

THE BUSHWHACKER

www.scarboroughskiclub.org



WINTER 2022-2023

Scarborough Cross Country Ski Club

**111 Milford Haven Drive
Toronto ON M1G 3C9
647-534-7387**

THE BUSHWHACKER - Winter 2022-2023
Editor: Tammy Hemphill

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SCARBOROUGH CROSS COUNTRY
SKI CLUB

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Scarborough Ski Club Information

MEMBERSHIP FEE: \$25 per person

**SKI BUSES leave Centennial Recreation
Centre parking lot located at:**

**1967 Ellesmere Road & Dolly Varden park-
ing lot (near tennis courts), south side of
Ellesmere Road, West of Markham Road.**

BUS DEPARTURE: 8 a.m.

**2nd Stop: York Mills TTC Station
(North/East Yonge St.) - 8:20 a.m.**

**Bus Fees: Pre-paid \$25.00
Walk-on: \$30.00**

**Trail fees: As set by the ski resort
(expect \$25-\$35)**

Just a Reminder!

Membership fees are due before December 2022. Please be sure to remit your Membership cheque for \$25, a SCCSC registration form, and the signed Cross -Country Canada Insurance consent form. Both forms can be found on our web-site: www.scarboroughskiclub.org/members/.html.

For membership inquiries, please contact Susan Pruvli, Membership Chair, at 416-307-3276.

President's Message – Winter 2023

The Scarborough Cross Country Ski Club is planning a full season of fun for Winter 2023, after a 2-year hibernation. The executive has decided to schedule trips every Saturday, with the exception of the Family Day weekend.

We are going to maintain our bus fees the same as in 2019, which is \$25 for members and \$30 for walk-ons/non-members. As well, membership fees remain the same at \$25. Trail fees have gone up substantially in the past two years and we should expect to pay \$20 to \$30. I will email the night before with the amount of the trail fee, so check your spam folder if you don't get an email. I will also post information on the website.

We are still collecting "cash" only for trail fees on the bus and we are still registering bus trips by "cheque" only. The reason we pay by cheque is because when we cancel a trip due to poor conditions, we just rip up your cheque and email you a cancellation notice. This eliminates the need to provide refunds.

The bus will leave Centennial Community Centre on Ellesmere, (west of Markham Road) at 8:00 a.m. sharp, so we ask that you arrive by 7:45. We will continue with a second pick-up at York Mills station at 8:15. Unless an arrangement is formalized as in previous years with the EYOC, members of East York who want to come on our buses will have to join the Scarborough Club and send in cheques like everyone else. The ski fees are quite reasonable and I remind everyone to put their email address on the cheque so they can be notified as to any cancellation.

Ski lesson will be offered at the beginner level. The goal is to teach the basics of the sport and to try to help the beginner to go downhill without falling and to control their speed going downhill. Most of the basics are introduced in the first lesson but it is important to refresh your skills regularly and then practice them to learn the sport. Repetition is the key to success. Each time you ski, you will find you will get better. If you are trying this activity for the first time, I recommend walking on a regular basis to get in shape and strengthen your legs. Cross Country Skiing is an active sport.

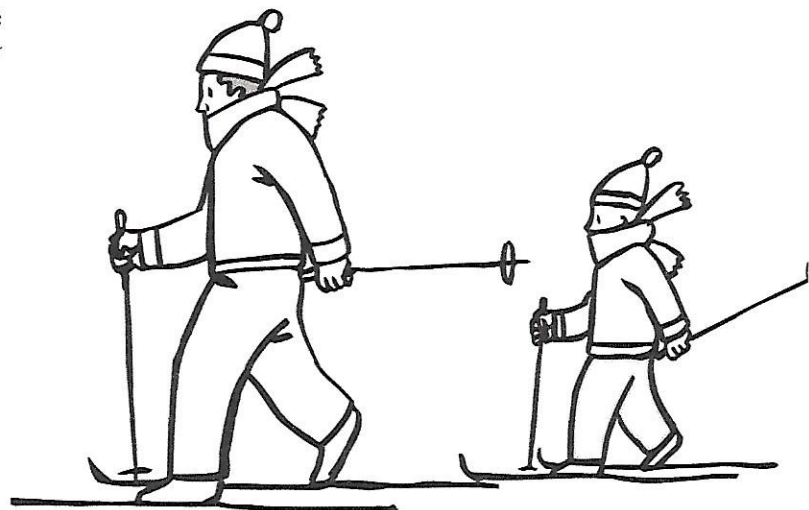
All ski resorts that we attend rent skis. If you are a beginner, I recommend renting skis until you get better and have a little more knowledge as to what to buy. Ski rental costs are in the \$30 range and we collect this cash fee on the bus, along with the trail fees. The equipment is not as good as owning your own; however, at the beginner level, good equipment won't significantly impact your ability to ski. If you are planning to rent skis at Arrowhead, let me know ahead of the trip so I can check beforehand to make sure the equipment is available.

Lastly, everyone who comes on our bus must be fully vaccinated. If you have a cold or the sniffles, please do not come on the bus and stay home.

View: www.scarboroughskiclub.org regularly.

Think Snow: North of Highway 7.

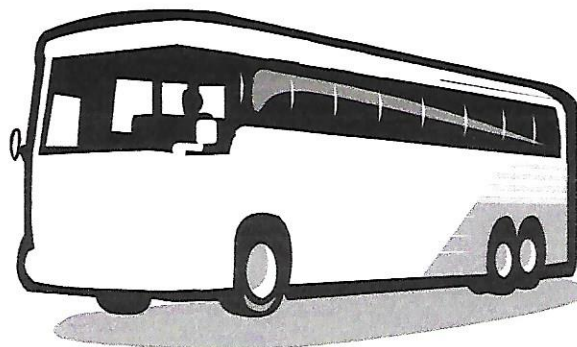
John Hackert



HOW TO ENSURE RESERVATIONS FOR BUS TRIPS

You can register by mail for a bus trip (No cash Please!) for \$25.00 and your cheque will reserve your seat on the bus.

We will require separate cheques for each bus trip. Be sure to indicate the destination on your cheque as indicated on the Schedule of Events, and note your phone number and e-mail address. In the case of poor ski conditions, do not phone us to inquire if the bus has been cancelled. WE WILL E-MAIL YOU and note the cancellation on Facebook and the web-site.



The cost for each bus trip is \$25.00. Many of our members mail all of their cheques at one time for the entire ski season to reserve their seats. If there is space on the bus, skiers who have not sent in their cheques will be charged \$30.00.

If you wish to cancel a reservation, you must do so by 6 p.m. on Tuesday before the trip by e-mailing John at: jhackert@scarboroughskiclub.org to cancel any pre-scheduled bus trip. Your subject line should be: SCCSC Cancellation—and should note the trip date, the intended destination and the number of people cancelling.

All buses leave Centennial Recreation Centre promptly at 8:00 a.m. with a 2nd pick up at York Mills TTC Station. Please be early to allow time to load your skis. The trail fees have increased and expect to range between \$25 and \$35. We will collect these cash fees (exact change, nothing smaller than a loonie) on the bus.

Please mail all cheques to:

Scarborough Cross Country Ski Club
c/o John Hackert
111 Milford Haven Drive
Toronto, ON M1G 3C9

Please indicate your e-mail address on your first cheque.

BUS CANCELLATION POLICY

**If we receive your phone call or e-mail by Tuesday, 6 p.m. to cancel your bus trip, we will destroy your cheque. If you call us after 6 p.m. on Tuesday, your cheque will be cashed.
(John Hackert: 647-534-7387 or jhackert@scarboroughskiclub.org)**

WHY A CHEQUE FOR EACH BUS?

- Your cheque reserves your seat for the scheduled bus trip.
- Your cheque tells us you are coming, and provides an e-mail address so we can notify you of any cancellation.
- You save \$5 by signing up early – The fee for “stand by” is \$30.
- Cheques simplify the work of our volunteers.

A separate cheque for each ski event, dated the date of the trip, with your phone number as well as your e-mail address, if applicable, noting the destination on the front of your cheque, will continue to ensure the success of our ski bus trips.

BUS CANCELLATIONS WILL BE NOTED ON OUR WEB-SITE

**Scarborough Cross Country Ski Club
Membership Application & Renewal Form**

PLEASE PRINT CLEARLY

NAME: _____ Date of Birth _____

ADDRESS: _____

CITY: _____ PROV. _____ POSTAL CODE: _____

PHONE: (____) _____ E-MAIL: _____

Membership Fee for the Club Year November 1 to October 31 is \$25.00

Renewing Member ☐

New Applicant ☐

Membership requirements:

Membership Application (completion of this form)

Cheque for \$25.00 Cheque # _____ Cheque Date: _____

Cross Country Canada – SIGNED “Informed Consent & Assumption of Risk Agreement”

RELEASE FROM LIABILITY

Release: Membership will not be accepted unless signed

In making application to participate in activities of the Scarborough Cross Country Ski Club, I/we affirm to be in good health, capable of the required effort needed to participate in club activities and accept as my/our personal risk the hazards of such participation. I/we release the Scarborough Cross Country Ski Club, its executives, directors, instructors, trip organizers and trip leaders from any liability whatsoever for loss, damage or injury (including death) howsoever caused which may result from my/our participation in any activity organized by the club. I/we declare that the Release is binding upon my/our heirs, executors, administrators and assigns. I/we the undersigned have **read and understand** the Release and agree that participation in club activities is entirely at my/our own risk.

Signature of applicant

Signature of witness (not family member)

Date

How did you hear about the Scarborough Cross Country Ski Club?

Word-of-mouth ☐ Brochure ☐ Website ☐ Publication ☐ Other ☐ (please specify below)

In case of accident please notify:

Name: _____ Phone: _____

Mail Membership Application & Cheque to: Scarborough Cross Country Ski Club
c/o John Hackert
111 Milford Haven Drive
Toronto, ON M1G 3C9

CROSS COUNTRY CANADA
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

SCARBOROUGH CROSS COUNTRY SKI CLUB

BY SIGNING THIS DOCUMENT, YOU WILL ASSUME CERTAIN RISKS. PLEASE READ CAREFULLY.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called "**CCC/CSA**"), **Southern Ontario District Ski Division** (hereinafter called the "**Division**") and **Scarborough Cross Country Ski Club** (hereinafter called the "**Club**") which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the "**Activities**"), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the "**Parties**") acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) training whether indoor or outdoor including strength training, running, hiking and cycling;
 - b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
 - c) vigorous physical exertion, rapid movements and quick turns and stops;
 - d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
 - e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
 - f) failing to participate within one's abilities, skill and within designated areas;
 - g) becoming lost or separated from the group or the group becoming split up;
 - h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
 - j) encounters with animals or plants including allergic reactions;
 - k) travel to and from training, competitive events and associated non-competitive events which are an integral part of the **Activities**; and
 - l) other risks normally associated with participation in the **Activities**.
3. **Furthermore, the Parties are aware:**
 - a) that injuries sustained may be severe, paralyzing or fatal;
 - b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
 - c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
 - d) that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of **CCC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

Acknowledgement

5. The **Parties** confirm that:

- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
- b) they have been provided sufficient information about the **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
- d) they have read this agreement, understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- a) authorize **CCC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
- b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties'** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

We do not sell or distribute your personal information to any other third party not listed herein.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: _____

Date: _____

Signature: _____

NOTE: If the Member/Participant is under 19 years of age, parent or legal guardian **MUST** sign below.

Name of Parent/Guardian: _____

Date: _____

Parent/Guardian Signature: _____

PUB NIGHT
OLDE STONE COTTAGE PUB

3750 Kingston Road
Scarborough, Ontario
(Kingston Road at Scarborough Golf Club Road)

DATE: Friday, November 11, 2022

7:30 p.m.



Provided you are fully vaccinated and have supporting documentation, come out to join us at the Pub and tell us how you stayed safe and cool the past two years. It's time to think about the up-coming ski season and get back to near normal activities. For more information call Tammy at 647-220-2046 or Marguerite at 416-289-7532. Bring proof of vaccination, ID, along with signed membership renewal forms and bus reservation cheques to this event.

Tired of Skiing?

Try Snowshoeing!

Equipment rentals now available at:

Horseshoe
Nordic Highlands
Mansfield
Scenic Caves

Check resort web-site for up-dated rental costs.

NAME TAGS

All members are reminded to help promote the Scarborough Ski Club by wearing the name tags provided. Lost or damaged name tags can be replaced on the bus from George Duguay free of charge.

Winter 2022-2023 Schedule of Events

The following is a list of club activities open to all members of the Scarborough Cross Country Ski Club for the 2022-2023 ski season. Details about these activities and how you can participate are documented in the Bushwhacker. Be sure to read up on the cancellation policy regarding the ski bus trips. Ski venues are subject to change depending on snow conditions.

November 11	Friday	7:30 p.m.	Pub Night	Olde Stone Cottage
January 14 *	Saturday	8:00 a.m.	Ski Bus	Scenic Caves #1
January 21	Saturday	8:00 a.m.	Ski Bus	Arrowhead #1
January 28	Saturday	8:00 a.m.	Ski Bus	Mansfield #1
February 4	Saturday	8:00 a.m.	Ski Bus	Nordic Highlands #2
February 11	Saturday	8:00 a.m.	Ski Bus	Mansfield #2
February 25	Saturday	8:00 a.m.	Ski Bus	Arrowhead #2
March 4 *	Saturday	8:00 a.m.	Ski Bus	Scenic Caves #2

Ski lessons are available for free on all scheduled ski bus trips
subject to instructor availability.

* Planned BBQ

