

## 2019 SKI TRIP DETAILS

19<sup>TH</sup>-26<sup>TH</sup> JANUARY 2019

TRAVEL OPERATOR: EQUITY SCHOOL SKI

WEBSITE: [www.schoolski.co.uk](http://www.schoolski.co.uk)

RESORT: MONTGENEVRE, FRANCE

RESORT WEBSITE: [www.montgenevre.com](http://www.montgenevre.com)

HOTEL: HOTEL LES ROIS MAGES

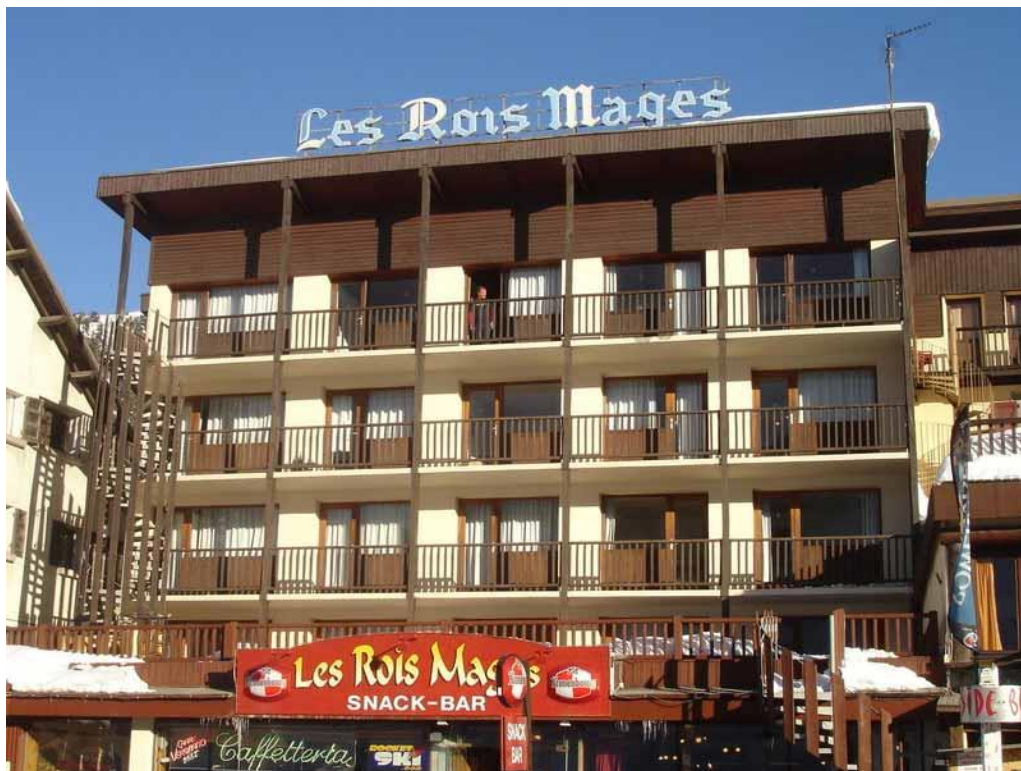
FLIGHTS:

**Saturday 19<sup>th</sup> January 2019**

MAN-TRN LS981      13:00-16:15

**Saturday 26<sup>th</sup> January 2019**

TRN-MAN LS982      17:15-18:30



## **BASIC ITINERARY**

The following is a basic guide for parents on the day to day timings of the ski trip. Although evening activities have been organised, timings and/or days can vary depending on the weather conditions in resort. The start/end time of lessons may also alter, however pupils will have ski tuition for 5 hours a day for the full six days.

<u><b>DAY</b></u>	<u><b>BREAKFAST</b></u>	<u><b>SKI AM</b></u>	<u><b>LUNCH</b></u> (in hotel)	<u><b>SKI PM</b></u>	<u><b>POST-SKI</b></u>	<u><b>EVENING ACTIVITY</b></u>
Saturday	Travel to resort					Ski/boot/helmet fit. Unpack and fire drill
Sunday	7.30am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 4.00-6.00pm Dinner 6-7pm	Town trail quiz.
Monday	8am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 4.00-6.00pm Dinner 6-7pm	Bumboarding
Tuesday	8am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 5.00-6.00pm Dinner 6-7pm	Quiz
Wednesday	8am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 4.00-6.00pm Dinner 6-7pm	Ice Skating
Thursday	8am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 4.00-6.00pm Dinner 6-7pm	Disco
Friday	8am	9.30- 12.00	12.00- 1.30	1.30- 4.00	Free time* 4.00-6.00pm Dinner 6-7pm	Ski Medal presentation and pack!
Saturday	9am	Return to UK				

\*Afternoon tea including cake/cookies is served in the hotel after PM ski sessions during “free time.” Pupils are also able to sign out of the hotel in groups to walk around the village of Montgenevre. They MUST sign in on their return to the hotel.

## **SKI TRIP CODE OF CONDUCT**

Each year pupils from Albany Academy have the opportunity to take part in a Ski Trip to the Alps. To ensure the safety and well-being of pupils, staff and third parties, pupils agree to follow school rules at all times and agree to the following:

- Pupils will listen carefully to all instructions given to them by teaching staff and staff associated with the tour operator/ travel operators (including tour reps and ski instructors.)
- Pupils will follow without question all safety instructions given to them.
- Pupils will respect the views of and work positively with others.
- Pupils will respect the environment they are in (in or outside) and will ensure high standards are maintained.
- Alcohol and smoking are strictly forbidden.
- In the case of a hotel having a balcony, pupils must not use it.
- Pupils will show good manners at all times.
- Pupils will follow all aspects of the mobile phone policy.

Any serious breach of the code of conduct will result in a pupil being removed from activities at the sole discretion of the accompanying staff. In exceptional cases parents may be asked to repatriate their child at their own cost.

## **SKI TRIP KIT LIST**

You will find below a summary of items needed for the ski trip.

The weather in the Alps can be very changeable and you must be prepared for both very cold and very warm weather.

**SKI JACKET** – should be windproof, waterproof with elasticated cuffs and waist. A hood is useful but not necessary.

**SKI PANTS/SALOPETTES** – should be warm, water resistant with inner cuffs on leg bottoms. Jeans are not suitable!!

**COTTON POLOS/FLEECES/T-SHIRTS/JUMPERS** – Preferably cotton, warm and light. Several thin layers are best.

**HAT** – mainly for evenings. During ski lessons pupils will wear helmets.

**SKI GLOVES** – Should be windproof and waterproof. **MUST** be worn at all times, even on warmer days. Woollen gloves are **NOT** suitable.

**SKI SOCKS** – at least two pairs of loop stitch tube socks (woollen walking socks are not suitable.) Please avoid socks with seams at the toes.

**SKI GOGGLES AND/OR SUNGLASSES** – Absolutely essential both on good and bad weather days and should be worn at all times. Goggles are more suitable for children than glasses as they can be attached to their helmets, are less easy to break/lose and keep out the snow.

**PROTECTION UV SUNSCREEN AND LIPSALVE** – Should be worn every day and reapplied as necessary. You can burn on the mountain even on a cloudy day.

### **APRES SKI WEAR**

Should be warm and casual. Footwear should be sensible and comfortable – rubber soles are preferable. High heels are not recommended!

# LUGGAGE

Please could you carefully read through the following information with regard to luggage.

We will be flying from Manchester to Turin and need to comply with the luggage limitations both in terms of weight, size and security.

## **MAIN LUGGAGE**

**The luggage allowance is 22kg per person for the hold.** We will be weighing the luggage before we board the coach to the airport and any excess will have to be removed by parents. It would therefore be advisable to weigh luggage before arriving.

## **HAND LUGGAGE**

Pupils can take **one** piece of hand baggage into the cabin, no bigger than 56 x 45 x 25cm including wheels- which must fit comfortably into the baggage gauge. Additional charges apply for items bigger than specified above.

## **LIQUIDS IN HAND LUGGAGE**

There are a number of rules to remember about what pupils may put in hand baggage. Importantly, the word “liquids” has a wide meaning as it includes items such as lip balm, lip sticks, hand creams, deodorant, and hair spray.

The rules:

- The “liquid” must be in a container with a maximum volume of 100ml
- All containers must comfortably fit into a transparent, re-sealable 1 litre plastic bag, measuring no more than 20 x 20cm
- This plastic bag must be removed from the hand baggage and shown separately to airport security

You’ll be asked to dispose of any liquids that don’t match these requirements so it pays to take note. (It is strongly advised that all liquids are placed in the main luggage to avoid disruption.)

## **SPENDING MONEY**

We advise no more than 10 Euros per day whilst abroad. Spending money will be collected by school staff who will then operate a daily “bank”. Any unspent money will be returned to pupils on departure from the resort hotel.

Pupils should have some Stirling with them in case they wish to purchase something to eat in Manchester Airport. This will depend on the flight times which will notify you of when they become available.

## **THE HOTEL**

The hotel is on the ski front in a part-pedestrianised resort very close to the slopes. Pupils will be in single sex rooms with en-suite facilities. **UNDER NO CIRCUMSTANCES** are pupils allowed to enter a bedroom of the opposite sex. The hotel provides ample areas for pupils to socialise and these should be made use of.

The hotel bedrooms do have balconies but these are strictly out of bounds. Should a pupil go on to a balcony then strict sanctions will follow. This is for the obvious safety of the pupil.

**Pupils will need to take a towel with them as these are not provided by the hotel.**

The hotel does provide wi-fi but pupils will not be allowed to access the Internet. This is for child safety reasons and to ensure the correct line of communication school staff and home is kept. Mobile phones are allowed subject to the conditions laid out in the mobile phone policy.

Pupils should not run around the hotel and should have suitable footwear such as slippers or indoor trainers. A broken toe in the hotel is the last thing pupils want!

Pupils should dress appropriately in the hotel and not walk around in their pyjamas!

# **DOCUMENTATION**

## **EHIC AND PASSPORTS**

All pupils must have their own passport and EHIC card (available by calling 0845 606 2030 or applying online at [www.ehic.org.uk](http://www.ehic.org.uk).) Please be aware that the EHIC is free and you should avoid any other sites which make a service charge for completing the application. **No pupil will be allowed to go on the trip unless they are in possession of a valid EHIC and all monies paid will be forfeited.**

Should your son/ daughter not require their passport or EHIC before we fly to France could it please be brought into school.

## **TRAVEL INSURANCE**

All pupils are automatically covered by comprehensive Winter Sports travel insurance. As such parents do not need to purchase any cover. Copies of the policies will be made available on the school website in the "For Parents" tab. The policy carries a £50 excess which will initially be paid for by the school, but for which parents are liable for and should pay on return.

## **RISK ASSESSMENT**

The trip has been fully risk-assessed in line with Lancashire County Council guidance. All attending members of staff have accompanied previous ski trips and qualifications held by staff include First Aid, First Aid for Snowsports and Ski Course Organiser. Should you require a copy of the risk assessment please do not hesitate to contact Mr Thoburn at school.

The risk assessment takes into account the terms of the Ski Course code of conduct. Parents should make themselves aware of this document and ensure their child understands that a breach of the code would result in sanctions such as withdrawal of ski lessons, removal from apres-ski activities or in extremely serious cases repatriation to the UK with costs incurred by parents. The following of the code is important to ensure the safety of pupils, staff and members of the public.