 26th, 2020



Training Format:

- Race Trail: Black Snake/Snake Bite
- Full length Single Panel Giant Slalom Training
- Men & Ladies
- Ages U12+ (U12 will start by running sections for age appropriate training)

Registration: email Ryan Sheredy at rsheredy@live.com if you would like to attend the training day or have any further questions.

Liability Wavier below must be signed and brought with athlete to training day.

Schedule: (Subject to Change)

- 8:00 Check-in at SNSC Clubhouse (Register and pay online)
- 8:30 Load lift for warm up run and dynamics
- 8:45Inspection
- 9:00-12:00 Training
- 12:30 Afternoon training session
- 3:00 Pull and Wrap-up training

Training Tickets: The cost of a training ticket is \$25. Ticket will be at SNSC Clubhouse and given to guest athletes upon their arrival.

Lodge Space: Any guest athletes may use the SNSC clubhouse to get ready and store your gear. \$20 off Parent vouchers will available at the club.

Directions to Smugglers: Smugglers Notch is located on route 108 S. The only access is from the North during the winter since the notch road is closed. From Route 15 you turn onto route 108 S in Jeffersonville and follow it up to the Smugglers Notch Resort. To get to the upper mountain you continue past the main entrance to the resort up route 108. Parking will be on your right and the driveway to the base lodge will be on your left. If you wish you can continue past these options to the upper parking lot which is around the corner up to where the notch road is closed (this is ski in and out access only)

Parking: Guests may park in the SNSC parking area at the base of our driveway. Parking is also available in the two main lots across from the base lodge driveway. The Upper Parking lot is available for racers or coaches that want to ski from their car and ski back to it at the end of the day.

Smugglers' Notch Ski and Snowboard Club Liability and medical Release

This is a release of Liability, please read carefully before signing or engaging in this activity. The undersigned hereby represents that he/she is at least 18 years of age or in the event that he/she is not, the undersigned hereby represents that he/she is a parent or legal gaurdian of said participant. (participant and undersigned hereafter referred to collectively as "Competitor".)

_____ Initial here

Furthermore, the undersigned warrants and represents that the competitor is in good health, and that there are no special problems associated with the competitor and the undersigned has left no special instructions regarding the competitor that have not been listed on the registration form.

I/We understand and accept the fact that alpine skiing, nordic skiing, and snowboarding in the various forms, are inherently HAZARDOUS sports that have many dangers and risks. It is further understood that training or racing and skiing competitively is more inherently HAZARDOUS than recreational skiing. I/We realize that injuries are common and ordinary occurrence of this sport. I/we agree as a condition of being allowed to use the ski area facility and premises, that I/we freely accept and voluntarily ASSUME ALL RISKS OF PERSONAL INJURY OR DEATH or property damage which ski area including, but not limited to , grooming, snowmaking, ski lift operations, actions or omissions of employees or agents of the area, or competitor's participation in skiing, training, any competitive event or any continuance thereof, or in the course of travel to or from any such event, or in the course of travel to or from any medical facility or other activities at the area.

_____ Initial Here

I/We agree with the premise that competitor is a competitor at all times, whether practicing for competition or in competition. I/we agree that the competitor is always provided an opportunity to conduct a reasonable visual inspection of the training or race course. I/we agree and understand that the competitor will be held to assume the risk of all course conditions including, but not limited to weather and snow conditions, course construction or layout and obstacles.

_____ Initial Here

Warning

Under Vermont law, a skier assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing and ski racing and may not recover from any ski area operator for any injury resulting from and of the inherent dangers and risks of skiing, including; changing weather conditions, existing and changing snow conditions, bare spots, rocks, stumps, trees, collisions with natural objects, man-made objects, or other skiers, variations in terrain and the failure of skiers to ski within their own abilities.

I/we freely accept the full responsibility for any and all damages or injury of any kind which may result and agree to indemnify and hold Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, United States Ski Association, sponsors and all their officers, agents, and employees, acting officially or otherwise, harmless for any claim, demand, actions or causes of action arising out of or on account of any injury or damage to said competitor or competitor's property arising from the negligence or breach of warranty, express or implied, of the above entities and persons affiliated with said entities.

_____ Initial here

I have carefully read and understand Page 1.

_____ Initial Here

This is a medical release, please read carefully before signing and engaging in activity.

The competitor authorizes Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or the United States Ski Association authorized personnel to call for medical care for the competitor or to transport the competitor to a medical facility or hospital if in opinion of such personnel, medical attention is needed for the competitor. The undersigned agrees that upon the transporting of the competitor to any such medical facility or hospital, Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and /or the United States ski association or its sponsors shall not have any further responsibility for the competitor. Consent is expressly given in the event of injury, for any emergency medical aid, anesthesia and/or operation, if in the opinion of the attending Physician such treatment is necessary. Further, the competitor agrees to pay all costs associated with such medical care and related transportation for the competitor and shall indemnify and hold harmless Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or United States Ski Association, sponsors their subsidiaries, their respective officers, directors, agents, servants, and employees of and from any costs incurred therein, as provided in the preceding paragraph.

Insurance. I/we currently have, and agree to maintain throughout the time that I/We participate, valid and sufficient medical and accident insurance. I/we understand that this is my/our sole responsibility and release all persons and entities from providing this coverage for me/us.

_____ Initial Here

By signing below, I/we agree all rules, policies, and conditions for membership and participation in programs and rules and conditions governing the Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, and/or the United States Ski Association and all other ski areas.

This release shall be binding upon the assignees, subrogors, distributees, heirs, next of kin, executors, and administrators of the undersigned and may pled by the Smugglers' Notch ski and Snowboard Club, Smugglers' Notch Resort and/or the United States Ski Association, and sponsors, as a complete bar and defense against any claim, demand, action or cause by or on behalf of the undersigned.

Further, full permission is hereby given to use any photographs or movies of said competitor taken during any competitive event or training exercise for any purpose in promoting events of Smugglers' Notch Ski and Snowboard Club.

I/WE HAVE CAREFULLY READ AND UNDERSTAND THE TERMS OF THIS RELEASE AGREEMENT CONTAINED ON PAGES 1 AND 2. I/WE ARE SIGNING IF FREELY AND REALIZE THAT IT SI BINDING UPON MYSELF, MY HEIRS AND ASSIGNS AND IN THE EVENT, I AM SIGNING IT ON BEHALF OF ANY MINORS, THAT I HAVE FULL AUTHORITY TO DO SO, REALIZING ITS BINDING EFFECT ON THEM AS WELL AS MYSELF.

_____ Competitor Name	_____ Competitor Signature	_____ Date
_____ Competitor Name	_____ Competitor Signature	_____ Date
_____ Parent or Guardian, in the event competitor is less than 18 years old Competitor Name	_____ Parent or Guardian Signature	_____ Date

SNSC Medical Plan:

Smuggler's Notch Ski Patrol are first response trained.

The Ski Patrol building at the top of Sterling Lift is manned at all times with at least two patrollers and will respond to any need on the race venue.

Sterling Patrol response time to the race venue is 5 minutes max.

If patrol is needed, the chief of race will contact patrol via radio or cell phone, at this point the race will be placed on hold and will remain on hold until patrol has cleared the venue.

Minor injuries requiring first aid only will be handled by Smugglers' Notch Ski Patrol in the first aid station in the Madonna Base Lodge.

If an ambulance service is needed Patrol will contact Cambridge Rescue. Response time is 12 Minutes.

Transport Time to the University of Vermont Medical Center (Fletcher Allen) in Burlington is 45 minutes to 60 minutes.

Transport time to Copley Hospital in Morrisville is 40 minutes to 45 minutes.

If Cambridge Rescue determines that air transportation is required Dartmouth Flight For Life will be utilized. Flight time to landing are is twenty to thirty minutes in good weather.

Flight time to University of Vermont Medical Center (Fletcher Allen) in Burlington is 10 Minutes to 15 Minutes.

Flight Time to Dartmouth-Hitchcock is Twenty minutes to Thirty minutes.