



Harrow Way Community School

SKI TRIP

30 January to 7 February 2010

INFORMATION BOOKLET

Les Menuires, France



HARROW WAY COMMUNITY SCHOOL

SKI 2010

GENERAL INFORMATION

Background

Les Menuires is becoming increasingly popular year upon year thanks to its high altitude, excellent local skiing and recent investments in improving the resort. It is also a convenient base for the Trois Vallées, one of the world's largest ski areas with a mammoth 600 kms of piste. The efficient interlinking lift system means that expert skiers can travel from one valley to the others in a day and intermediates will enjoy numerous long 'reds' and 'blues' linking the different resorts.



The lift system transports you around the immense ski area with astonishing efficiency with every kind of lift serving every kind of slope and hardly any queues. There are extensive nursery areas and easy slopes in most of the areas making up Les Menuires, namely Preyerand, Reberty, Les Fontanettes, Les Bruyeres and La Croisette. Fast six-man lifts up from La Croisette ensure that queues are kept to the minimum and that skiers are transported quickly to their destination. For intermediates, the upper slopes can be easily reached from the ClubHotel, where skiers will discover an array of interconnecting long red, blue and green runs. At the summit of the Roc des Trois Marches, the panoramic views down to the neighbouring resort of Méribel are stunning.



We will **travel by coach** on Saturday afternoon to Dover, where we board the ferry early evening for the 2-hour crossing to Calais. After a lengthy overnight journey, we would hope to arrive in Les Menuires by lunchtime on Sunday. Luggage is limited to ONE reasonably sized bag per person plus a smaller piece of hand luggage for overnight items. Further information regarding this will be passed to you later.

Pocket Money

You can take whatever amount of **pocket money** you wish, but we recommend about £80-£90 worth of Euros.



What you can buy

Most items are included in the ClubHotel package such as soft drinks with all meals. Therefore, pocket money should only be required for postcards, telephone calls, presents, ski badges (if required) and souvenirs. We ask that students take euros with them on the trip. Students will be responsible for looking after their money until arrival in the resort. Upon arrival a staff member will collect money and arrange for it to be locked in the hotel safe. Students will be able to draw on their pocket money each day. Each student will be responsible for looking after their own valuables - such as cameras, phones, watches, MP3s, etc.



We will also be asking that students put aside money for the week's **evening entertainment** (last year it was approx 20 euros for the whole week). We will collect the money in advance, but return any not spent. From previous visits I can report that swimming (in- and outdoor), basketball, badminton, tennis, karaoke, quiz and disco nights, bum-boarding and ice-skating have all been available in the past.



On arrival



Fire drill



First Aid



Ski Training



Dry slope lessons



Ski Clothing



The Hotel Skilt, our accommodation (pictured left), is probably one of the best school ski hotels in Europe. It is actually on the slopes, and skiing can begin right outside the front door. The Ski School meeting place is 10 metres away, the nearest lift 25 metres away, and you can even ski back to the door - literally!

Once we've arrived we will unpack and settle in. Students will be expected to keep their rooms clean and tidy and they will be inspected daily. Any breakages will have to be paid for by the room occupants, so they will be asked to provide a list of any damage. Students are expected to act in a sensible manner whilst in the hotel and to show courtesy and consideration to other hotel users and hotel staff. We will be sharing the hotel with another school, so courtesy towards them will be essential.

On arrival there will be a fire evacuation drill. You will be told what to do and where the assembly point is. You must carry out this practice quickly and quietly so that you can listen to any instructions.

The staff will be taking a basic first aid kit with them, but if you need to take any other medicines with you these need to be administered by the staff. Put your name on any special medicines that you'll take. The majority of minor injuries on ski trips are bumps and bruises caused by tumbles. Sometimes students suffer from sore throats because of the dryness of the air, and so a packet of throat sweets and a packet of paracetamol are worth taking.

This is an important feature of the trip.

Firstly, the Local Education Authority insists that all party members undertake sufficient physical preparation and fitness training before they are allowed to go on the trip. It is also a valuable way for students to get to know each other and for staff to be able to pass on important information.

The 10 hourly sessions will commence every Friday immediately after the October half term between 3.15 and 4.15 p.m. in the Gym or Sports Hall. PE kit should be worn. These sessions are not optional and **all party members are expected to attend.**

Southampton dry ski slope will be booked to allow students to master the basics before arriving on the slopes. All **beginners** will have 4 hours of tuition. The dry slopes provide better value for money, as students will be able to progress more quickly in the resort. The 4-hour session will cost £32 including transport to and from the venue. This will take place on Saturday 28th November 2009.

The items listed below are things that you should consider taking on a skiing holiday. It is unnecessary to spend a small fortune, although ski clothing, being very fashionable, does tend to be expensive. We suggest you think about buying ski clothing not just for your holiday, but to serve as general winter clothing as well. If you are buying items for your son or daughter, make allowances in sizing so that they will be of use during the following winter, or even your next skiing holiday. Outer garments (i.e. jackets and ski-pants) can be hired, and if this is your first time skiing, hiring is a good idea. You may already have several items of clothing which are suitable without needless duplication. You should ensure that all inner/under garments are made with technical fabrics that let your skin breathe and transport moisture away from the body, helping to regulate your body temperature.

Outer Garments



Under/Inner Garments



The following items of clothing are **recommended** for a ski holiday. You are **not** required to purchase all these items (details of how you can hire equipment will be given to you at the October parents' evening). Party members **must** have all equipment before departure. Boots and skis are fitted at the resort.

Whilst we all wish for heavy snow blizzards the **week before** departure and soft, fresh snow under blue skies **during** our trip, there is of course no way that we can guarantee this! We should bear this in mind when planning what to take.

SKI JACKET OR SUIT Should be snow-proof, have an elasticated fit at waist and wrists, have a suitable lining to retain body heat and have a covered zip fastener. It also helps to have a 'tall' collar with built-in hood and zips on all pockets.

SALOPETTES OR SKI PANTS Should be snow-proof, fit snugly at waist, have elasticated leg bottoms or inners, and have sufficient lining to retain body heat.

HAT A hat is vital in extreme cold as 70% of body heat is lost via your head. No one will be allowed out on the slopes without one.

GLOVES OR MITTENS Should be specialist ski gloves and snow-proof, elasticated at wrists and be lined for warmth. Mittens are generally much warmer than gloves.

GOGGLES AND SKI SUNGLASSES Goggles keep your face warmer than glasses and are better in poor visibility. Sunglasses tend to help you stay cool in warm conditions. Both must be specialist items to filter harmful sunrays and must be worn while skiing. **Both of these are required by all party members.**

APRES SKI BOOTS (OUTDOOR SHOES/BOOTS) Useful and comfortable for getting around a ski resort, although not essential.

SCARF Essential on cold, windy days. We suggest a small neck scarf rather than a long woollen one.

SWEATSHIRTS OR JUMPERS Best if made from cotton, wool or specialist outdoor gear.

VESTS & T-SHIRTS Cotton or thermal is best.

UNDERWEAR Cotton or thermal is best.

LONGJOHNS OR TIGHTS Useful on extremely cold days.

SOCKS Wool or cotton is best. **Do not use nylon sports socks!** Tubular socks with no heels are generally more comfortable as they have no seams that might rub. These are specialist ski socks and are quite cheap.

INNER GLOVES Thin thermal inner gloves are very useful additions as hands tend to be the first part of the body to get cold.

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DAILY ROUTINE

- 0730 hrs 'Rise and Shine'
0800 hrs **Breakfast**
- 0830 hrs Get prepared for skiing. Tidy room
Leave hotel with skis and boots
- 0900 hrs Initial 'warm-up' and skiing with Mr Hudson, Miss Escritt
and Mrs Cook.
- 1000 hrs Meet with Ski Instructors - skiing lessons begin
- 1230 hrs **Lunch**
- 1330 hrs Second ski session with instructors
- 1600 hrs Finish skiing
- 1630 hrs Return to hotel - showers!
- 1645 hrs Collection of pocket money from member of staff (if required)
Free time - shopping, reading, resting, room tidying.
(Rooms will be inspected daily!)
- 1900 hrs **Dinner**
- 2000 hrs Evening entertainment - swimming, ice skating, disco, quiz, etc.
- 2200 hrs Return to hotel - BEDTIME
- 2230 hrs Lights out!

This is an outline of a 'typical day', but timing may change due to meal times, ski school lessons, or coach outings to places of interest. Late nights are not desirable due to the very tiring nature of the activity.

Hotel meals may not always be to everyone's liking, but eat plenty. Don't be too fussy or unadventurous; if you want to ski every day, you will need a lot of 'fuel'.

Always be ready on time. Do not keep other people waiting just because **you** can't get organised. Remember to carry your lift pass with you when skiing. Be organised with your room key – check that you have everything you will need before leaving your room, as you don't want to be the one responsible for making your group late for lessons!

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SKI TRIP CODE OF CONDUCT

The following list of rules is intended to make clear to all concerned that you will be guests in a foreign country and will not only be representing your school, but also your country. Please remember that other British school parties will be judged by your actions. You will be living in a close knit community in Les Menuires so it is important that you behave well at all times and be considerate towards others. A venture of this kind demands the co-operation and good sense of all concerned and, to ensure the wellbeing and enjoyment of the whole party, the following rules **must** be complied with:

1. Instructions by Party Leaders must be obeyed without delay.
2. Punctuality is essential. Be ready on time for all programmed activities. Any delay you cause may result in frustration, a cold wait or disappointment for the rest of the party.
3. No students are to venture into areas forbidden by the Local Authorities, Ski Instructors or the School Staff.
4. Ski Instructors will be considered in the same light as teachers and must be obeyed at all times.
5. Courtesy and good manners will be expected towards all hotel staff, including maids, waiters and resort reps.
6. Students will not be allowed to smoke.
7. Students will not be allowed to purchase alcoholic drinks.
8. Ski boots must not be worn in the hotel.
9. Bedtimes will be strictly obeyed. (In ski resorts a quiet rule usually applies after 10.00pm.)
10. Unnecessary movement between hotel rooms will not be tolerated.
11. Any damage to hotel property will be paid for immediately by the people responsible.
12. All electronic games consoles and music/MP3 players must be used with headphones.
13. Purchase of knives or other dangerous articles such as fireworks will not be allowed. (The importing of 'flick-knives' is a Customs offence.)

Your co-operation in exercising these rules is expected. Failure to comply with them will result in appropriate action being taken by the Party Leader. **THE PARTY LEADER RESERVES THE RIGHT TO IMPLEMENT ANY ACTION IN SUCH CIRCUMSTANCES TO ENSURE THE SAFETY AND WELLBEING OF THE REST OF THE PARTY.** Actions could include the withdrawal of pocket money; confinement to apartment/hotel; even being sent back home. These measures are not expected to have to be used, but remember, the Party Leader will have no hesitation in implementing such actions should the circumstances warrant it.



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CALENDAR OF EVENTS

<p>1st October: 7.00pm</p>	<p>Parents' Information Evening in Auditorium @ 7.00pm bringing with you:</p> <ul style="list-style-type: none"> ▪ Confirmation of possession of a valid European Health Insurance Card (EHIC) ▪ Off-site activities medical questionnaire which will be sent out with your letter of invitation to this parents' evening ▪ Passport information ▪ 2 x passport photographs
<p>6th November</p> <p>Every Friday from 3.15 to 4.15pm for 10 weeks</p>	<p><u>Ski-fit training begins on a weekly basis in the gym or sports hall.</u> This is <u>not</u> optional and the education authority will refuse to let students who have not completed a satisfactory fitness programme go on a school trip. It prevents injuries and allows you to ski better for longer. Occasionally the day may change due to other staff commitments. You will be advised.</p>
<p><u>BEGINNERS ONLY</u> 1 x 4 hour training session. Saturday 28th November, 10.15am til 5.00pm</p>	<p>Lessons on artificial dry ski slope at Southampton. This is a good opportunity for beginners to learn the basics before they go, which maximises enjoyment in the resort. The cost of this 4-hour session inc. transport will be approximately £32.</p>
<p>1st December</p>	<p>Is the final payment date! (£665 paid in total)</p>
<p>21st January 2010</p>	<p>Parents' evening with departure details and final briefing. Meeting starts 7.00 pm in the Auditorium. <u>ALL</u> students and at least 1 parent must attend.</p>
<p>Saturday 30th January</p>	<p style="text-align: center;">☺ Mid afternoon departure for France ☺</p>
<p>Sunday 7th February</p>	<p style="text-align: center;">☹ Lunchtime return to Andover ☹</p>