

**Welcome to
Birchwood High
School
Ski Trip to Italy
18-24 February
2024**



<https://www.youtube.com/watch?v=4uKBzZOLv34>
<https://www.youtube.com/watch?v=UNeNGBv0mcI>

VIALATTEA
sciare senza confini

inspireski

- Over 20 years experience in student travel
- • Financial security as members of ABTA
- Holders of ATOL license
- • Expert UK advisory team
- • Excellent track record of satisfied clients
- • Expert service partners in resort



What's included

- flights by Scheduled Airline (British Airways)
- 6 nights full board accommodation
- 5 days ski pass
- 5 days hire of skis, boots and poles
- 5 days x 4 hours ski lessons
- Fully comprehensive winter sports insurance cover as well as CV-19 cover
- Coach transfers to and from airports
- All evening entertainments

What's not included

- ***Ski clothing***
- ***Spending money***
- ***Dry Ski Lessons***





Sestriere





Hotel Uappala Sestriere





Updates





Ski or
Snowboard?





Snowboarding

- Additional £50 per person
- Strongly recommend wrist guards approximately £18-40 extra
- For beginners recommend buying decent salopettes £80-150
- Buy a decent set of mittens or gloves £50-80
- You will need to have ski gloves ready for dry slope!!!

Statistically 50-70% more likely to injure yourself



Apré's Ski





GENERAL HINTS AND SUGGESTIONS ON CLOTHING



One of our main aims is to keep costs down but still have the students dressed correctly and safely for the conditions they will experience in a mountainous environment. These suggestions can be divided into two categories as shown. There may, however, be some overlap.

SKIING CLOTHING

Jacket	An essential item for warmth on the slopes. These should have elasticated cuffs and waistband and an attached hood.
Salopettes / ski pants	These are essential and can be purchased locally.
Hats	Heat is lost through the head and hats are a must for evenings. One which covers the ears and forehead is best.
Ski helmet	<u>This is a compulsory item that must be worn in order for students to be able to ski in resort. Helmets are included in their Ski Fit (already paid for).</u>
Gloves/Mittens	Must be worn. Mittens tend to be the warmer of the two but either will do. If you find some gloves that are really cheap, this is usually for a reason!
Underwear	Sufficient for several changes as underwear sometimes gets wet from the snow. Light weight 'base layers' and long johns or 'skins' are ideal.
Fleece base layer	lightweight 1/4 or full zip.
T-Shirts	5 T-shirts as second base layer.
Socks	Loop stitch ski socks are best; about 3-4 pairs are necessary.
Goggles	ANTI –MIST is highly recommended! The glare from the snow can cause great discomfort, especially if the weather is warm and sunny. A pair of goggles is, therefore, essential (most come with unbreakable lenses). Sunglasses are an alternative but only for more experienced skiers as they tend to fly off in the event of a fall and can be uncomfortable when wearing a ski helmet.
Face Mask	Due to the extremes of temperature experienced in the mountains this will be an essential item. The wind-chill can make the exposed areas of the face painful. I have some examples of these types of masks if children would like to get an idea of what to buy.



www.surfanic-schools.co.uk your exclusive schools website code is
BIRCHWOODSKITRIP.

DECATHLON LAKESIDE RETAIL PARK

SPORTS DIRECT (SEVERAL STORES ACROSS THE COUNTY)

TK MAXX BRAINTREE OR LAKESIDE RETAIL PARK

MOUNTIAN WAREHOUSE, FREEPORT VILLAGE, BRAINTREE, ESSEX

**NORTH FACE DISCOUNT STORE, FREEPORT VILLAGE, BRAINTREE,
ESSEX**

<https://www.snowandrock.com/c/ski/clothing.html>

<https://www.dare2b.com/ski-wear/>

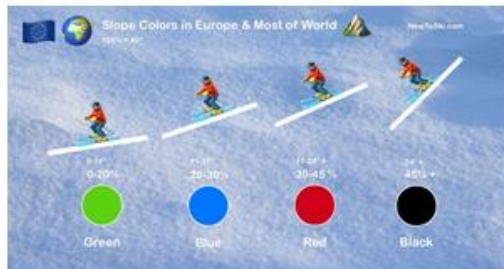
https://www.surfdome.com/Snow_Gear-712/

RULES AND GUIDELINES WHEN ON THE SKI SLOPES

- 1 Use the lifts correctly:
 - a) Do not fool around.
 - b) On chairlifts sit quietly and keep skis parallel on ski rest.
 - c) If a safety bar is provided it must be used.
 - d) When leaving the lift move away quickly. Be aware of others who may not have done so.
- 2 Remember instructions from your instructor as to where to re-join your group should you fall off a lift.
- 3 Never ski off the marked piste unless directed to do so by your instructor.
- 4 Always wear your helmet when skiing or boarding.
- 5 Be aware of other skiers, especially those ahead of you.
- 6 Always ski under control. European slopes are patrolled and careless skiers can have their lift passes confiscated.
- 7 Overtake wide and with care. Remember if you crash into someone else you will be considered responsible.
- 8 If you stop, move to the side of the piste as soon as possible.
- 9 Always check up the slope before moving off.
- 10 Avoid walking on the piste if at all possible.
- 11 Avoid skiing too close to ski classes.



Never ski alone. Skiing is only allowed under the guidance of the ski instructors.



RULES AND GENERAL GUIDELINES ON BEHAVIOUR

- 1 There will be no smoking.
- 2 There will be no drinking of alcoholic beverages (Even if students are 18!)
- 3 No outside visitors are allowed in your room.
- 4 No boys will be allowed into girls' rooms, vice / versa.
- 5 All rooms are to be checked for damage on arrival. Any damage found must be reported to staff immediately.
- 6 Any damage, whether accidental or otherwise, must be reported to staff as soon as possible.
- 7 There is to be no running or unnecessary noise in the hotel.
- 8 All meal times must be strictly adhered to, particularly breakfast.
- 9 Any loss or damage to ski equipment has to be reported as soon as possible.
- 10 Ski equipment must be stored in the correct areas and kept tidy.
- 11 Everyone will attend ski lessons. Nobody is too good for lessons and this is why we have ability groups.
- 12 On shopping trips we do not want to upset any shopkeepers. To this end there should be no more than 6 per group and everyone must conduct themselves in a polite and courteous manner. Nobody should be alone whilst shopping.
- 13 If anyone has a problem or feels ill or is injured they must see one of the members of staff as soon as possible.
- 14 On coaches and aircraft it is important that, as far as possible, students remain in their seats. This is for their own and others' safety.

Looking after Valuables

We will look after only: pocket money & passports, all other items are the student responsibility!

Pocket Money – This will be handed into the Birchwood staff and stored in the Hotel Safe once we have arrived in resort. Each day, a 'Bank' will be held where students will be able to take out money for the next day or two for evening snacks. At the end of the trip, before we leave the hotel, all money will be handed back to students in full.

Passports – These will be taken from students on the plane, after customs and during our stay in Italy. These will also be kept safe for the week in the hotel safe. After landing at Gatwick, the students' passports become their responsibility once again!



What happens next?

- ***Final Balance 31 October***
- ***Dry Skiing (Nov / Dec) confirmation returned 30/10/23 £57 per person***
- ***Data Collection 03/11/23***
- ***Passports 03/11/23***
- ***Rooming***
- ***Hoodies?***
- ***Final Preparations***



*Thanks for
listening
Are there
any
questions*

