

Lake O'Hara Cross Country Ski Weekend



2000 February 5 - 6, Saturday - Sunday min 25 km

Tour Co-Ordinator: Peter LaGrandeur (403) 228-0269

Cost: \$37 Price includes use of Elizabeth Parker hut and the National Park back country overnight hut user fees for one night. Participants are responsible for all other expenses including transportation between home and tour area, and all food. **Pre trip meeting time and location to be announced.**

Yes, please register me in the *Lake O'Hara XC Weekend Tour*, 2000, February 5 - 6. I am enclosing **\$37** payable to **Peter LaGrandeur**.

please print

Name: _____

Snail Mail Address: _____
street / site address

city, province / state

postal code

Phones: Home: _____ Work: _____ Fax: _____

Internet E-Mail Address: _____

Food Sensitivities: _____



Participant Registration Agreement

1. Risk Acknowledgement & Acceptance of Self Responsibility:

This trip is offered with the understanding it is a **Common Adventure** where each participant conducts him/herself independently, makes his/her own judgements about safety and well being, takes full responsibility for his/her own actions, and contributes whatever he/she can towards the success of the trip. The *Tour Co-Ordinator* is not a leader or professional guide of any type and acts only to provide basic logistical arrangements for initiating and running the trip. The route, itinerary and all other aspects of this trip are only suggested and, as responsible tourists, each participant is expected to **research everything prior** to the trip to whatever extent he/she feels is necessary to determine that all is safe and suitable. Each participant is expected to possess any skills, equipment, fitness, common sense, etiquette, knowledge of applicable legislations, etc., to enjoyably and safely be involved in this activity. Each participant is the sole and final judge about his/her capability to safely proceed with this tour. All participants recognize **financial loss, physical injuries and death** to be real possibilities facing anyone in the sport of back country skiing and related activities and agree to assume all risks and consequences. Any person who does not feel confident or self reliant about their abilities or who does not agree with this philosophy should not participate on this tour.

2. I recognize that there are many potential perils that may be encountered while participating in the *Lake O'Hara Cross Country Weekend Tour* including cold weather, avalanches, snowmobiles, lack of electronic contact, lack of trail grooming, remoteness from support services such as medical aid, rescue, etc.. I will educate myself and gain sufficient experience in whatever skills are required to capably handle any situation I may be presented with. These skills include ski repair, first aid, cold weather survival, route finding, clothing knowledge, etc..

3. I will, at all times, ski courteously and abide by Trail Etiquette guidelines.



Peter LaGrandeur
XC ski tour co-ordinator

Notes:

1. Mail original form (**no flimsy fax paper please**), with \$37 payment (**payable to P. LaGrandeur, Lake O'Hara XC Weekend Tour** Co-Ordinator, 105, 1513-26 Avenue SW, Calgary, AB, Canada T2T 1C4
2. Refunds for non-attendance available only after all trip expenses paid.
3. One form per participant.

signature (parent/guard if <18 years of age)

date Y M D

emergency contact person & ph. # (please print)

I volunteer to contribute the following assistance or skills:
(e.g. first aid, photography, ski repair technician, car pooling, etc.)