

St George's Academy



Ski Trip

2020

Santa Caterina, Italy

The aim of this booklet is to provide parents and students with relevant information about the trip.

Staff:

Mr R Freeman Party Leader (Vice Principal)
Miss L Cox Deputy Party Leader (Director of PE & Sport)
Mr S Mann (Vice Principal)
Mr L Wilson (PE Teacher)
Mrs A Jones (Y9 SPM / PE Teacher)
Miss E Hall (Y9 ASPM / PE Teacher)
The staff to student ratio will be 1:8

Dates

Depart St George's Academy (Sleaford campus) on Thursday 13 February
Return back at St George's Academy (Sleaford campus) on Friday 21 February

Luggage

Luggage must be brought to school on the day of departure.

Each student may bring;

- One piece of hand luggage (to fit in the overhead lockers)
- One suitcase or holdall (to be stowed under the coach)

To make the long journey comfortable, we recommend;

- Pillow / blanket / ipod & headphones / other electronic devices

(Students have full responsibility for electrical & valuable items)

The Accommodation

Hotel Tres Signori

Via Vedig 17, Santa Caterina Valfurva
0342 910003
info@3signori.it

On the slopes, close to village. All rooms en-suite

Emergency contact

You will be contacted directly, should the need arise, at the earliest opportunity. It is important to complete the contact form with all your contact numbers on and hand in to Mr Freeman before the end of term 2.

If you are concerned at all please contact Mrs Anderson and she will contact us in the resort.

(Reasons for contacting you may be to inform you of; injury / illness / behaviour)

(Please be wary of incorrect information that may get passed on by students via text etc.)

HOME EMERGENCY CONTACT:

You will receive a letter containing final departure details and a home emergency contact (to be used if you need to contact the ski party in an emergency only) prior to the trip departing.

Student Safety

- Students will not be allowed to ski without a qualified instructor being present. A student who attempts to ski unsupervised may be uninsured, and any medical costs incurred will be the sole responsibility of parents/guardians.
This includes before and after the lessons and lunchtimes.
- Should students disobey instructors or adult party staff in such a way that they are a danger to themselves or to others, for example, skiing off-piste, alone or in a reckless manner, their lift pass will be removed.
They will not ski until it is determined that their behaviour allows them to have their lift pass returned.
This rarely happens but it is necessary to include this rule from the outset. I am sure that you will agree it is in the best interests of all party members in order that we are all able to have an enjoyable week's skiing.
- Helmets are compulsory and will be worn by every student. These will be handed out in the resort. Research has shown that the wearing of a ski helmet significantly reduces the likelihood of a head injury.
- Students will not wear rucksacks whilst skiing.

Behaviour

- Smoking is not allowed or the purchasing of tobacco products, matches or lighters, due to safety and health reasons.
- Knives cannot be taken or purchased.
- Alcohol is forbidden, irrespective of individual family customs.
- Any students found to have consumed alcohol will not ski the following day and parents will be informed.
- Students will be expected to behave in a considerable manner, particularly in the hotel. Arrangements *may* be made to allow students to leave the hotel with permission in small groups of 3 or more for safety.
- Students will be in their own rooms at the end of the day to shower and rest and at the times set by staff in the evening (they will be silent after this time).
- ALL students are subject to the same code of conduct and will act on the instructions of each member of staff. The staff act in loco parentis and, in the unlikely event of unacceptable conduct on the part of the student, staff will decide on an appropriate response.

Meal Times

All students MUST attend and eat breakfast and every meal. Breakfast is served early and there will be no chance to sleep in. Skiing is very tiring and you will burn off a lot of calories. It is essential you eat every meal in order to have sufficient energy each day.

After each meal there will be a short meeting to give out essential information.

(Any special dietary requirements, please let Mrs Jones know)

Ski Clothing, and Exercises

You or your friends may have redundant items such as clothing, goggles, etc., which will be suitable to use. We suggest building up layers of clothing is best, ensuring that the top layer of clothing is waterproof.

Being as fit as possible will enhance the skiing experience and reap rewards when on the slopes at the end of four hours skiing. Furthermore, tiredness can lead to accidents and exercising also reduces the possibility of pulled muscles and strains.

Get fit and go to the gym in school at lunch time or after school.

Ski Kit list

Kit you will need. These can be hired, bought or borrowed from friends and family.

- Goggles & sunglasses
- Ski gloves
- Ski Jacket
- Ski trousers or salopettes
- Ski socks (3)
- Lip salve
- High factor sun cream
- Thermals (tops & long johns)
- Polo neck tops / thin fleece

Other kit

- Wash kit
- Pillow (for the journey)
- Blanket / sleeping bag (for the journey)
- Euros (journey and in resort) / Sterling (for the journey)
- Trainers / Shoes
- Casual clothing

Valuables

We recommend students leave valuables at home. However, we are aware of the students need to have technology at their fingertips! Any electronic equipment or valuables taken are the sole

responsibility of the student. Students often use devices to play on or to watch films during the coach journey.

There will be films shown on the main TV in the coach during the journey. Please bring along any appropriate certificate 12 films.

Pocket Money

You will need to provide a packed lunch or English money for drinks, etc., en route in England. It is advisable to have a small amount of Euros for drinks, etc., en route in Europe, on outward and inward journeys. The in-resort currency needed is the Euro.

Miss Hall will be prepared to look after pocket money (£60 equivalent) and issue it on a daily basis after our evening meal. Please hand money in a separate purse/wallet clearly labelled with the amount enclosed and student's name. This must be handed in on the day of departure. Otherwise, students will be responsible for the security of their personal possessions and their own currency.

Skiing

- Everybody is expected to attend their ski lessons every day, unless they are ill or injured. Your muscles may ache and you will get tired BUT you will be expected to ski.
- If a pupil becomes separated from their ski group, they should initially wait to see if they are going to be collected. If not, complete the run and wait at the bottom of the run or ski lift.
- In no circumstances should they go up the mountain again unless specifically told to do so by a member of staff or an instructor.
- While on the mountain, each member of the party must carry or wear the following items: Helmet, gloves, ski glasses or goggles, lip salve, sun cream, lift pass, EHIC card & staff contact card.
- All members of the party must know and comply with the 'ski code.'

Lift Pass

Your lift pass allows you to use all the ski lifts on the mountain. It will be issued to you at the beginning of the week. It is very expensive and has to be carried at all times. If you lose it, you will have to pay for a new one. It is not covered by insurance! This must be placed in a zip pocket in the ski jacket or trousers and NEVER taken out all week.

Après Ski

Some après-ski activities are included but others may carry a small charge. Après ski *may* include bowling, swimming, quiz, bingo, pizza night and a Presentation Evening from Ski races.

Insurance

Please refer to the insurance policy enclosed provided by ski & sport and make sure that you have read it carefully.

Any damage, accidental or otherwise, to furniture, etc., in the hotel is not covered by the insurance, and will be the responsibility of those involved.

Any changes in your child's health that might affect, but not prevent, his or her skiing should be notified to me before departure. I may need to discuss these with Ski & Sport.

EHIC Emergency Medical Treatment Card

<https://www.europeanhealthcard.org.uk/>



If you do not already possess this, it will be necessary to obtain one. It is needed for treatment in state hospitals, though treatment is usually provided by private in-resort clinics (covered by insurance). These are easy to get over the internet. There is no charge for this. These must be handed to Mr Freeman at least two weeks before we depart. (BREXIT dependent). Full medical cover is in place through the Ski company

Medication

If you take regular medicines, this has to be supervised by staff. All medicines should be clearly labelled with the student's name. Please complete the medication form and place with the drugs in a clear plastic sealed envelope. Medication is to be handed to Miss Hall on the day of departure. The cost of over the counter medicines are very high so any anti-inflammatory drugs or pain relief would be best bought in England. If you suffer from asthma it is important that you bring a spare inhaler. All female students must have sanitary protection as holiday excitement and altitude can alter cycles.

Passports

We are travelling on a group passport. You will need to complete the form (born in / out of the UK) and return this with two passport size photos. You will not need to bring your own passport unless you are over 18.

Travel sickness

If this is likely to be a problem, party members are asked to consider over-the-counter medication and provide suitable and opaque plastic bags, wet wipes and tissues for the journeys.

Rooms

All will be en-suite. We will allocate rooms prior to departure and ask who you would like to be with. The rooms will be based on single sexed and year groups. Please keep your rooms tidy. You are expected to make your own bed each morning. We will have daily room inspections!

All corridors must be quiet by 10 pm. Skiing is an exhausting activity.

Main Points

- Student details / medical form & 2 photos handed in ASAP.
- Pocket money – 60 euros should be more than sufficient for buying refreshments, etc., in the resort. It can be kept with staff for safe keeping.
- EHIC card to be handed to Mr Freeman by the end of term 2.
- Travel sickness / medicines should be provided for and brought on day of departure.
- More specific itinerary details will be provided before departure
- Student meeting every Friday break time in OSH beginning after Christmas.

Outline Itinerary

Thursday 13 February

Depart St. George's (time to be confirmed)
Travel down to Ferry and on through to Italy!

Friday 14

Arrival, ski and boot fitting, unpack, evening meal.

Saturday 15 to Thursday 20 February

Ski Lessons take place (6 days) for 4 hours with a lunch break of an hour.

Once the day's skiing is over, the students will have time to shower and relax.

Evening meal and chat about the day's escapades followed by presentations and awards.

Après ski planned includes a pizza night, karaoke, bingo, swimming and the presentation evening (after results of the ski races).

Friday 21 February

Arrival at St. George's Academy.

A Typical Day Skiing

You will be woken, if necessary, shortly before breakfast and you should put on clothes that you are planning to ski in that day, apart from your outermost layer of ski wear. If time, get the rest of your gear ready before going down to breakfast and when you get there, do have a good breakfast. You will be using up a lot of energy, it will be cold and being hungry half-way through the morning will not make your skiing as enjoyable.

Before leaving your room, make sure that you have applied high factor sunscreen to your face and take with you your hat, sunglasses or goggles, lip salve, ski pass and gloves. Then go to the equipment room and put YOUR ski boots on and pick up YOUR skis and poles – the ones that have been assigned to you.

When everybody is assembled (you will be told where and when) we will make our way to the Ski-school to meet with your instructors. They will not appreciate anybody being late so you will need to get your act together each time. Ski lessons are for two hours in the morning and two hours in the afternoon. One of the sessions will probably be fairly formal where specific instruction will be given – do listen to your instructor and try everything that he/she tells you to do. The other session may not be quite so structured and will involve more recreational skiing.

At the end of the morning lesson, your instructor will have lunch with you and relax for an hour. Remember you are not to go off on your own or ski! Before starting lessons again make sure that you have applied sunscreen to your face and take your helmet, sunglasses or goggles, lip salve, ski pass and gloves.

At the end of the second session your instructor should tell you where to meet the next morning, if he doesn't, make sure that you ask! Before dinner you may have a couple of hours to yourselves. Again, you will be free to do as you please but take every opportunity to shower and freshen so that you are presentable for dinner. Each evening there will be some organised activity or other in which you will be expected to take part in. When it is over you will have the opportunity to sit and relax a while before bedtime and it is recommended and expected that everybody gets a good night's sleep in preparation for your next day's skiing.

Ski School

Santa Caterina Valfurva Ski and Snowboard School

The dedicated team of ski instructors of the Santa Caterina Valfurva Ski and Snowboard School are justifiably proud of their internationally recognized training.

Piste Data

35 km of slopes between 1738m (the town) and 2800m (Mount Sobretta).

2 blue slopes (low difficulty) 2 km long.

12 red slopes (medium difficulty) 27 km long.

2 black slopes (high difficulty) 6 km long.

10 lifts including the new 8-seater gondola to the Valle dell'Alpe and the Sunny Valley hut which is suitable also for those who do not ski and a new 4-seater chairlift that goes up the crest of Mount Sobretta.

You may wish to keep an eye on the following links?

Resort snow forecast

<http://www.snow-forecast.com/resorts/Santa-Caterina>

Resort Web cam

http://www.santacaterina.it/en_serv_webcam.aspx Piste Map



Please READ & LEARN the Ski Way Code

THE SKIWAY CODE

- ☑ **Respect for others.** All slope users must behave in such a way that they do not endanger others nor harm them by their behaviour or their equipment.
- ☑ **Control of speed and behaviour.** All slope users must adapt their speed and behaviour to their personal capabilities as well as to the general conditions of the slope, weather, snow conditions, and density of other slope users at the time.
- ☑ **Choice of the direction by the slope user above.** The slope users who are higher up the slope are in a position which enables them to choose their trajectory. They must always make this choice in a way that they do not endanger the slope users below.
- ☑ **Overtaking.** Overtaking may take place above or below, but must always be effected with sufficient space to take into account the movement of the slope user being overtaken.
- ☑ **Entering, starting off from and crossing slopes.** When entering and starting off from or crossing slopes, all slope users must visually check uphill and down to ensure that they can do so without endangering themselves or other slope users.
- ☑ **Stopping.** All slope users must avoid stopping in narrow places or areas of restricted visibility. In the event of a fall, they should remove themselves from the slope as quickly as possible.
- ☑ **Walking up or downhill.** Any slope user who is obliged to move up or downhill on foot must keep to the side of the slope and ensure that neither he nor his equipment endangers other slope users.
- ☑ **Respect for information, signs and sign-posting.** All slope users must respect slope information, concerning weather conditions, the conditions of the slopes, and of the snow. They must respect signs and sign posting at all times.
- ☑ **Assistance.** Any person who is a witness or instigator of an accident must give assistance, in particular by raising the alarm. Should the need arise, and at the request of the mountain rescue service, he must place himself at their disposal.



Identification. Any person who is involved in, or witness to, an accident must identify themselves to the Piste Patrol, as well as to any others involved in the accident.