



OSSETT ACADEMY

CREATING OPPORTUNITIES. ACHIEVING EXCELLENCE.

Ski Trip

13 January – 20 January 2018



SKI TRIP CONTACTS

Hotel:

Equity Club Le Mont Corbier
Les Orgieres
Villarembert, 73300
France

Telephone: 0033 4790 53573

Ossett Academy staff will also carry mobile phones that may only be contacted in **Emergencies**.
The telephone numbers are:

Priority One Mobile Number: +44 7745 268227

Priority Two Mobile Number: +44 7542 730592

Ski Company: Equity

Address: One Jubilee Street
Brighton
East Sussex
BN1 1GE

Telephone: 01273 025835

If you find it necessary to ring the travel company please quote the reference number: **7673**

ITINERARY

A LETTER WILL BE SENT TO YOU APPROXIMATELY TWO WEEKS PRIOR TO DEPARTURE CONFIRMING TRAVEL TIMES

Departure Date: Saturday 13 January 2018

Meeting Time: **TBC** at Ossett Academy

Transfer: Coach transfer to Manchester Airport

Departure Airport: Manchester

Departure time: **TBC**

Arrive Grenoble: **TBC**

Transfer to Resort: Coach transfer to the resort

Return: Saturday 20 January 2018

Transfer: Coach transfer to Grenoble Airport

Departure Airport: Grenoble

Departure time: **TBC**

Arrive Manchester: **TBC**

Transfer: Coach transfer to Ossett Academy

Estimated time of arrival at Ossett Academy: **TBC**

PLEASE ALSO NOTE THAT ALL TRAVEL TIMES ARE PROVISIONAL AND SUBJECT TO POSSIBLE CHANGE

LUGGAGE ALLOWANCE

Luggage allowance is strictly 20kg in the hold and 1 piece of hand luggage weighing 5kg. All luggage must be clearly labelled and students are advised to wear their heaviest items of clothing and footwear to travel in

SKIING GUIDELINES AND PROCEDURES

The following guidelines have been agreed to ensure that students remain safe during the trip and that they maximise the ski experience.

- All students will have 5 hours of ski lessons per day (3 hours in the morning and 2 hours in the afternoon – subject to availability)
- Lessons are compulsory (students who may feel unable to attend lessons must **first** consult with a member of the academy staff)
- All students are responsible for their ski pass. If their ski pass is lost, students will have to pay for a replacement
- Staff will have mobile phones whilst on the slopes for communication purposes
- Staff will have first aid kits **but in case of injury students/staff MUST inform their ski instructor for immediate help**
- All students must be present for, and eat, at every meal time
- All students must meet at the designated time/place in the morning in order to make their way to the meeting point. Please do not be late
- All students must be organised with everything they need at the meeting time (ski pass, emergency card, hat, gloves, and helmet)
- All students will meet at the end of the afternoon's skiing session at a designated place and time. A daily register of all students will be taken by a member of Ossett Academy staff before and after skiing
- All students will carry with them an emergency card with instructions of what to do if they get separated from their group
- There will be **no** off-piste skiing out of lessons
- There will be an evening entertainments programme and all students are expected to participate in the activities arranged

SKI FITNESS

Skiing is hard work and to get the most out of this trip you need to prepare yourself

Before you go skiing it would be worthwhile making sure you are 'fit to ski' by working on the exercises shown in the link below

Skiing is hard work on the legs; any exercises working on the legs will help you with your skiing. The most obvious benefit of fitness is that it will enable you to ski longer each day. It is recommended that you consult the following website for further information www.schoolski.co.uk/gets kifit

Why do I need to get fit?

Skiing is a physically demanding sport, therefore participating in this activity means there is an increased chance of soreness and injuries. Should an injury occur, it usually happens in the first few days of the holiday and can be incredibly frustrating and costly.

Keeping this in mind, being in good physical condition beforehand is essential to prevent injuries, as this is much easier than the cure! Not only is being in good shape useful for preventing injuries, it can maximise your potential on the slopes and make your holiday even more enjoyable.

Skiing requires conditioning of the body in many areas. Students will need to train and work on these areas approximately 8-12 weeks before the trip to provide a good level of fitness.

The key areas of fitness to work on are:

- **Muscular strength and endurance**, especially in the muscles in the legs
- **Flexibility**, having a good range of movement in your joints will enable the body to adjust to any sudden changes in direction and also help prevent injury should you fall
- **Aerobic training** will enable you to ski longer, as fatigue results in poor concentration

It is important that when training in these areas, the exercises you do are sport specific. This makes sure you mimic your performance on the snow and you will be training the appropriate muscles and joints.

SKI CLOTHING/EQUIPMENT

We would recommend that students take the following items:

SKI JACKET
SALOPETTES/SKI TROUSERS
WATERPROOF GLOVES
WOOLLY HAT
SUN GLASSES
SKI GOGGLES
WOOLLEN SOCKS
THERMAL UNDERWEAR – LONG JOHNS/SHIRT
COTTON POLO NECK TOPS
SUN CREAM/SUN BLOCK/LIP SALVE
SUITABLE WARM WATERPROOF FOOTWEAR FOR OFF SLOPES
COMFORTABLE FOOTWEAR FOR INDOORS
WARM LEISUREWEAR
TOILETRIES
TOWEL
ANY MEDICATION NEEDED
CAMERA

IT IS ADVISABLE THAT STUDENTS PURCHASE BOTTLED WATER IN RESORT TO TAKE ONTO THE SLOPES

ALL SKI EQUIPMENT IS PAID FOR, STUDENTS WILL BE REQUIRED TO WEAR A SKI HELMET

SHOULD STUDENTS WISH, THEY MUST ONLY BRING HANDHELD/PORTABLE DVD PLAYERS AND GAME CONSOLES

ANY ELECTRONIC ITEMS SUCH AS MOBILE PHONES ARE THE RESPONSIBILITY OF THE STUDENT

STUDENTS ARE NOT ALLOWED TO LISTEN TO OR USE MP3 PLAYERS, IPOD'S OR ANY OTHER PERSONAL MUSIC SYSTEM WHEN TRANSFERING TO, ON, OR FROM THE SLOPES

MONEY

MONEY (180 EUROS MAXIMUM)

It is recommended that students do not take more than €180 spending money for the trip. It will be the responsibility of individuals for the safe keeping of their money unless they wish to give it to a member of staff to look after. Students may also bring sterling should they wish to purchase drinks/snacks at Manchester Airport

EMERGENCY PROCEDURES

- Should you need to get in contact with your child, you may do so by contacting the Hotel direct; Tel: **+33 479 830404** or alternatively by calling our staff emergency mobile numbers:-
Priority One Mobile Number: **+44 7745 268227**
Priority Two Mobile Number: **+44 7542 730592**
- If this proves problematic, you can contact Ossett Academy's Assistant Principal, Miss M Sill on; Tel: **+44 7850 204369**
- The travel company Equity can be contacted on; Tel: **+44 1273 025835**
- Should an accident or injury occur in resort, Miss Atkinson the trip leader will consult with the necessary medical staff and travel company representative to make a decision as to what action should be taken. Immediate contact will also be made with the person you have provided on the medical/consent form

RISK ASSESSMENT

A detailed risk assessment has been undertaken in accordance with the Ossett Academy policy. Copies of the risk assessment will be made available to parents or carers on request

This educational visit is organised by staff that have a number of years' experience in both outdoor excursions and visits to foreign countries with students. In order to ensure the safety of students and the smooth running of the ski trip, clear instructions shall be given regularly. **IF STUDENTS CHOOSE TO IGNORE THESE INSTRUCTIONS THEN THEY WILL POSE A DANGER TO THEMSELVES AND OTHERS**

MEDICAL

Any students who need to bring medication with them must place it in a sealable plastic bag, which indicates their name and dosage. It is essential that a note giving permission to administer any medication is also supplied. In order to make the visit as enjoyable as possible please could you supply students with anti-histamines or travel sickness tablets should they require them. Please make sure any medical information is declared.

EPIPEN HOLDERS WILL NEED TO BRING A DOCTOR CERTIFICATE WHICH WILL NEED TO BE SHOWN AT THE AIRLINE CHECK-IN DESK

A TYPICAL SKI DAY

7:00	Wake up call (get dressed and tidy room)
7:30	Breakfast at the Hotel
8:50	Leave for ski slopes
9:00	Lessons start
12:30	Lunch
14:00	Afternoon Lesson/ski
16:00	End of lesson and return ski equipment
18:00	Evening Meal
19:30	Evening entertainment (included)
22:00	All students in own rooms
23:00	Lights out and no noise - sleep

STAYING SAFE

Most students will have already travelled with the academy on trips and will know the standards that are expected. The rules we have are all designed to keep students safe

Most importantly:

- Never be on your own
- Inform staff about any concerns or worries you may have
- After the evening meal students must not leave the hotel without a member of staff
- Follow all instructions from your ski instructor. Never ski without an instructor
- Wear your seatbelt on the coach
- Wear your helmet on the piste
- **Do not consume or purchase alcohol/cigarettes/knives/guns/or any other illicit substances. These items will be confiscated and may well constitute to an offence if you try to bring them back into the UK**
- Consumption of alcohol may well invalidate your insurance
- **Never** behave in any way that will endanger yourself or others. This applies at **all** times
- Students must only go in their own rooms. If students want to socialise, they must do so in the communal areas

TELEPHONES

For your information

Be aware that the cost of a mobile phone call varies according to each network and may be considerably higher

Ossett Academy & Sixth Form College
Storrs Hill Road
Ossett
West Yorkshire
WF5 ODG
Telephone: 01924 232820

Please keep this booklet in a safe place