



Ski Trip 2012

Prato Nevoso Hotel Mondole

**Saturday 11th February-
Sunday 19th February**



TRAVEL ARRANGEMENTS

Travel Company

Equity Ski
One Jubilee Street
Brighton
East Sussex
Telephone - 01273 622 112
www.equity.co.uk
www.schoolski.co.uk

Emergency Contact;

Mr A. Dickens, Assistant Head teacher
Miss L. Pilkington, Trip Organiser, Teacher of PE

Travel Details- All students will be wearing purple jumpers with the school logo throughout travelling so that they can be easily identified.

Travelling By Coach- Full luxury coach with reclining seats, seatbelts that must be worn **at all times**, Toilet and DVD machine on board. We will have one driver until we reach Dover Ferry Port. At Dover Ferry Port we will meet an additional driver. These drivers will take turns in driving the coach from Calais to Italy. The drivers are required by law to have 20-30mins breaks every 4 hours. All drivers are experienced and familiar with procedures at the port of embarkation and when driving on the continent.

Saturday 11th February- Departing from Failsworth School to Dover Ferry Port- Approximate travel time- 5 hours- Times to be confirmed.

Arrive at Dover Ferry Port- Cross Chanel Ferry from Dover to Calais- Approximate Travel time- 1 hour and 45 Minutes.

***The coach will be with us at all times. Therefore bags will be left in the coach from leaving Failsworth School until we arrive at Hotel Mondole.**

On the Ferry- we will have an allocated area that students will be expected to report back so and a buddy system will also be in place- all students will have a buddy and stay with them at all times. This ensures that no pupil will ever be on their own. Students will be supervised by staff- each staff member will have 9 students assigned to them and will be responsible for those students throughout the journey. Students will be expected to wear their purple jumper on the ferry so that they can be easily identified.

Coach From Calais (France) to Prato Nevoso, Italy by coach (two drivers). There will be regular breaks, so students are advised to have travel money if they should wish to buy refreshments during the journey and on the ferry. I advise students pack snacks as service stations and ferry prices can be highly priced. Approximate Travel Time- 17hours (excluding stop-off time)

Sunday 12th February- Arrive at Hotel Mondole, Prato Nevoso, Italy. The Ski Company will try and ensure we arrive at the Hotel for tea-time. On arrival all students will have ski-fit - boots, helmets and ski's. **Students should pack a pair of ski socks in their hand luggage so that they have these at the ready for ski fit on arrival** - students will not be able to search through their luggage for suitable socks on arrival.

Return Journey- Leave Prato Nevosa on Saturday 18th February and arrive at Failsworth School Sunday 19th February. Time to be Confirmed.

HOTEL



Prato Nevoso and the Grand Hotel Mondole.

3* accommodation

Full board

Doorstep Ski

Facing the magnificent setting of the Maritime Alps, the hotel offers a large hall, a TV Room, games room, swimming pool, restaurant, 24 hours reception, night porter, entertainment and doorstep skiing.

The hotel has 73 bedrooms, rooms for our trip will sleep 4 in most instances. Rooms include carpet flooring, en-suite bathroom, television, hairdryer and some will be over-looking the slopes. Some rooms may have balconies. Students are to respect the room and hotel facilities, keep their rooms tidy and all rooms will be checked daily by staff. Any damages or breakages must be reported immediately and paid for by the students. The rooms will be cleaned daily.

Please note that towels and soap are not provided by the hotel.

Meal Arrangements:

FULL BOARD. Students will have a breakfast buffet each morning, a packed lunch and a hot 3 course meal in the evening.

There will be shops around the resort to buy snacks and drinks, and these will also be available to buy at the hotel.

Students must attend and eat at every meal-time. A good supply of energy is of extremely high importance, Skiing requires **a lot** of energy, physically, mentally, and to keep spirits high. Students eating and drinking habits will be monitored closely by staff.

Announcements and updates will be made at these meetings so it is vital all attend for this reason also.

Our first meal at the Hotel will be an evening meal on the day of arrival- Sunday 12th February. Up until then students will need money to buy sandwiches and snacks. I strongly advise you pack sandwiches, drinks and snacks for the journey. It is the students responsibility to keep the coach tidy. A plastic bag for their rubbish in their hand luggage is needed.

Ideal snacks for energy; Dried Fruit, sports/cereal bars, yoghurts, sandwiches, fruit, fruit juices, rice cakes/crisps and water.

Food/drinks that are not allowed: fizzy drinks and cans; chewing gum, too much chocolate and sweets.

ITINERARY

Saturday 11th February

Meet at Failsworth School (Time to be confirmed)

Travel by coach to Dover- approx 5hours

Arrive at Dover Ferry Port- embark onto ferry

Travel to Calais by P&O FERRIES- approx 2hours

Arrive at Calais

Travel from Calais to Prato by coach- approx 17 hours (stopping every 4 hours)

Total travel time- approx 26 hours in total

Sunday 12th February

Travel to Prato via Coach

Arrive at Hotel Mondole- approx 4-5pm

Ski fit- Students measured and provided with boots, helmets, and skis.

Dinner at the Hotel

Room Allocation

Unpack

Walk around Resort with staff

Monday 13th February

Breakfast- 7.30am

AM- Ski Lessons (2 hours)

Lunch/ free time – No skiing

PM- Ski Lessons (2 hours)

Free time- No Skiing

Evening Meal

Evening Entertainment- quiz and bingo- In Hotel

Bed-Time- Teachers discretion

Tuesday 14th February

Day- as above

Evening Entertainment- pizza night at Local Restaurant

Wednesday 15th February

Day-as above

Evening Entertainment- swimming pool at Hotel- swimming hats are required. A Lifeguard will be on duty.

Thursday 16th February

Day- as above

Evening Entertainment- DVD/Chill night at Hotel

Friday 17th February

Day – as above

Evening Entertainment- disco/ fancy dress and Ski Presentation

Saturday 18th February

AM- Depart Prato Nevoso

Coach to Calais

Ferry to Dover

Sunday 19th February

Coach from Dover to Failsworth School

Time of arrival at Failsworth School to be confirmed.

GENERAL INFORMATION

Medical Notes: All consent forms must have highlighted any medical conditions that may need our special attention- and we must be notified IMMEDIATELY if any of your Childs medical conditions change from now up to the trip.

Passport : All students must have their own valid passport.

EHIC CARD- All students must bring their EHIC CARD

Luggage : All coaches have a maximum baggage allowance. Soft Holdall type bags are most suitable and will cause less problems. One piece of hand luggage to take on the coach with them.

Please plan for the journey. Total time is approximately 26 hours so bring sufficient materials to pass the time- a stock of batteries and fully charged items is advised. Items such as magazines, books, Ipods and games are advisable, although please note we do not take responsibility for damage or loss of these items. In addition our insurance does not cover the loss or damage of personal items.

First Aid : Miss Pilkington and Miss Carter are in charge of FIRST AID. Please double check that the consent form is accurate and up to date. Any students that suffer from travel sickness must bring their medicines with them. All medicines taken by your child must be indicated on the students consent form. Also consent must be given to allow staff to give students such. Without this consent Miss Pilkington will not be able to give your child any form of medicine/travel sickness/paracetamol.

Spending Money : This is entirely at the discretion of the parents. Breakfast, lunch and dinner is included. Therefore money maybe needed for any snacks and drinks other purchases and gifts the students want to buy from the resort/hotel, and during travel-stops from service stations and ferry. We suggest approximately £15 per day. Money will be collected by staff on Wednesday 1st February 2012 and placed in an envelope. Money MUST be already changed into EUROS. Sterling will be needed for travelling and paying for things in the UK. Staff will monitor students spending and you can specify how much money your child can withdraw from the 'bank' if you so wish. Each child will have a 'bank book' and taking money from the bank will be recorded and monitored by their staff member. Staff members will be given 9 students each to monitor during 'bank time'. Pupils will get the opportunity each day to 'withdraw' a

reasonable amount of money from their fund, before the money is placed back inside the hotel safe. There will be specific 'bank times' and students will not be able to withdraw money from their account outside of these times. Pupils who misbehave or fail to follow instructions will incur penalty fines with their money. This will be at the staff's discretion and any small amounts of money withdrawn due to poor attitude or behaviour will be returned to parents on our return to Failsworth School.

Students will need 5 Euros on arrival for their ski-lift pass. This deposit will be returned when students return their lift pass at the end of the trip. This money can then be used towards their refreshments on the return journey.

Valuables : Expensive items of jewellery and camera's are to be discouraged. Disposable cameras are a good idea however, to ensure that you capture all the happy memories!

Diet : It is very important that we are made aware of any special requirements regarding meals etc. The food will be buffet style at breakfast and dinner, and a packed lunch. All students must attend every meal and eat plentifully.

Phoning : The easiest way for pupils to phone home is by using a phone card. An International phone card can be purchased before you leave. Pupils may use their mobiles but be warned – it will be expensive!! Please allow for the time difference. We work on the idea that 'no news is good news'. In the event of an emergency we will contact you so you do not need to unduly worry. In this event you will receive a clear picture of what is happening and you will be spoken to regarding the procedures that are to be taken.

Luggage Labels : All luggage must be clearly labelled. There may be many of you with similar luggage. A ribbon or something to identify your luggage is advised.

Insurance : Students are insured for all activities. Articles lost or stolen or damaged are not covered.

Damages : any damages in the hotels must be paid for on the spot.

Rooming : Most bedrooms are based on 4 students sharing. All students will be roomed within the same area of the hotel and staff will be roomed separately around the allocated hotel space. We will try our best to make sure students share rooms with their friends. Rooms are to be respected and will be checked regularly by staff. Untidy rooms will not be accepted and fines will be given for students not taking care of them. The rooms have balconies and students will

be briefed on how to keep safe using these facilities by the hotel representatives on arrival and Failsworth staff from then on.

Evenings : Meals in the evening will be in the hotel. **All students must attend and eat at every meal time**. Most evening activities will take place in the hotel. Pizza night will be held off site at a nearby restaurant within walking distance.

Swimming : The hotel has its own pool. We have hired the pool for our Wednesday evening activities. Therefore swimwear is required and **a swim hat is essential**. A lifeguard will be on duty and staff members will be there to supervise the activity. The swimming pool will not be used by any student at any other time.

Fitness: Preparation for the trip fitness-wise is of very high importance. Skiing requires stability, strength, balance and aerobic fitness. Students **must** attend fitness sessions on Wednesdays 3- 4 pm as from January 4th January.

On the slopes: Helmets are **compulsory** and must be worn by all pupils during ski lessons. Failure to follow this rule will result in pupils being withdrawn from ski lessons due to a breach of health and safety requirements.

Pupils will never be allowed to ski without being accompanied by a qualified ski instructor. Any unaccompanied pupil who attempts to ski or who goes up the mountain on a ski lift will again be withdrawn from ski lessons.

All students must attend lessons even if they are feeling unwell. There will always be a free staff member to supervise should such events occur.

CLOTHING AND EQUIPMENT

Personal

- Shoes / slippers for use in the hotel
- Strong preferably waterproof trainers or snow boots to wear around the village
- Socks / tights – several pairs
- Underwear – one set per day
- Casual clothes for evening
- Toiletries
- Hairbrush / comb / hair dryer
- Plug adapter
- A small bum bag is very useful for carrying money
- 2 towels – one large and one small
- Small personal first aid kit to include plasters, throat lozenges, crepe bandage, antiseptic cream, lip balm
- Travel sickness medication (if needed)
- Swim wear and swim hat
- Fancy dress outfit

Ski Equipment

- Ski Anorak / Jacket
- Ski hat / Woolly hat to cover ears
- Goggles / Sunglasses
- Neck warmer / Balaclava / Face Mask
- YOU MUST BE ABLE TO COVER YOUR ALL YOUR FACE WHEN SKIING IF NECESSARY**
- Ski trousers / Salopettes
- Ski mittens or Gloves - essential
- Ski socks – 3 pairs. One pair of these MUST be packed in your hand luggage and be easy to access as soon as we arrive at the resort.
- Cotton T-shirts / sweat shirts / lightweight fleece / roll neck cotton tops are the best layers to wear rather than one thick sweater
- Thermal vests and leggings are useful.
- High factor sun cream and after sun or face cream, lip protection

Check that you have packed all the items on the clothing list, make a list of everything you have packed and take it with you. Leave a copy of the list at home.

Exercises to build strength, fitness, balance and stability.

- Ski Specific Functional Exercises – 8 weeks before trip !!
- To Enhance Your Balance & Leg Power
- To Improve Your Core Stability & Strength
- **Your ski fitness program should begin a minimum of 8 weeks prior to your time on the slope. The key areas to look at are, muscular strength and endurance, especially in the muscles in the legs. Flexibility is important also and having a good range of movement in your joints will enable your body to adjust to any sudden changes in your direction and also help prevent injury when you fall.**

Aerobic training will enable you to ski longer, as fatigue results in poor concentration ending in injury from crashing.



Upper Body- box press up (girls)



Upper Body- Press up (boys)



Calf Raises- strengthen lower leg muscles



Inner Thighs



Squats



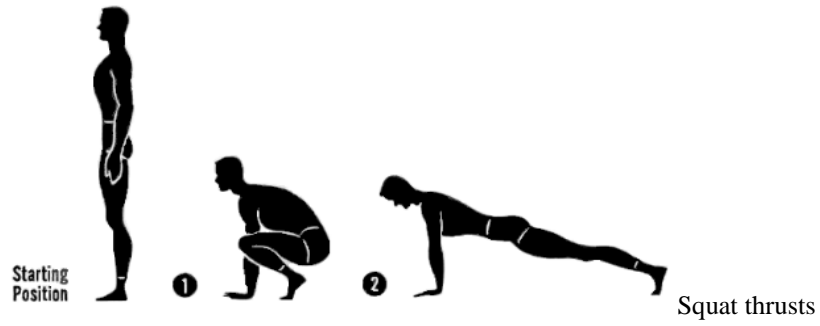
Outer Thigh



Standing leg exercises



Improve balance



Aerobic- to improve cardiovascular fitness;

Cycling

Jogging

Aerobics

Swimming

Football

Dancing (high impact)

Activities that raise your heart rate and get you sweating. Weight bearing and medium-high intensity

SKI GROUPS

<u>Miss Kelly</u> GROUP 1	<u>Miss Carter</u> GROUP 2	<u>Mr Dean</u> GROUP 3	<u>Mr Roberts</u> GROUP 4
<u>Morgan Booth</u>	<u>Alex Davenport</u>	<u>Kai James</u>	<u>Holly Newton</u>
<u>Jack Bostock</u>	<u>Jack Davenport</u>	<u>Hayley Jarvis</u>	<u>Sam Pennington</u>
<u>Emily Boswell</u>	<u>Mark Donegan</u>	<u>Lucy Joyce</u>	<u>Oliver Rattigan</u>
<u>Daniel Bright</u>	<u>Zac Gallagher</u>	<u>Ronnie King</u>	<u>Harriet Raynes</u>
<u>Nathan Brooks</u>	<u>Giuseppe Guardino</u>	<u>Chloe Lynch</u>	<u>Holly Robinson</u>
<u>Megan Codling</u>	<u>Joseph Hankinson</u>	<u>Faye Lyon</u>	<u>Daniel Savage</u>
<u>Amy Condor</u>	<u>Yasmin Horgan</u>	<u>Oscar Mangini</u>	<u>Hannah-Rose Trotman</u>
<u>Benjamin Crossley</u>	<u>Elinor Hull</u>	<u>Oscar Mawson</u>	<u>Michael Wetton</u>
<u>Helaina McCainey</u>	<u>Rebecca Mitchell</u>	<u>Cameron Molloy</u>	<u>Dominic Wharton</u>

Each group has been allocated a member of staff. This staff member is your child's first port of call when we are away. The staff member will be in charge of this group when we are travelling, when we are out in the ski village, when your child requires money and for day to day activities, meetings and meal times.

These groups are not the ski groups. The ski groups will be arranged by the ski instructors on our first day on the slopes and will be based on ability.

These groups are also not applicable for the rooming at the hotel. These will be organised prior to our trip and will be confirmed nearer the time.

Should you have any questions about the ski trip, or if you need to make the school aware of any medical conditions or requirements then please contact your child's group leader.

FAILSWORTH SCHOOL

CODE OF CONDUCT FOR THE SKI TRIP TO

Prato Nevoso, Italy

Saturday 11th Feb- Sunday 19th Feb

It is necessary for Failsworth School to insist on a Code of Conduct so that everyone can enjoy the Ski Trip and return from it safely.

The teachers with the party have, by agreeing to take part in the trip, accepted responsibility for your safety and well-being which your parents would normally exercise.

The following therefore is a set of rules which we and your parents would expect you to follow to help ensure the enjoyment and safety of everyone on the trip.

1. I will be polite, courteous and considerate to the wishes and needs of others.
2. I will obey all instructions from the teachers/ ski instructors.
3. I will not leave the hotel without permission from a teacher.
4. I will not attempt to purchase or consume alcoholic drinks.
5. I understand that abusive and anti-social behaviour will not be tolerated under any circumstances.
6. I understand that sexist and racist language will not be tolerated under any circumstances.
7. I shall not vandalise or damage any property belonging to the hotel, staff or other pupils. I understand I will be liable for costs incurred for any wilful damage that I may cause.
8. I will be punctual for all activities, especially meal times and ski lessons.
9. I shall not involve myself in dangerous activities that are likely to cause injury to staff, pupils or myself.
10. I will remain in groups of no less than two at all times during ski lessons and free time in the village.
11. I shall not attempt to buy, sell, or consume illegal substances.
12. I understand that smoking is not permitted at any time on the trip.
13. I understand that there will be separate floors/areas in the hotel for boys and girls and I am not allowed to be on any other floor/area other than the one allocated to me.
14. I understand that I am not to enter any other pupil's room at any time during the trip.
15. I understand that I must remain in my own room after bedtime.
16. I will follow airport procedures as explained to me at the meeting before departure.

17. I will not misbehave on the ski slopes, chair lifts etc. and will follow instructions given by teachers/ski instructors etc.
18. I am aware that I am not allowed to ski alone at any time.
19. I understand that any damage to the hotel I am responsible for will be paid for at my parents/carers expense.
20. I understand that if I contravene any of the above rules I could be stopped from skiing, banned from some activities, fined or even sent home at my parent/carer's expense.
21. I will accept and respect the decisions of all teachers on the ski trip.

I agree to abide by the Failsworth School Code of Conduct for the Ski Trip to Prato Nevoso, Italy, from Saturday 11th February to Sunday 19th February

Name of Pupil ----- Form-----

Signature of Pupil-----

My son / daughter* understands the Code of Conduct in place for the ski trip to Prato Nevoso, Italy. I support the Code of Conduct and I will expect my son / daughter * to comply with all aspects of the Code.

Parent / Carer ----- (Please print)

Signature of Parent / Carer -----

Date -----

* please delete as appropriate

Failsworth School
Parental Consent Form
Ski Trip to Prato Nevoso, Italy, Saturday 11th Feb – Sunday 19th February 2012

FAILSWORTH SCHOOL
PLEASE USE BLOCK LETTERS

Dear Parent/Guardian,

I (Name of Parent/Guardian) wish my son/daughter Form to be allowed to take part in the above school activity, and having read the information contained in the Ski Booklet I agree to his/her taking part in any or all of the activities described. I consider the fitness and health of my son/daughter to be of a sufficiently high standard to meet the physical requirements of the activities included.

I understand that, while the school staff in charge of the party will take all reasonable care of the children, they cannot necessarily be held responsible for any loss, damage or injury suffered by my son/daughter arising during or out of the school journey.

If any child deliberately disobeys an instruction, causes inconvenience or disruption to the party, or acts in such a way as to place the rest of the party in jeopardy, they will be disciplined. If any of the acts of indiscipline are considered to be so serious that staff feel they cannot accept further responsibility for the child concerned, they will be returned to England *at the expense of their parents* and the school will seek reimbursement of any such expenses incurred.

There will be certain occasions when the children will not be under close supervision, e.g. shopping in the village, where staff will be in the area but not directly supervising each pupil. If you are willing to allow your son/daughter to have this extra responsibility would you please sign below. Alternatively pupils will remain with staff on these occasions.

Signed (Parent/Guardian)

I the undersigned give permission to the organisers of the trip to Prato Nevoso, Italy, namely Miss Pilkington, Miss Kelly, Mr Dean, Miss Carter and Mr Roberts to take all necessary measures in case of emergency, acting on behalf of the above named child. Should the need arise every effort will be made to contact the parent of the named child. However, in the event of an emergency I give my permission for the teachers in charge to sign on my behalf any forms of consent required by hospital authorities in the event of my son/daughter being ill or injured during the course of the journey or stay to the extent that a surgical operation or serum injection becomes necessary, provided the delay required to obtain my own signature might be considered likely, in the opinion of the doctor or surgeon, to endanger my son/daughter's health or safety. I understand that during the period of the activities away from the school base my son/daughter will be in your charge, through the appointed members of staff, and under your instructions.

I consent to the inclusion of my son/daughter in the school party for the above visit under arrangements to be made by the school. I understand the extent and limitations of the insurance cover provided.

Signed : (Parent/Guardian) Date :

Address :

Home Tel. No : Work Tel. No :

Mobile Tel No :

If not available at above, please contact :

Name : Telephone No.

Address :

Pupil's Mobile Tel No :

Please complete the Medical Questionnaire for your son/daughter *.

1. Has your child been immunised against tetanus in the last five years?
(Please give date if known.)
2. Is your child sensitive to penicillin?
3. Does your child suffer from fainting attacks or blackouts?
4. Does your child suffer from fits or epilepsy?
5. Does your child suffer from any allergy, asthma or hay fever?
If so please state together with the child's medication.
6. Does your child suffer from diabetes?
7. Does your child suffer from ear trouble?
8. Does your child suffer from any illness, and/or injury not mentioned above?
If yes, please give details including any infectious/contagious illnesses in the last 3 months and details of other recent illness/injuries or physical disabilities :
.....
9. Are your child's teeth in good condition? If you are not sure, please get your dentist to check your child's teeth on a regular basis.
10. Is your child on any sort of medical treatment at the present time, is the treatment self-administered?
If yes, please give details :
Name of medicine
How often taken ?
11. Please indicate any special dietary requirements due to medical, religious or moral reasons.
.....
12. Does your child suffer from travel sickness?
13. Does your child suffer from incontinence problems?
14. Can your child swim? YES / NO How far?
15. Are there any activities in which your child may not participate? Please give reasons.
.....
16. Is there any other information about which school ought to be aware?
.....

I undertake to inform the Headteacher and the Party Leader as soon as possible of any change in the medical circumstances between the date signed and the commencement of any journey.

Signed Date