



Harrow Way Community School

SKI TRIP

1st February - 8th February 2014

INFORMATION BOOKLET

La Plagne, France



HARROW WAY COMMUNITY SCHOOL

SKI 2014

GENERAL INFORMATION



La Plagne offers up a feast of 225kms of piste including numerous long and winding trails which lead back to the beginners' slopes. The ski school is superb and gentle nursery slopes ease any initial fears as beginners grow in confidence. In total there are approximately 80kms of easy runs and just over 30kms for the intermediates. Advanced members of the group will find themselves well-catered for too. With top-class snow parks in and around Bellecôte, Montchavin and Champagny en Vanoise it's easy to see why La Plagne is perfect for all ability groups.



The ClubHotel Turquoise offers ski in, ski out accommodation which is situated between two pistes. The ski school meeting point is directly outside the hotel and is close to the centre of Belle Plagne. There are only 25 rooms sleeping up to 95 maximum in 2 – 6 bedded rooms all with en suite & most with a balcony. There is an open plan restaurant / bar area with TV / entertainments room and a lovely south facing terrace.

Après-ski highlights could include: Swimming (Plagne Bellecôte), Health and fitness centre (Belle Plagne), Olympic bobsleigh run, Karaoke (Belle Plagne), Natural ice skating rink (Bellecôte), Chocolate fondue evening at the Chalet Hotel Rhôdodendrons, Bowling and a selection of games (Belle Plagne), Sledging, Disco (Bellecôte - dependant on numbers)



Our departure time will be early on Saturday 1st February. We will be taken by coach from school to the airport at approx 0330hrs. At Gatwick we will need to check the group in. This is a complicated process and requires everyone to be organised and cooperative. We must be prepared for delays. Therefore, careful planning for any eventuality is essential.

When we arrive at the French airport we will collect our luggage and transfer to the coach for about a 2-hour drive to the resort.

The size and weight of the bags/suitcases we take are restricted to whatever the airline allows, usually one piece of 'hold' luggage weighing no more than 20kg and one piece of hand luggage (subject to current legislation with security advice). Further information regarding this will be passed to you closer to departure.

Once at the hotel, we will be shown to our rooms to unpack. With no delay or hold-ups, the whole journey should take about 10-11 hours.

Pocket Money



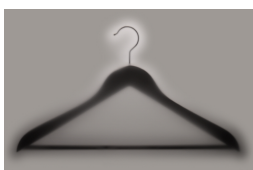
You can take whatever amount of **pocket money** you wish, but we recommend up to €100.

Pocket money should only be required for soft drinks and snacks, 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.

Evening Entertainment



On arrival



Fire drill



First Aid



Ski Training



Dry slope lessons

On arrival a member of staff 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 25 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.

Once we've arrived we will unpack and settle in. Students will be expected to keep their rooms clean and tidy, which 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 existing damage on arrival. Students are expected to act in a sensible manner while 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.

Soon after 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 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 well worth taking.

After-school ski training is an important feature of the trip.

Firstly, the Local 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 x 1 hour sessions will commence every Friday immediately after the October half term (8th November) between 3.15 and 4.30pm in the Gym or Sports Hall. PE kit must be worn. **These sessions are not optional** and all party members are expected to attend.

Matchums dry ski slope has been booked for Wednesday 27th November (Inset day) to allow students to master the basics before arriving on the slopes. The 4 x 45 minute sessions will cost £34 including transport to and from the venue. The dry slopes provide excellent value for money, as students will be able to progress more quickly in the resort.

Ski Clothing



Outer Garments



Under/Inner Garments

The items listed below are things that you should consider taking on a skiing holiday. It is not necessary 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, which helps to regulate your body temperature. Party members **must** have all equipment before departure. Boots and skis are supplied and fitted at the resort.

While 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! You 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.

SCARFS, SNOODS OR NECKWARMERS Essential on cold, windy days. If you take a scarf we suggest a small one 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.

SKI SOCKS **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.

HARROW WAY COMMUNITY SCHOOL
SKI 2014
DAILY ROUTINE

0730 hrs	'Rise and Shine'
0800 hrs	Breakfast
0830 hrs	Get prepared for skiing. Tidy room
0900 hrs	Go to the boot room and get ready
0930 hrs	Meet with Ski Instructors - skiing lessons begin
1200 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 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 be organised. Remember to carry your lift pass with you when skiing.

Be organised with your room key – check that you have everything you need before leaving your room as you don't want to be the one responsible for making your group late for lessons!

HARROW WAY COMMUNITY SCHOOL
SKI 2014
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 not just representing your school, but your country too! Please remember that other British school parties will be judged by your actions. You will be living in a close knit community in La Plagne 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.



SKI TRIP 2014 CALENDAR OF EVENTS



10th October: 7.00pm	Parents' Information Evening in Auditorium @ 7.00pm bringing with you: <ul style="list-style-type: none"> ▪ Child's passport ▪ European Health Insurance Card (EHIC) ▪ Information Request Form ▪ Educational Visit Info & Consent Form
8th November Every Friday from 3.15 to 4.30pm for 10 weeks	<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.
<u>BEGINNERS ONLY</u> 3 hours dry slope session. Wednesday 27th November (Inset) 8.15 am > 3.00 pm	Lessons on artificial dry ski slope at Matchums. 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 £34.
2nd December	Is the final payment date! (£860 paid in total)
23rd January 2014	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.
Saturday 2nd February 2014	☺ Early morning departure for France (3.30am-ish) ☺
Saturday 8th February 2014	☹ Afternoon return to Andover (4.00pm-ish) ☹