

Name \_\_\_\_\_

## 2016 SWCHS SKI TRIP INFORMATION

November 2015

Dear Parent/Guardian and Student,

### **SWCHS Ski Trip, Falcade, Italy, 13<sup>th</sup> – 20<sup>th</sup> February 2016**

Apart from a brief note in January containing the confirmed final itinerary, contact numbers and any 'last minute' changes or details, this should be the last item of written correspondence from me to you regarding this year's ski trip.

At the time of writing all the information in this booklet is accurate and relevant, but, as with any major trip, there will inevitably be some fine tuning to be done as we get closer to the departure date. A final itinerary will be issued in hard copy and on the SWCHS ski trip website approximately 2 weeks before departure. The Ski Trip website can be accessed via a link on the SWCHS website or by <http://swchsski.weebly.com/>

If, having read through the details included here; and / or attended the information evening, there are still unanswered questions, please contact me at school via email [cedwards@swchs.net](mailto:cedwards@swchs.net) or by telephone 01799 513030 at your earliest convenience.

### **THINGS TO DO NOW!**

1. Check students passport is valid up to and including 21<sup>st</sup> February 2016 (or obtain a valid passport) - Essential
2. Obtain an (EHIC) European Health Insurance Card - online. Essential. – This is a free service via <https://www.gov.uk/european-health-insurance-card> - do not use a site that asks for payment.
3. If skier is a beginner book dry slope lessons (see attached booking form) – Essential
4. Hire ski clothing from SNOW UNION (or borrow some) - Essential  
(See brochure attached)
5. Pay final balance – According to our records your outstanding balance is – £ \_\_\_\_\_  
**Due November 30<sup>th</sup> at the latest** - Essential

## Provisional Travel Itinerary

Our party has been split into three groups for travel. The flight lists are printed overleaf and are **non negotiable**. All flights will be staffed by experienced school party staff and led by the following staff, all of whom are well versed in overseas school travel.

**Group A** Mr Edwards  
**Group B** Mr Millership  
**Group C** Mr Sindell

NOTE: ALL FLIGHT GROUPS WILL MEET AT STANSTED AIRPORT DEPARTURES – STAFF WILL BE IN PLACE 15 MINUTES BEFORE AGREED MEETING TIME

### OUTBOUND

SATURDAY 13<sup>TH</sup> FEBRUARY 2016

<b>Group A</b>	<b>Meet at STANSTED AIRPORT DEPARTURES</b>	<b>Meet</b>	<b>06.00</b>
<b>Flight</b>	<b>FR194 Stansted to Bologna</b>	<b>Check in</b>	<b>06.10</b>
		<b>Departs</b>	<b>08.10</b>
<b>Group B</b>	<b>Meet at STANSTED AIRPORT DEPARTURES</b>	<b>Meet</b>	<b>11.00</b>
<b>Flight</b>	<b>FR794 Stansted to Treviso</b>	<b>Check in</b>	<b>11.10</b>
		<b>Departs</b>	<b>13.10</b>
<b>Group C</b>	<b>Meet at STANSTED AIRPORT DEPARTURES</b>	<b>Meet</b>	<b>17.00</b>
<b>Flight</b>	<b>FR798 Stansted to Treviso</b>	<b>Check in</b>	<b>17.05</b>
		<b>Departs</b>	<b>19.05</b>

### INBOUND

SATURDAY 20<sup>TH</sup> FEBRUARY 2016

<b>Group A</b>	<b>Flight FR795 Venice Treviso/ London Stansted</b>	<b>Departs</b>	<b>16.35</b>
	<b>Arrive Stansted</b>		<b>17.45</b>
	<b>Pick up at Stansted ARRIVALS</b>		<b>18.15 approx</b>
<b>Group B</b>	<b>Flight FR793 Venice Treviso/ London Stansted</b>	<b>Departs</b>	<b>09.45</b>
	<b>Arrive Stansted</b>		<b>10.55</b>
	<b>Pick up at Stansted ARRIVALS</b>		<b>11.20 approx</b>
<b>Group C</b>	<b>Flight FR799 Venice Treviso/ London Stansted</b>	<b>Departs</b>	<b>22.30</b>
	<b>Arrive Stansted</b>		<b>23.40</b>
	<b>Pick up at Stansted ARRIVALS</b>		<b>00.00 approx</b>

See over for flight groups.

**NB. Confirmed Travel Itinerary will be issued 2 weeks before departure**

**OUTWARD 13/02/16**

**Group A**

**Meet at STANSTED AIRPORT DEPARTURES**

**Meet 06.00**

**Flight FR194 Stansted to Bologna**

**Check in 06.10**

**Departs 08.10**

1.	25.
2.	26.
3.	27.
4.	28.
5.	29.
6.	30.
7.	31.
8.	32.
9.	33.
10.	
<p><b>Please note that for security reasons students names have been omitted from the website.</b></p> <p><b>If you require further information please email <a href="mailto:cedwards@swchs.net">cedwards@swchs.net</a></b></p>	
11.	
16.	40.
17.	41.
18.	42.
19.	43.
20.	44.
21.	45.
22.	46.
23.	47.
24.	48.

**43 STUDENTS  
5 STAFF**

**PARTY A = 48**

**RETURN 20/02/16**

**Flight FR795 Venice Treviso/ London Stansted**

**Departs 16.35**

**Arrive Stansted 17.45**

**Pick up at Stansted ARRIVALS 18.15 approx**

**STAFF WILL REMAIN WITH STUDENTS UNTIL THEY ARE MET BY PARENTS/GUARDIANS**

OUTWARD 13/02/16

**Group B**

Meet at STANSTED AIRPORT DEPARTURES

Meet 11.00

Flight FR794 Stansted to Venice Treviso

Check in 11.10

Departs 13.10

1.	25.
2.	26.
3.	27.
4.	28.
5.	29.
6.	30.
7.	31.
8.	32.
9.	33.
<p><b>Please note that for security reasons students names have been omitted from the website</b></p> <p><b>If you require further information please email <a href="mailto:cedwards@swchs.net">cedwards@swchs.net</a></b></p>	
10.	34.
11.	35.
12.	36.
13.	37.
14.	38.
15.	39.
16.	40.
17.	41.
18.	42.
19.	43.
20.	44.
21.	45.
22.	46.
23.	47.
24.	48.

44 STUDENTS  
4 STAFF

PARTY B = 48

RETURN 20/02/16

Flight FR793 Venice Treviso/ London Stansted

Departs 09.45

Arrive Stansted 10.55

Pick up at Stansted ARRIVALS 11.20 approx

**STAFF WILL REMAIN WITH STUDENTS UNTIL THEY ARE MET BY PARENTS/GUARDIANS**

OUTWARD 13/02/16

Group **C** Meet STANSTED AIRPORT DEPARTURES Meet 17.00

Flight FR798 London Stansted to Venice Treviso Check in 17.05  
Departs 19.05

1.	25.
2.	26.
3.	27.
4.	28.
5.	29.
6.	30.
7.	31.
8.	32.

**Please note that for security reasons students names have been omitted from the website.  
If you require further information please email [cedwards@swchs.net](mailto:cedwards@swchs.net)**

43 STUDENTS  
5 STAFF

PARTY C = 48

15.	39.
16.	40.
17.	41.
18.	42.
19.	43.
20.	44.
21.	45.
22.	46.
23.	47.
24.	48.



RETURN 20/02/16

Flight FR799 Venice Treviso to London Stansted Depart 22.30  
Arrive Stansted 23.40  
Pick up at Stansted ARRIVALS 00.00 approx

**STAFF WILL REMAIN WITH STUDENTS UNTIL THEY ARE MET BY PARENTS/GUARDIANS**

## The Party

One of the most sought after extra-curricular trips in the County High calendar, the ski trip goes from strength to strength. A large party again this year with 130 students and 14 staff. The students are aged between 12 – 18 and range from absolute beginners to ‘advanced skiers’.

The adults accompanying the trip are well qualified, hugely experienced and prepared for a long, hard, tiring but ultimately hugely rewarding weeks skiing. 10 of the staff are qualified first aiders, 1 is a fully qualified Alpine Ski Course Leader and 3 have the Ski Course Organisers Part 1/2 award. All of the staff have been accompanying ski groups for the past 10 years and the continued success and popularity of the ski trip owes much to their commitment and to their professional approach.

Many of this years skiers are on their second, third or fourth trip (some more than that), and they will, in the main, be enthusiastic, cooperative and courteous throughout. I will be expecting all of the students to embrace those qualities and make a positive contribution to the success of this years trip with mutual respect for all members of the group and for the general public being of utmost importance.

## The Resort

### FALCADE

Falcade, a ski resort in the Dolomites Mountain range is located in the upper Bios Valley at an altitude of 1100m. It is part of the 3 Valley ski area Val di Fassa, Passo San Pellegrano and Bios Valley.

Approximately 2 hours north of Venice the area has over 100km of slopes which are renowned for their high standard of piste preparation. (The Italian Ski team train here regularly)

With a top station of 2700 metres and a variety of tree lined and open pistes the resort will enable skiers of all abilities to enjoy a fantastic weeks skiing. The resort is regarded as being ideal for intermediate skiers but with good provision for beginners, of which we have around 50; and better skiers, of which we have quite a few.

## The Accommodation

The Hotel San Giusto is a 3 star, family run establishment approximately 800 metres from the ski lifts. All rooms are en suite and sleep 2, 3, 4 or 5 persons. Restaurant, TV room, games room, indoor heated pool, gym and sauna plus an ‘animation team’, which for the uninitiated means, a team of Italian ‘redcoats’ who provide evening ‘entertainment’ – In Italian!

We are on a full board arrangement which means we will take breakfast and dinner at the hotel and will eat at a mountain restaurant on a daily basis.

Evening entertainment (apart from the animation team), will be arranged as appropriate. Disco, pizza night, ice skating, maybe tobogganing. All supervised by staff and preceded by a whole group meeting for news, info, awards etc. Usually run by our own animation team of Mr Edwards and Mr Smith!

We have used the Hotel San Giusto on a number of occasions and it has proved to be a very comfortable and welcoming hotel for our school party.

## Supervision

Staff will make every effort to ensure that your son/daughter has a safe but exciting, challenging and rewarding weeks skiing. To achieve this we need all skiers and of course their parents to support us. The students need to respect the mountain environment, their ski instructors and of course the SWCHS staff. Our students **will not ski unsupervised at any time.** AfPE (Association for Physical Education) guidelines are followed and adhered to by staff throughout the week and this generally ensures that we return with the same number of students that we started with and more often than not still in one piece!

Having said all that it should be stressed that skiing is a potentially dangerous sport and injuries may occur. We will of course treat injuries appropriately, seek medical help etc. etc. etc. I will telephone you **only** if there is a situation where we (the staff), feel that the situation requires you to be informed. Minor aches, sprains and bumps are best treated in house in the first instance by SWCHS staff and / or the resort medical facilities as appropriate. Any students requiring hospital treatment will be accompanied by an appropriate member of SWCHS staff who will remain with them throughout their stay.

Supervision off the slopes is equally important and, whilst students will be allowed some free time in and around Falcade town, there will be staff on duty at all times in the hotel and around the resort. Evening entertainment will be planned as the week progresses and most of the après ski activities are included in the price

### **A Typical Day on a S.W.C.H.S. Ski Trip**

- 7.30 (ish)** Woken by the dulcet tones of Mr. Smith (or similar)
- 8.00** Breakfast
- 8.30** Get 'kitted' up
- 9.00** Hit the slopes, Ski lesson plus guided skiing  
Ski till lunchtime
- 12.00** Lunch at mountain restaurant – 1 hr break from skiing (min)
- 1.00** Hit the slopes again
- 1.45** Hot Drink/Snack stop on mountain
- 2.00** Ski lessons
- 5.00** Back to Hotel - shower etc.
- 7.30** Dinner
- 8.30** Group Meeting – Days Skiing Awards and itinerary for next 24 hours, bank.
- 9.00** Après Ski – Disco / Ice Skating / shopping / swimming/ sledging (depending on availability)
- ???** Bedtime (Depends on attitude, behaviour and what's on) I decide !!  
Obviously illness or injury will mean that students may not be able to ski but being too tired to ski may suggest an earlier bedtime is required!



It may sound a bit regimented and sometimes it is - trying to get 144 skiers on to the slopes at the same time with their gear in the right place is a potential nightmare - but it happens, daily, and the enjoyment factor and the learning curve rises by the day.

NB. SKI LESSON TIMES ARE YET TO BE CONFIRMED AND THE STRUCTURE OF THE DAY MAY VARY SLIGHTLY FROM THE ABOVE.

### **Kit List**

Students are allowed the following items of luggage.

**1 Suitcase** - labelled clearly (labels provided) to go in the hold (weight limit T.B.C)

To contain:

Ski gear (see list later)

Casual clothes " " "

Toiletries " " "

In short, all your requirements for the week.

#### **Skiing Essentials:**

Jacket

Salopettes

**+ 1 Hand Luggage (Cabin)**

**\*Weight limit to be confirmed**

**\* Pack some ski socks in your hand luggage for boot fitting.**

**TOP TIP – TRAVEL IN YOUR SKI JACKET!**

3 pairs of ski socks  
T-shirts x 3  
Sweatshirts/rugby/hockey shirt/thermal 'skin'  
Gloves, hat  
Sunglasses or goggles (or both)  
Sunscreen, lip salve.

**HOLD AND CABIN WEIGHT LUGGAGE ALLOWANCE WILL BE CONFIRMED FOR ALL FLIGHTS IN THE FINAL ITINERARY ISSUED 2 WEEKS BEFORE DEPARTURE AS WILL TIMES FOR DROP OFFS AND PICK UPS**

**EXCESS BAGGAGE - NB – RYANAIR FLIGHTS!**

**NB i) - THE WEIGHT LIMIT FOR EACH PIECE OF LUGGAGE MUST BE ADHERED TO, EXCESS BAGGAGE CHARGES ARE THE RESPONSIBILITY OF EACH INDIVIDUAL.**

**I WOULD STRONGLY RECOMMEND THAT STUDENTS DO NOT TAKE SKIS AS EXCESS CHARGES OR CARRIAGE MUST BE PAID BY THE STUDENTS. THE SKI EQUIPMENT AT FALCADE LAST YEAR WAS EXCELLENT.**

February skiing can be quite cold, but the secret of keeping warm is to wear 3 or 4 layers of clothing. Jacket on top with T shirt, rugby shirt and sweatshirt underneath, Alternatively 'skins' and ski fleeces may be worn.

A pair of ladies tights on your bottom half if it's really cold - boys too! Staff will check the weather forecast and advise students as to their clothing requirements for each day at breakfast.

**Casual Gear**

High heels + party dresses will not be required. A couple of casual outfits, smart casual at most, are all you need. Après ski discos etc. in Italy generally consist of jeans and top. When in Rome do as the Romans do!

**Toiletries**

**Essentials:** 1 towel, (although hotel towels are provided) shampoo, comb, brush, soap, toothbrush and paste, anti-perspirant etc.

**Optional:** Perfume, aftershave, lipstick, nail varnish etc. as required

**The Most Important Bit - The SKIING .....**

Mentioned briefly earlier on, the skiing is, after all, the focal point of the trip. Groups of 10-12 students work with one instructor, usually the same instructor throughout the week. The groups are made up of students of the same ability and it is important that students accept movement up or down the groups. It may be that they don't get to ski with their best friends all the time but your child's skiing and that of their friends will benefit far more. Progress is generally very good and even first timers should be comfortably cruising by day two.

Skis, boots and poles are fitted by a professional ski fitter on the first day in the resort. Each individual is then responsible for their own equipment until the end of the last day's skiing when the equipment is returned. The equipment is locked away each night in a store close to the hotel and recovered each morning - only your own boots and skis will fit, so make sure you take the correct ones!



## **GCSE Assessment Skiing.**

All students in Years 9, 10 and 11 who wish to be assessed for GCSE practical grades will be given the opportunity towards the end of the week.

## **Helmets**

Ski helmets are provided as part of the ski package purchased. All SWCHS students will be expected to wear helmets when skiing.

## **Après Ski and Meal times**

Both of the above are regarded as important aspects of any ski holiday, especially in Italy. Meal times allow for discussion, sharing experiences and general socialising. At lunch and especially during the evening meal I would appreciate the students taking time out to enjoy (on past experience) excellent Italian cooking, anti pasta, pasta, soups, deserts etc. It makes for a far more civilised experience for our students and staff and demonstrates a certain amount of respect for the hotel/restaurant staff.

There will be a meeting for the whole party after every evening meal. The evening's events are not totally pre planned because some students find relaxing around the hotel enough after a hard days skiing. For those with excess energy we can arrange ice-skating, sledging, a disco or two and possibly a big pizza night out. A presentation night will complete the week's après ski when the best and the worst of the trip will be revealed and suitably rewarded. There is an après ski swimming / sauna option so swimming costumes should be taken if you think you might want to take part. Pool sessions will be supervised by SWCHS or hotel staff.

The daily group meeting will be supplemented by a regular meeting between year groups and a link member of staff. This will ensure that all students are able to access the information required for them to enjoy all of the benefits of the school ski trip.

## **Spending money**

This is always difficult to advise upon as individuals/families will have their own ideas about presents etc. and spending requirements. All food, equipment and instruction is paid for **apart** from drinks and snacks. Last year some students spent as little as £50 but some spent as much as £80 by buying ski gear (glasses, head bands etc.). I would personally suggest the equivalent in Euros of £75-£100 as a guideline.

The staff will operate a bank system whereby all of the student's money is kept in the hotel safe and each evening students can withdraw enough for the following 24 hours. This system generally ensures that students do not spend or lose lots of money early on in the trip. Spending money needs to be handed in to staff in an envelope which should have the students name and amount clearly marked. The cash needs to be in Euros.

## **SWCHS Ski Trip Clothing**

This year we are very pleased to be using a company called Hoodiehut, who we have used on a previous trip. Although not compulsory, we are happy to offer this hoodie at a subsidised price of £10.00, it is available in 6 colours with a 'flock' design and we feel they are a nice memento for all the skiers.

The order form, attached, needs to be completed accurately and returned to SWCHS PE by 4<sup>th</sup> Dec (along with payment of £10.00 – cheques made payable to SWCHS)

This will enable Hoodiehut to have the garments ready for delivery 2/3 weeks before the trip departs.

## Dry slope Skiing – ESSENTIAL FOR 1<sup>ST</sup> TIME SKIERS – (Approx 50 students)

**First  
Time  
Skiers  
Only**

**Open to first time skiers only.** The sessions take place on 2 successive Monday evenings, 11<sup>th</sup> & 18<sup>th</sup> January or 25<sup>th</sup> Jan and 1<sup>st</sup> February 2016. We leave from school and travel by mini bus to Welwyn Garden City where the artificial slope is situated. Our students then change into 'ski gear' which for these sessions is: Jacket, jeans or tracksuit, ski socks and **gloves**. Boots and skis are fitted by the ski instructors and then the lesson (2hours) takes place. We leave school at approximately 3.30pm and return at approximately 8.30pm. Confirmation of times later!

All beginners need to book 2 consecutive two hour sessions to benefit from the continuity (the booking form is attached to the back of this booklet). The cost is £35 to include:

- transport
- hire of equipment (skis, boots and poles)
- 2 x 2 hours instruction
- insurance.

**\*Please return the completed booking form by Friday December 4<sup>th</sup>**

### Other essentials

**NB.** You must ensure that your child has a full current, valid passport. These will be collected early in January so that we can check and store them until the day of departure. Passports will be handed to students in the check in queue and collected in Italy at the airport. A European Health Insurance card (EHIC) must also be obtained Online or from the Post Office and cost nothing but they are essential for dealing with medical issues in Italy. All EHIC must be handed in with passports.

### Before Friday 15<sup>th</sup> January

Hand passport and EHIC to Mr. Edwards.

### Before Saturday February 13<sup>th</sup>

Check and pack all your gear. (Jackets/salopettes from SNOW UNION will be delivered to school approximately two weeks before departure. This will be issued at the final **students** ski meeting in the week before we leave).

A member of staff will meet all students in assemblies in the week prior to departure.



**SWCHS @ FALCADE**

## Summary of Our Insurance Cover

### A. PRE TRAVEL POLICY

Policy section	Maximum benefit	Excesses	
		Under 18	18 & over
1. Cancellation	up to £5,000	£40	£60
Loss of deposit	up to £5,000	£30	£30

### B. TRAVEL POLICY

Policy section	Maximum benefit	Excesses	
		Under 18	18 & over
1. Delayed arrival	up to £100	Nil	Nil
Delay abandonment	up to £5,000	£40	£60
Missed departure	up to £1,000	£40	£60
2. Personal possessions	up to £1,750	£40	£60
Under 18 years limit	up to £750		
Single article limit	up to £200		
Valuables limit	up to £200		
School property+	up to £500	N/A	£60
Team Equipment	up to £750	£40	£60
Delayed possessions	up to £150	Nil	Nil
3. Personal money	up to £500	£40	£60
Cash limit	up to £200		
Party leader+	up to £1,000	£40	£60
Cash limit	up to £500		
Loss of travel documents	up to £250	£40	£60
4. Emergency medical expenses	up to £5,000,000	£40	£60
Hospital benefit	up to £600	Nil	Nil
Unused Ski Pack	up to £200	Nil	Nil
5. Curtailment	up to £5,000	£40	£60
6. Personal liability	up to £1,000,000	£40*	£60*
7. Organisers liability+	up to £5,000,000	£250	£250
8. Personal accident	up to £20,000**	Nil	Nil
9. Legal advice and expenses	up to £25,000	£250	£250
10. Piste Closure	Up to £200	Nil	Nil

\* increased to £250 in respect of rented property damage only.

\*\* please see personal accident section of the policy for details of amount of payment.

+ Applicable only to school or youth group organised trips.

As always there seems to be a huge amount of information contained in the 2016 Ski Information Booklet, if however you are still unsure about **any** aspect of the trip please ask me this evening or contact me at school. Final travel information / itinerary will be issued in January, normally 2 weeks prior to departure day. Attached to this final itinerary will be a parental reply slip which will include emergency contact numbers etc. It is vital that this form is returned promptly.

Yours sincerely,

C.T. Edwards  
**Head of Physical Education**  
**Ski Party Leader**

**Any further questions ????**

**Contact C Edwards**

**01799 513030 / [cedwards@swchs.net](mailto:cedwards@swchs.net)**