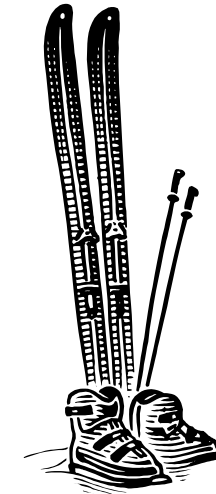




Bowland High

the school with specialist status in performing arts

Ski Trip Information Easter 2010



Bowland High - the school with specialist status in performing arts
Riversmead, Grindleton, Lancs, BB7 4QS
t: 01200 441374 / 441989 | f: 01200 441633
e: enquiries@bowlandhigh.lancs.sch.uk | w: www.bowland.lancsngfl.ac.uk

tradition, care and challenge



2010 SCHOOL SKI TRIP

Date of trip 3rd—11th April 2010

Destination Courmayeur, Italy

Staff accompanying trip:

Ski Trip Leader Miss A Yates

Deputy Trip Leader Mr A Walmsley

Plus one other member of teaching staff.

Ski Area: Courmayeur, Aosta Valley

Kilometres of piste: 100km

Ski range: 1700—2755m

Runs: 6 blue, 14 red, 4 black

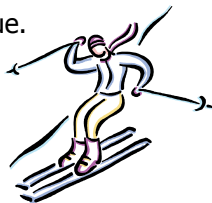
Lifts: 18 (2 gondola, 8 chair, 4 cable)

Snow making: 250 cannons

Hotel Details: Residence Universo***,
Pre St Didier

- ✓ Smart, stylish apartment style accommodation
- ✓ 6 minutes to cable car
- ✓ 2—4 bedded rooms with private facilities and TVs
- ✓ In heart of village with shops, swimming pool and ice cream parlour nearby.

- ✓ Meals taken over the road at Ristorante Bellevue.



Please sign, detach, and hand to Miss Yates tonight

Ski Trip Contract

Pupil:

The ski trip to Austria is a fantastic opportunity for the pupils to experience a holiday that they will never forget. With this in mind may we draw both skiers' and parents' attention to the following rules which must be agreed and understood by all party members.

- ✓ I agree to wear a safety helmet at all times when skiing
- ✓ No pupil will consume any alcoholic drinks
- ✓ No pupil will be allowed to smoke.
- ✓ The hotel and its rooms will be treated with the utmost respect, as will the coach.
- ✓ Pupils will remain in their own rooms as instructed to do so by staff.
- ✓ The behaviour of the pupils is expected to be exemplary. Staff reserve the right to withdraw pupils from skiing and après ski for those pupils who are acting irresponsibly and/or disobeying instructions. This is for their own safety and the safety of others.
- ✓ Please remember the staff are giving up their own holiday time. We expect all members to ski and enjoy themselves. We also expect pupils to conduct themselves in a civilised, pleasant and courteous manner.
- ✓ Pupils will be responsible for their own time management and will be prompt for meals and meetings.

Please read the above carefully and both pupil and parent/carer sign below:

I have read and understood the conditions and rules under which the ski holiday will operate.

Pupil:

Parent/Carer:

Date:

DOCUMENTATION REQUIRED

Due to new regulations introduced by Lancashire Education Authority, we require information about each pupil prior to the ski trip.

Some of this information may already have provided by you but there is still quite a lot needed before February.

Enclosed are a number of forms to be completed tonight and handed back to Miss Yates.

Information needed/ included	Date to be returned by:
Ski Contract	Tonight
Pupil information sheet	Tonight
Form 3B (2 sheets)	Tonight
Pre-trip exercises & safe skiing code	N/A
Passport	N/A
EHIC	N/A

DETAILS OF THE TRIP

Journey

We have yet to confirm exact times, but the journey will follow this approximate schedule:

03/04/10	late morning	Depart from school
03/04/10	7pm	Dover to Calais ferry Arrive Calais
03/04/10		Drive through night
04/04/10	Approx Lunch	Arrive Aosta Valley Settle in to hotel Fitting ski equipment
05/02/10		Skiing starts
10/02/10		Last ski day
	5pm	Leave Aosta Valley
11/02/10	7am	Arrive Calais Calais to Dover ferry
11/02/10	mid afternoon	Arrive back at school

During the journey

We advise pupils to bring a small amount of English money and Euros which can be used on both outward and return journeys. Pupils can also bring a packed lunch for the journey down to Dover. We are not allowed to take any prepared food into Europe.

Chewing gum is not allowed on the trip.

Past experience has shown the importance of wearing comfortable clothing during the trip and a pillow is useful for comfort. The coach has a toilet, drinks machine, reclining seats and a video/dvd player. Pupils may bring videos/dvds but we would like to approve these in advance.

Medication

Any medication for travel sickness etc must be brought by pupils themselves, but we need informing of this. We are not allowed to administer any medication. Any valuables (ipod, camera, mobile phone etc) are brought at pupils own risk. One suitcase only please (which will go in the boot of the coach) plus hand luggage for the journey.

Behaviour

It is essential that pupils behaviour is of the highest standard throughout the trip. They must always pay attention to instruction and must be punctual at meeting points. They must not buy fireworks, weapons, flick combs or anything vulgar. Cigarettes and alcohol are strictly banned.

Pupils must stay in their rooms after they are sent to bed. We reserve the right to exclude pupils from skiing if their behaviour is unacceptable.

Money

We have organised a comprehensive package for this trip. All breakfast, lunch and evening meals are included, in addition to 'après ski' entertainment at night (activities offered may include pizza evening, bowling, disco and presentation evening).

The pupils may need a small amount of Euros for presents etc, if they so wish. Staff take no responsibility for money. If a pupil does take money he/she should try to understand the currency they are using prior to the trip.

Pupils are reminded that they are not allowed to bring tobacco or alcohol through customs even as a present for parents.

European Health Insurance Card

If your child does not have a card, please telephone the Dept of Health on 0845 606 2030, or apply online. Website address

www.e111.org.uk

WHAT TO TAKE?

Ski Wear

Ski Jacket
Salopettes/ski trousers
Helmet
Long socks—minimum 2 pairs
Polo neck tops/ordinary tops x 2
Sweatshirts x 2
Underwear
Hat
Gloves 1—2 pairs
Sunglasses/goggles/Suncream/ Lip Cream
Bum bag, rucksack is optional

Other Items

Money (Euro's)
Swim wear & Towel
Plasters
Toiletries (toothbrush/paste/shampoo/brush/comb/shower gel/moisturiser/aftersun)
Sleeping attire
Slippers/indoor footwear
Casual evening wear
Travel pillow and small blanket for journey
Watch

Optional items

Camera/batteries/films
Personal music player
Travel plug adapter
Mars bar!
Safety pins
Small games/playing cards etc.
Notebook/pen
Mobile phone
Alarm clock

Please pack luggage into one medium sized suitcase/bag. You may take a small bag/rucksack on the coach with you. As we are travelling overnight, remember to place toothbrush etc. and money in this bag so it is accessible when we stop for breakfast. **Please also pack a pair of thick socks that you plan to ski in as we will go straight to ski hire on arrival in Austria.**

If you still have any questions please contact Miss Yates at school.



International Federation of Safe Skiing Code

RESPECT FOR OTHERS - You must behave in such a way that you do not endanger others.

CONTROL OF SPEED AND SKIING - You must be in control, and adapt your speed and manner of skiing to your ability and the prevailing conditions of terrain, snow and weather, as well as to the density of other skiers.

CHOICE OF ROUTE - You must choose your route in such a way that, when coming from behind, you do not endanger others ahead.

OVERTAKING - Make sure that you leave enough room when overtaking others for any voluntary or involuntary movements that they may make.

ENTERING AND STARTING - When entering a marked run, or starting again after stopping, make sure that you look both up and down the run to ensure that you can do so without endangering yourself or other skiers.

STOPPING - Unless absolutely necessary, you must avoid stopping on the piste in narrow places or where visibility is restricted.

CLIMBING AND DESCENDING ON FOOT -When climbing or descending on foot, you must keep to the sides of the piste.

RESPECT FOR SIGNALS AND MARKINGS -You must respect all signals and markings.

ASSISTANCE - If an accident occurs, every skier is duty bound to assist.

IDENTIFICATION - Following an accident, every skier and witness, whether responsible or not for causing the accident, must exchange names and addresses.

Passports

It is the responsibility of each pupil to bring their own passport. Staff will collect passports for safe keeping and keep them for the duration of the trip.

Non Skiers— Pre skiing

If your child has never skied before it is essential that they attend at least two of the organised lessons at Pendle Ski Club before the trip. These will cost £10 per session.

Skiing during the trip

At the start of the trip your child will be issued with a six day lift pass for the ski area. They will receive a six day course of instruction by fully qualified instructors, four hours each day.

Clothing

It is important that pupils wear the correct clothing whilst skiing and that they also bring casual indoor clothing for the week. A full list of clothing needs are included in this booklet. A presentation will be given this evening by a representative from Interski.

It is now compulsory that all pupils on ski trips organised by schools in Lancashire wear protective helmets whilst skiing. They can be purchased before hand or provided in the resort.

Phoning Home

If pupils wish to phone home from Italy, they will need to dial 00 44 plus the STD code, minus the first 0, followed by their home number, eg to ring School you would dial 00 44 1200 441374.

**NOTES AND
THINGS TO REMEMBER.**