

Mount Kato Ski and Snowboard Trip

Sunday, January 19, 12:30 pm - 10:30 pm

7th grade to adult
K-6 with a parent

Sign up and pay by Wednesday, Jan. 15

Cost: \$65 (Lift ticket \$25, ski/snowboard rental \$22, helmet rental \$4, bus \$14) Checks made out to Cross of Calvary Youth

This trip is planned by the Heart of Jesus Area Faith Community and Cross of Calvary. Friends are welcome.

Meet at St. Aloysius Parking Lot at 12:30 pm. We will return to the same place by 10:30 pm.

What to bring:

- all your warm clothes for skiing/snowboarding (see below)
- little cooler with packed supper/beverage or money to buy food at the chalet (fast food type)

Please be familiar with the RESPONSIBILITY CODE

1. Always stay in control. You must be able to stop or avoid people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

What to Wear:

The best thing to do is dress in layers

- **A BASE LAYER:** Choose a thin, wicking, thermal top and pants, made from synthetic materials like polypropylene. Wool is also a good option as it naturally regulates heat, wicks sweat and has antimicrobial properties. Wear only one pair of socks to keep your feet from sweating too much. Your socks should be thin but warm.
- **A MIDDLE LAYER:** Fleece is a great choice. Cotton won't wick moisture or insulate as well. Choose fabric that's a cross between form-fitting and bulky. Wear a sweater or jacket with a half- or full-zip with standup collar. This will keep you warmer.
- **AN OUTER LAYER:** A jacket and snow pants. Jacket should be roomy enough to comfortably accommodate your layers but not too loose or bulky. Make sure it's waterproof and properly insulated – not a hoodie or a sweatshirt.

- **GLOVES or MITTENS:** Warm and waterproof if possible.
- **GOGGLES:** If you have them or can borrow a pair, they'll protect you from snow blindness and help you to navigate cloudy conditions with few shadows. They'll also protect you from flying debris that can get caught in your eyes.
- **A NECK GAITER/BUFF:** Pull it over your mouth on especially cold days.
- **HELMET and HAT or BALACLAVA (cross between a buff and a hat):** Helmets are available to rent at Mount Kato for \$4. A hat will keep your head warm, but a helmet will protect you from head injuries.
- **SUN SCREEN:** You can get a sunburn even if it's cold and overcast.

Don't wear jeans or sweatpants, cotton absorbs water and loses its ability to insulate.

Permission and Emergency Contact Information

What: Ski Trip to Mt Kato

When: January 19, 2025

I hereby grant permission for my child to attend the Mt Kato Ski Trip with Cross of Calvary Lutheran Church. I grant permission, in case of emergency, for medical attention to be sought by the chaperones for my child's group. I understand that all efforts will be made to notify me immediately of any such happenings.

Name of youth participant: _____ Age ___ Youth Phone _____

Are there any medical conditions or allergies? _____

Insurance Company name: _____ Policy # _____

Parent Contact information: _____

Signed:(parent/guardian) _____ Date _____

Day Pass Agreement and Release of Liability

Please read carefully, this is a Release of Liability & Waiver of Legal Rights

1. I understand and accept that alpine skiing and snowboarding in its various forms is a HAZARDOUS SPORT that has many dangers and risks. I realize that injuries are a common and ordinary occurrence of this sport and that severe injury, including death, is an inherent risk of skiing/snowboarding. I expressly assume all risk associated with skiing and/or snowboarding including without limitation, the risks and inherent dangers associated with skiing/snowboarding and riding the lifts. These risks include, but are not limited to, changes in terrain, weather and snow surfaces, changes in lighting conditions, ice, moguls, bare spots, debris, fences, posts, trees, lift equipment and towers, rope tows, light poles, signs, buildings, roads and walkways, ramps, half-pipes, padded and non-padded barriers, jumps, rails, boxes, and other terrain features, grooming equipment, snowmobiles, utility or all-terrain vehicles, collisions with other persons, and other natural and man-made hazards. I agree to follow, and be bound by, Your Responsibility Code.
2. In consideration of being allowed to use the area facilities and premises at Mount Kato LLC, and specifically in exchange for the opportunity to purchase a day pass at Mount Kato LLC **I agree to release Mount Kato LLC, and its agents, employees, directors, officers and shareholders from any and all liability for personal injury, death or property damage** which results in any way from negligence, conditions on or about the premises and facilities, the operations, actions or omissions of employees or agents of the area, or my participation in skiing, snowboarding or other activities at the area, accepting myself the full responsibility for any and all such damage or injury of any kind which may result.
3. To the extent I am signing on behalf of a **minor, I hereby release Mount Kato LLC from any and all liability for personal injury, death or property damage** sustained by the minor which results in any way from negligence, conditions on or about the premises and facilities, the operations, actions or omissions of employees or agents of the area, or the minor's participation in skiing, snowboarding or other activities at the area, accepting myself the full responsibility for any and all such damage or injury of any kind which may result.
4. I further agree to **defend, indemnify and hold harmless Mount Kato LLC** from any and all claims, demands, losses, damages and liabilities, contribution or otherwise with respect to **personal injury, death or property damage arising from my or a minor** on whose behalf I signed, participation in skiing, snowboarding or other activities at Mount Kato LLC. I promise not to sue the Mount Kato LLC and further agree that if anyone is physically injured or property is damaged while I am engaged in any activity at Mount Kato LLC I will have no right to make a claim or file a lawsuit against Mount Kato LLC. I agree to defend and indemnify Mount Kato LLC for any and all claims, including subrogation and/or derivative claims brought by any third party or insurer, which I may cause.
5. In accordance with Minnesota law, nothing in this Release of Liability should be construed as releasing, discharging or waiving any claims I may have for conduct that constitutes greater than ordinary negligence on the part of Mount Kato LLC.
6. This Release of Liability is governed by the Laws of the State of Minnesota and is intended to be interpreted as broadly as possible. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND I SIGN IT OF MY OWN FREE WILL.

Passholder's Signature

Passholder's Printed Name

Date

Parent/Guardian: If the passholder is a minor, I verify that I have the authority to enter into this agreement on behalf of the minor and I agree to be bound by all terms and conditions of this agreement.

Parent/Guardian's Signature

Parent/Guardian's Printed Name

Date