



First Aid:

First Aid / Medicines:

Our named first aider is Mrs. Thomas

Any medicines needed on the journey should be kept in your small bag.

All medicines must be clearly labelled with your name and with very clear instructions about the doses.

Students may like to carry their own first aid kit, but should always let a member of staff know if they are feeling unwell for any reason.

If students need to see a local doctor at any time, they will always be accompanied by a member of staff.

Asthma:

Those pupils who suffer from asthma, **however mild**, must keep their inhalers with them and **always** have them with them throughout the trip, and in particular on the slopes when skiing. The high altitude can sometimes adversely affect those with asthma so it is better to be prepared.

Paracetamol:

Remember that those students who may need to take paracetamol must bring their own and must let Mrs. Thomas know.

Dehydration:

Skiing is a very physical activity and you must remember to drink enough water! Try to stay away from fizzy drinks, which don't have the same hydrating effect.

Insurance:

As with most insurance policies there is an excess for medical treatment. Should treatment be necessary we will pay this for a child in the first instant but will then ask you to repay us on our return home. Other costs over and above the excess will be claimed on the insurance policy.

Sun creams:

Sun burn can be a real issue in skiing trips. Please ensure that sun creams are suitable for high altitude skiing. I would recommend factor 20 + for the first couple of days at least. You may tan easily in the Summer but you must use cream every day and "top it up" regularly.

Specialist lip salve is **essential**. Fair skinned pupils may opt for a Total Block sun cream.



HADLEY LEARNING
COMMUNITY

Ski HLC 2012





STUDENTS AND STAFF

- | | |
|-----------------------|----------------------|
| 1. Mrs S Thomas | 13. Brandon Rice |
| 2. Miss G Naylor | 14. Phillip Shepherd |
| 3. Mr A Balchin | |
| 4. James Bleasdale | |
| 5. Alex Doverskog | |
| 6. Daisy Driver | |
| 7. Jasmyrn Driver | |
| 8. Jack Jones | |
| 9. Katie Jones | |
| 10. Nathan Millis | |
| 11. Yasmin Moore | |
| 12. Kirsten Pickering | |

Travel Details

Outbound Journey on Sunday 8th January 2012

04.15	Depart HLC
06.00	Arrive Manchester Airport (Terminal 2)
08.45	Departure flight time: Flight Ryanair 3218
12.00	Arrive at Milan Bergamo Airport
14:30	Arrive at hotel in Aprica (approx)

Inbound Journey on Saturday 14th January 2012

05.30	Depart Hotel
08.00	Arrive Milan Bergamo Airport
10.10	Departure flight time: Flight Ryanair 3219
11.40	Arrive at Manchester airport
13.45	Arrive at HLC (approx)



Responsibility:

I am afraid we can not be responsible for the safe keeping of cameras/phones or other electrical items. Please do not take them on the slopes!

Passports:

Please hand your passport and EHIC cards to Mrs. Thomas as soon as possible.

Ski School:

Mrs. Thomas will arrange the ski groups after discussion with other staff. On the first day everyone may have to ski a very simple slope in order for the instructors to assess their ability. Staff will then meet each morning with the Instructors to check how students are progressing. We will have 4 hours of lessons each day with a break for lunch (hot meal at the hotel). This can be exhausting so sleep at night is essential! There will be a chance for everyone to enter ski races at the end of the week for which there may be a small charge. These are run on prepared slopes and timed through starting and finishing gates just like the Olympics. Everyone will be presented with a certificate.

Skiing:

Skiing / Snow Boarding is classed as a dangerous activity and therefore: Students are reminded that they are only allowed to ski when under the direct supervision of the Ski School Instructors.

"You must exercise reasonable care to prevent accident, injury, loss or damage."

Carrying skis can be a problem for anyone near you and when walking a distance they should be clipped together and carried on one shoulder with the curved ends facing forwards. The hand on that side supports the skis. Ski poles should both be held in the opposite hand. It is about 300 metres from the hotel to the ski-school meeting point and rather than march the skis back and forth each day we are trying to get them accommodated at the slopes.

Students who are unable to ski will be supervised by members of staff.



Telford to Aprica



GENERAL INFORMATION:

Groupings:

Students will be arranged into groups for skiing based on ability. However due to small numbers, there may only be 1 group. Depends on availability of staff.

The journey:

It's a long one — even though we are flying, but it should be enjoyable if we all think of each other.

Personal stereos, CD/MP3 players are an excellent idea but must be played at a level which does not disturb anyone else. When you are singing away to your favorite tracks please think of all the others on the coach who might be trying to rest! If someone else can hear a hiss – the volume is too high! Small computer games are also a good idea,

Phones:

Mobiles phones may be taken on the trip but we would discourage their use. Please remember that it is more expensive to send and receive calls abroad than in the UK.

Travel Sickness:

If you are likely to be slightly sick or queasy please make sure we know and ensure that you take medication, before we depart, and as necessary.

Food:

We leave school at 4.15am on the Sunday and will not have a meal in the hotel until late afternoon so please pack enough food to stave off hunger until then. Please avoid bringing glass bottles at all, for safety reasons. Fizzy drinks are not recommended!! Please only put 1 drink in your hand luggage.

Tidy Bus:

Personal responsibility is a key skill we will be looking to develop on the trip. This starts with taking responsibility for our own litter.

Duty Free:

Young people under the age of 18 are not allowed to purchase tobacco, or wines and spirits, even as gifts.



Cameras:

If you are taking your camera with you please make sure it is clearly labelled with your name, the ski group and the hotel.

Labelling:

Please label all your luggage clearly with:

- Your name
- HLC Activ4. Hotel Posta, Aprica, Italy

and on the reverse of the label **Your name and home address**

Please put a label **inside your suitcase** along with a list of what you packed.

Identity Cards:

All students should carry their HLC identity card with them at all times.

Sunglasses and goggles:

Goggles are advised for all pupils in preference to sunglasses and you must wear these when skiing. If you wear glasses ensure that your goggles fit comfortably over them before the holiday.

Check that glasses/goggles are securely attached to you, if you have a fall while skiing sunglasses do have a tendency to carry on down the mountain without you!

Ski Gloves / Mittens and Hats: Never ski without gloves or mittens. You must always have your hat with you!

Ski Equipment:

All items will be booked out to you individually and clearly named.

You must only ever use your own equipment, this will have been fitted to your size and weight. To use equipment belonging to someone else can be extremely dangerous.

Never put your equipment down and wander off. Remember exactly where you put it when you stopped for lunch. When there are 400 skis / boards outside the restaurant it can be a little difficult to find yours if you can't remember where you put them!

Stand your skis / board up in the snow and hook your poles over your skis – never just leave them at the edge of the piste.



KIT LIST REMINDER

Salopettes/ski trousers
Jacket
Hat
Scarf (not for skiing)
Small rucksack
Ski clips
Goggles / sunglasses
Ski socks(pair for every day)
Sturdy shoes/boots
Warm underwear
Shirts / polos
Sweaters
Lip salve
Towels

Money
Slippers
Underclothes
Nightwear
Casual clothes
Hairdryer / adapter
Toiletries
First Aid
Watch/Clock
Other socks
Sun cream
Ski Gloves/mittens
Sun Glasses



THE SKIERS CODE

In order to make the most of a skiing holiday the following rules should be observed.

Please note that all these rules are binding in law and apply to both skiers and snowboarders.

1. **Respect:** Do not endanger others.
2. **Control:** Adapt the manner of skiing and speed of your skiing to your ability and to the conditions of the mountain.
3. **Choice of route:** The skier in front has priority - leave enough space.
4. **Overtaking:** Leave plenty of space when overtaking a slower skier.
5. **Entering and starting:** Look up and down the mountain each time before starting.
6. **Stopping** Only stop at the edge of the piste or where you can easily be seen.
7. **Climbing:** When climbing up or down always keep to the side of the piste.
8. **Signs on the slopes:** Obey all signs and markings, they are for your safety.
9. **Help:** In case of accidents provide help and alert the rescue service, if advised to do so by the Instructor.
10. **Taking Turns:** When in ski school everyone should be allowed to have their turn at being behind the instructor. Don't overtake.

When in ski school you must do exactly what the instructor says,. He or she is responsible for your welfare and will always act in your best interests.



Snowballing:

It is always a great temptation to have a snowball fight but there are times and places for these. Students should definitely not snowball each other anywhere on the pistes or near the lifts and restaurants. If someone is hit by frozen snow and injured they can make a claim off you and cause an unpleasant scene. Similarly if you are having a rest and throw a snowball, which hits a skier, you can be the cause of a serious accident.

Accidents on the piste:

If there is an accident on the piste then the instructor will tell you what to do. Usually they will stick crossed skis in the snow above the accident to warn other skiers and to identify where the injured person is for anyone involved in rescue or First Aid. Other members of the group should follow instructions but keep out of the way of other skiers.

Maintenance of equipment:

If you have any problems with your ski equipment you must tell a member of staff as soon as possible.

Problems mentioned at the end of the day can be sorted before skiing the next day - don't leave it until we are about to go up in the lift the next morning.

If your boots are uncomfortable don't suffer in silence!

Lift Pass:

Looking after your lift pass is very important. It will have cost about £100. Always keep it inside a pocket. You will not be able to go up to the slopes without your pass. Remember your photos.

Loose clothing:

Scarves and loose items are dangerous and should not be worn. Tuck scarves in.

Luggage

Each person is allowed one suitcase / holdall of a reasonable size, which you must be able to carry yourself and a small bag/rucksack for the journey or for taking out on to the slopes. 15kg only for suitcase.



Pocket money:

There should be little need to spend money during the day and we recommend that the euro equivalent of £8 / £10 a day should be sufficient.

Mrs. Thomas will operate a bank for pocket money which will be open each morning at breakfast and we would advise you to hand pocket money to Mrs. Thomas in a clearly labeled envelope / wallet. 60 Euro's is plenty!
We can not accept any responsibility for money not handed in to Mrs. Thomas

Smoking:

HLC has a no smoking policy and this will be enforced on the ski trip.

Presents:

Gifts in ski resorts tend to be quite expensive and we would ask you to discourage students from buying presents.

Contact with home:

We will ring the lead people in the telephone tree to announce our arrival at the hotel. Please avoid ringing the hotel, unless there is an emergency at home. In this case please ask for one of the HLC staff in the first instance.

Web site: Staff will be sending information to the school Web site, I hope parents will enjoy following our daily programme.
This can be accessed on: www.hadleylearningcommunity.org.uk

Evening Entertainment:

The schedule for entertainment currently stands as:

Sunday - Quiz / DVD

Monday - Ice Skating

Tuesday - Pizza or crepe

Wednesday - Sledging

Thursday - Games evening

Friday - Tobogganing / Tubing

Everything has been paid for, apart from pizza / crepe night (this is optional but pupils will still need to attend).



Hairdryers and UK plugs:

I suggest students work together to organize hairdryers and electrical items and remember an adaptor.

Contact details:

Hotel:

Hotel Posta
Corso Roma, 34 23031 Aprica
ITALY
Tel: 00 39 0342 746010 / info@hotelpostaaprica.com
(only in emergency please)

Coach Company: AT Brown (01952) 605331

Travel Company:

Activ4
16 Longbow Close,
Longbow Professional Centre,
Shrewsbury,
SY1 3GZ
Tel. 0870 2406348 / Fax. 01743 467268
www.activ4.com
info@activ4.com

Activ4 is a trading name of UK Premier Leisure Ltd. Registered in England 04597011 VAT No: 807672808
ATOL Number 6175 ABTA Member

Emergency Contacts in the U.K:

Mr. D Bowyer at school 01952 387000 daytime
Mr. D Bowyer (evening and weekends) 07510897288

Telephone cascade:

This will be used to notify families that we have arrived in Italy, and on the return journey to indicate a time of arrival at HLC. **(See separate sheet)**

We will phone the contact for the pupil in **bold print** and they will phone all the contacts of the pupils below them in their box. May I ask that the people in charge of each group don't leave a message without ringing again later to check that the message has been received?