

## Telemark Skiing

[Telemark skiing](#) like all recreation activities is hazardous. You will be traveling outdoors, where you will be subject to numerous risks—environmental and other risks.

- Environmental Risks include: rapidly moving, deep or cold water, flash floods, mud slides, insects, predators, snakes and other animals; falling or rolling rock, lightning, high winds, hail, avalanches, and unpredictable forces of nature including weather that may change to extreme conditions without notice. Additional risks include allergic reactions, psychological distress, hypothermia, hyperthermia, sunburn, heatstroke, dehydration, and other mild or serious conditions. Exposure to the natural elements can be uncomfortable or harmful.
- You will be traveling by foot with weight on your back. Travel may be rugged, unpredictable and travel may include: boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, rock fall, tree wells, fallen trees and tree stumps, cliffs, cornices and slippery rocks. Risks include collisions/falling, drowning, getting lost, acute mountain sickness, high altitude sickness and others associated with such travel.
- This [telemark skiing trip](#) requires physical exertion as well as emotional and mental stability. You will be primarily responsible for your own rescues. Rescues may not be available or may take considerable time to evacuate due to the inherent nature of the activity. You may become lost or separated from others in the group: communication may be difficult.
- Horseplay, carelessness, poor technique, poor conditioning and violating the rules are all risks associated with this [telemark skiing trip](#).
- Accidents can occur while traveling to and from the activity site. You will be traveling in 12 to 15 passenger vans.
- Athletic injuries are also a risk associated with [a telemark skiing trip](#). [Telemark skiing](#) accidents may result in scrape, abrasions, sprains, broken bones, torn muscles or ligaments, head, neck or spinal injuries or death.
- Risks also include decision making and conduct, including the risk that a course leader, co-leader or other participant may misjudge someone's capabilities or misjudge weather, terrain, water level, or route location etc.
- Hypothermia, frostbite, and dehydration are risks associated with winter activities. Hypothermia is the name for a medical condition where the core body temperature drops to a point that the body is unable to maintain and heat itself. Hypothermia means you are becoming cold enough to die. Being wet and in the wind contributes to hypothermia. Frostbite is caused by exposure of inadequately protected flesh to subfreezing temperatures. You will need to have adequate clothing to combat hypothermia and frostbite. To combat dehydration drink water as often as possible.
- The risk of an avalanche is always present in the backcountry; this risk cannot be eliminated by the Outdoor Recreation Center staff. Avalanches may result from the failure for any reason (including negligence) of the Outdoor Recreation Center staff to correctly determine the stability and safety of a slope or when an avalanche might occur.
- While [skiing/snowboarding](#) you may lose your balance and fall and injure yourself or others. Falling to the ground from any height may cause serious injury or death. You may injure your arms, wrists or any other part of your body when trying to catch yourself when falling.

- Tripping and falling due to slick, uneven, irregular, snowy or icy surfaces, varying weather and surface conditions is a risk. Variations in steepness and configuration of terrain features including moguls, fences, rocks and trees etc. [Skiing/snowboarding](#) can result in severe head, neck or back injuries and trauma.
- Equipment may fail, malfunction or be defective. Improper use of the equipment can result in injury. [Telemark bindings are not designed to release under normal circumstances and can cause serious injury or death when one falls.](#)
- The use of the lift, tram or tow, including falling, coasting backwards and becoming entangled with equipment and others is a risk of this activity. Collisions with rocks, stumps, trees, debris, lift towers, the ground, wildlife, other skiers, riders, hikers, all-terrain vehicles, other vehicles and motorized transportation, and other natural and/or manmade objects, including but not limited to snowmobiles, grooming and snowmaking equipment as well as incidents relating to chairlift lo
- You may also injure yourself with ski poles. You will be sharing the ski area with other skiers and may be injured.

***NOTE: This list is not an exclusive or exhaustive list of all possible injuries; trauma or accidents that may occur while [telemark skiing](#). The undersigned hereby acknowledges and agrees that there are inherent risks associated with this Activity that cannot be eliminated regardless of the care taken to avoid injury or loss.***