



2008 Rider Registration Forms

The undersigned hereby acknowledge that by signing this Agreement, they are assuming risks and agreeing to indemnify, not to sue, and agreeing to release from liability the Norcal High School Mountain Bike Racing League (hereinafter "The League"), its officers, officials, agents, employees, coaches, leaders, instructors, volunteers, agents, sponsoring agencies, sponsors, members, participants, clubs, teams, riders and if applicable, owners and lessor's of premises used for activities (hereinafter collectively referred to as "Releasees"). It is further understood that the undersigned are giving up substantial legal rights.

In consideration of my voluntary participation in mountain biking events, the undersigned voluntarily makes the following agreements. The undersigned acknowledge that the sport of cycling, specifically mountain bicycling, is an inherently dangerous sport, including but not limited to dangers associated with man made obstacles or natural surface hazards, trees, logs, vegetation, water, pot holes, rocks, cold weather, extreme heat, rain, other bicycles, other riders, pedestrians, vehicles, fixed or moving objects, equipment failure, inadequate safety equipment, and use of equipment or materials provided. Safety equipment includes the use of a safety helmet, which the undersigned have selected and which satisfies the requirements of The League, to protect against serious head injury.

The undersigned ACKNOWLEDGE AND FULLY ASSUME THE RISKS associated with participating in activities, as listed above and including the Releasees' own negligence and the negligence of others. The undersigned fully understand that mountain biking activities include the potential for serious physical injury, permanent paralysis and/or mental injury, disability or death, loss or damage to person or property associated with presence or participation in the activity. The undersigned understand that particular skills, equipment and personal discipline may reduce the risks, but that risk of serious injury exists.

The risks include, among other things: the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including trail irregularity, equipment failure, inadequate safety equipment, use of equipment provided by The League or others; dangers associated with man-made and natural jumps and stunts; motor vehicle accidents; the releases own negligence; the negligence of others; weather conditions; the possibility of serious physical and/or mental trauma or injury, or death associated with this program; slipping and falling; falling objects; water hazards; drowning; exhaustion; exposure to temperature and weather extremes which could cause: hypothermia, hypothermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life.

On behalf of self, spouse, heirs, executors, administrators, legal representatives, assignees, and successors in interest (hereinafter collectively "Successors"), the undersigned hereby RELEASE, INDEMNIFY AND HOLD HARMLESS the Releasees. The undersigned hereby waive any and all rights and claims, including claims arising from the Releasees' own negligence, which the undersigned has, or which may hereafter accrue, and from any and all damages which may be sustained by the undersigned directly or indirectly in connection with, or arising out of, participation in or association with the events, including any activities incidental thereto, wherever or however the same may occur.

The undersigned participant agrees that it is their sole responsibility to be familiar with the event course and agenda and the Releasees' rules and any special regulations for the event. The undersigned agree to comply with Releasees' rules and regulations/stated and customary terms and conditions for participation. The undersigned participant agrees to ride and otherwise participate so as to neither endanger myself nor others. If the undersigned participant observes any unusual significant hazard during my presence or participation, the participant will remove themselves from participation and bring to the attention of The League, said hazard immediately. The undersigned participant accepts full responsibility for the condition and adequacy of my equipment or any equipment provided for use. The undersigned participant agrees to wear a helmet, which satisfies the requirements of Releasees' racing rules and regulations, the purpose of which is to protect against serious head injury, and the undersigned assume all responsibility and liability for the selection of such a helmet.

The undersigned participant hereby certifies that I have no physical or medical condition which would endanger myself or others, or interfere with my ability to safely participate in this event.

The undersigned agree, for self and successors, that the above representations are contractually binding, and are not mere recitals. The undersigned understand that if claims are made against Releasees that the undersigned will be responsible for any costs and fees incurred by Releasees in defending the claims.

This Agreement may not be modified in any way, and not orally. This Agreement shall be effective for injuries now or which may hereinafter occur in the future, whether known or unknown.

The undersigned hereby agrees to hold harmless any and all Releasees, from any liability for ordinary negligence.

The undersigned hereby expressly agree that this Release and Waiver is intended to be as broad and inclusive as permitted by the laws of the State of California and that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read the above carefully before signing and understand its terms, including giving up substantial legal rights.

Home Phone # _____
Team/School _____ (List school if different than Team)
Dated _____
Date of Birth _____
Printed Name _____

Signature of Participant _____

CONSENT AND RELEASE OF PARENT OR LEGAL GUARDIAN

I am the parent or legal guardian of _____ (Participant). My child is fit for participation in the sport of mountain biking. I have read and understand the above Agreement, and agree to the Release of Liability as set forth above. In consideration of allowing my child to voluntarily participate, I consent to the Agreement and its terms shall likewise be binding on me, my child, my heirs, legal representatives and assignees. I hereby, for myself, my child and my heirs, HEREBY RELEASE, INDEMNIFY, and HOLD HARMLESS the Releasees, whether or not arising from the negligence of the Releasees.

I hereby release for myself and my child, and shall defend, indemnify and hold harmless the Releasees from any and all claims of liability that I or my child may allege against Releasees, (including reasonable attorneys fees and costs), as a direct or indirect result of injury or death due to my child's participation in the activities offered by Releasees, whether caused by the negligence of the Releasees or others.

I have read the above carefully before signing and understand this waiver.

Dated Signature of Parent or Legal Guardian Printed Name

Medical Information Form

To be filled out by the parent/legal guardian.

I, _____ have registered my son/daughter _____ for the NorCal High School Mountain Bike League's (League) 2008 camp and race series.

Please check all that apply:

My son/daughter is in good physical health and is able to participate fully in the NorCal High School Mountain Bike League's camps and races. He/she has NO medical conditions or allergies.

My son/daughter is in good mental health and is able to participate fully in the NorCal High School Mountain Bike League's camps and races. He/she has NO mental conditions.

My son/daughter has the following medical and/or mental condition(s).

My son/daughter has the following allergies, including to specific foods.

My son/daughter has asthma and will have an inhaler with him/her at each camp and/or race (required for participants with doctor-diagnosed asthma.)

My son/daughter is on the following prescription medications. Please indicate if he/she is or is not able to self-administer these medications while at camps and races, if applicable.

I authorize the League's staff to give my child Tylenol or Ibuprofen at camps in the event it is needed.

Health Insurance Information

My child has health insurance coverage. Provider: _____ Policy #: _____ Phone: _____

My child does not have health insurance coverage.

Please complete the following emergency contact information:

Emergency Contact #1: _____ Tel No. _____

Emergency Contact #2: _____ Tel No. _____

On this form I have provided comprehensive and accurate medical information about my son/daughter to the League. If the League is not able to reach myself, or the emergency contacts I have provided, I authorize the League's staff to drive my son/daughter to the nearest emergency room to receive emergency medical treatment. I also authorize emergency medical personnel, League staff, and volunteers to provide emergency medical treatment to my son/daughter within the scope of their training.

Dated Signature of Parent or Legal Guardian Printed Name

Media/Photo Release Form

To be filled out by the parent/legal guardian. Please read and complete the information below.

I, _____ have registered my son/daughter _____ for the NorCal High School Mountain Bike League's 2008 camp and race season.

Please check the appropriate line below.

_____ **YES**, I give my permission for the NorCal High School Mountain Bike League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

_____ **NO**, I do not give my permission for the NorCal High School Mountain Bike League and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document my child involved in the activities of this program. I do not give permission for any photographs or video material of my child to be used in publicity about the program and organization (website, promotional materials, newspaper/magazine articles, etc.).

Permission to Participate in the Collection of Data

_____ **YES**, I give my permission for my son/daughter to participate in NorCal High School Mountain Bike League surveys, both online and in print, for the purpose of collecting information about the program, participants, and the impact mountain biking and the League is having on high school youth.

_____ **NO**, I do not give my permission for my son/daughter to participate in NorCal High School Mountain Bike League surveys, both online and in print, for the purpose of collecting information about the program, participants, and the impact mountain biking and the League is having on high school youth.

Dated Signature of Parent or Legal Guardian Printed Name

LEAGUE CODE OF CONDUCT

League athletes are expected to ride by the League Code of Conduct at all times.

1.1 WEARING HELMETS STRICTLY ENFORCED

League riders must wear an Approved Helmet at All Times (see below for list of approved helmet standards). Under no circumstances should a student be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Athletes must also keep their helmet on when walking or running on the course with a mechanical. Athletes will lose all points for the race at which they were seen riding without a helmet - this includes while riding trainers to warm up. See rule book for more details.

1.2 PRACTICE CONTROLLED RIDING

League athletes must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and with excessive speed will not be tolerated. Athletes that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.

1.3 AVOID RIDE ALONE

If possible ride with at least one other person. If you are riding alone, alert someone to your general location and your approximate time of return.

1.4 LEGAL MOUNTAIN BIKING TRAILS ONLY

As representatives of the League and our sport, League athletes must ride only on authorized trails. League riders found to be riding on illegal trails at ANY time, whether on team rides or on their own, will face consequences. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also unacceptable and carries the same consequences.

1.5 OBEY TRAFFIC LAWS

Riders are required by law to obey all traffic laws. Always ride to the right side of the road and in the bike lanes if available. Stop at stop signs at red lights. Signal turns. Use required lights and reflectors at dusk/night. Some specific laws that pertain to bicyclists can be viewed at: <http://www.bicyclesource.com/body/safety/laws/california-laws.shtml>

1.6 RESPECT DRIVERS, PEDESTRIANS AND HIKERS

Be respectful and courteous by staying as far to the right as practical and riding single file while riding on roads and trails. Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely. A rider is going slow enough when you can say 'hello' and the hiker can say 'hello' back.

1.7 REPRESENT THE LEAGUE AND MOUNTAIN BIKING

Recognize that, as a League athlete, you represent the NorCal High School Mountain Bike Racing League, cross country mountain biking and cycling in general. This is true at all times, not just at races - particularly when you are at a bike shop, out on the trail, and regardless of whether you are wearing your team, a League jersey, or any other cycling gear.

1.8 POSITIVE SPORTING ATTITUDE

League athletes are expected to display an excellent sporting attitude during all League events and should treat all other riders, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all League athletes. Profanity in any situation is not acceptable.

1.9 LEAVE NO TRACE

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the Land Managers.

1.10 PLAN AHEAD

Know your equipment, your ability, and the area in which you are riding - and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

1.11 MUSIC PLAYERS/HEADPHONES

League athletes are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer.

1.15 - 1.16 BANNED SUBSTANCES

League athletes are subject to USADA rules pertaining to anti-doping (A list of banned substances is available at <http://www.usantidoping.org/>). Use of marijuana or other recreational drugs or under-aged drinking will be reported to both coaches and school administration. In addition, the consumption of caffeine, creatine, guarana and taurine is banned at League races and camps.

DISRESPECT OF THESE RULES MAY LEAD TO A SUSPENSION FROM RACES AND/OR THE LEAGUE.

My signature below shows that I have read, understand, and will follow the above Athlete Code of Conduct.

Athlete's Name

Signature

Date