

Kesteven and Sleaford High School

Ski Trip 2018

Loon & Canon,
New Hampshire, USA



Staff Team

- **Miss M Adams**

Subject Leader PE

Group Leader

- **Miss K Duffy**

Teacher of Maths & Head of Year 8

Deputy Group Leader

- **Mrs J Stacey**

Teacher of PE

- **Miss A Kilgannon**

Teacher of PE & Head of Year 11

- **Miss A Beckitt**

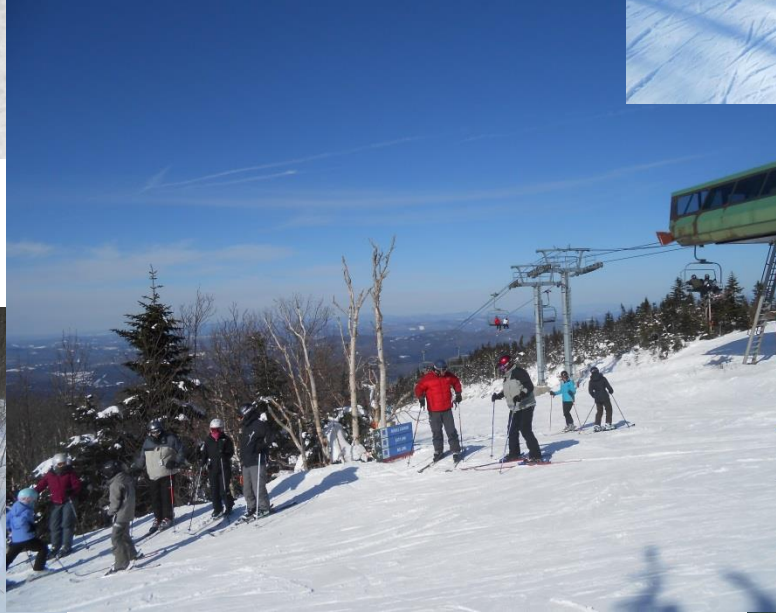
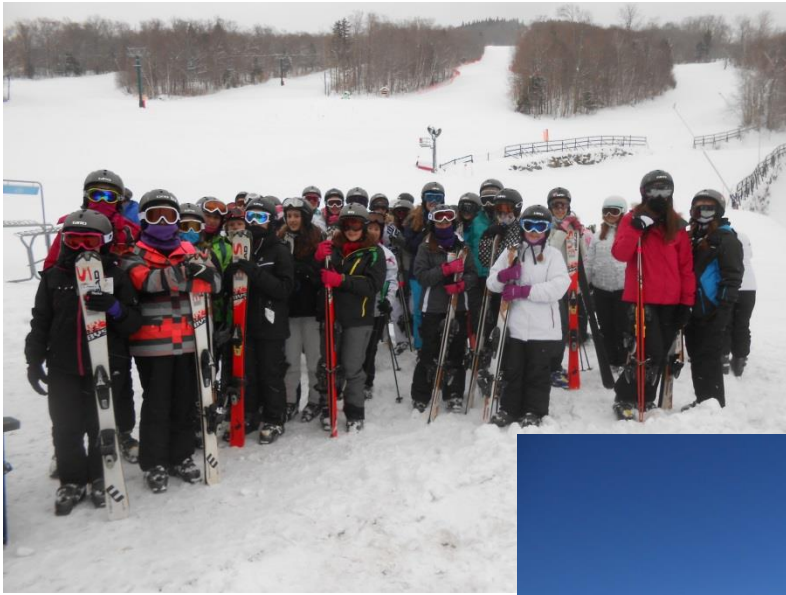
Subject Leader French



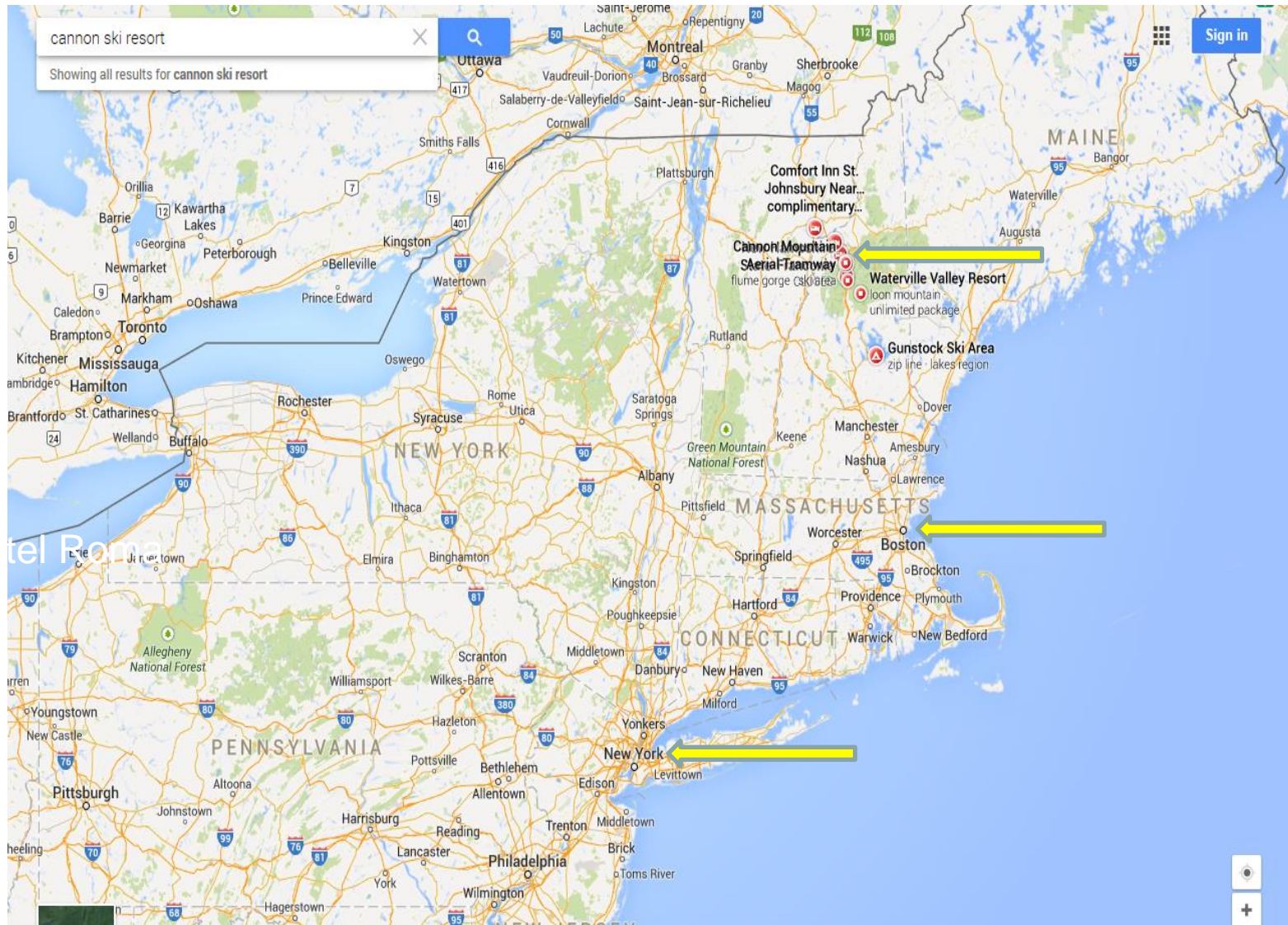
Format for the evening:-

- Overview of Trip
 - Routines at the resort
- Risk Assessment (Health & Safety)
- Essential Trip Information.
 - Parents
 - Students
- Ski Clothing

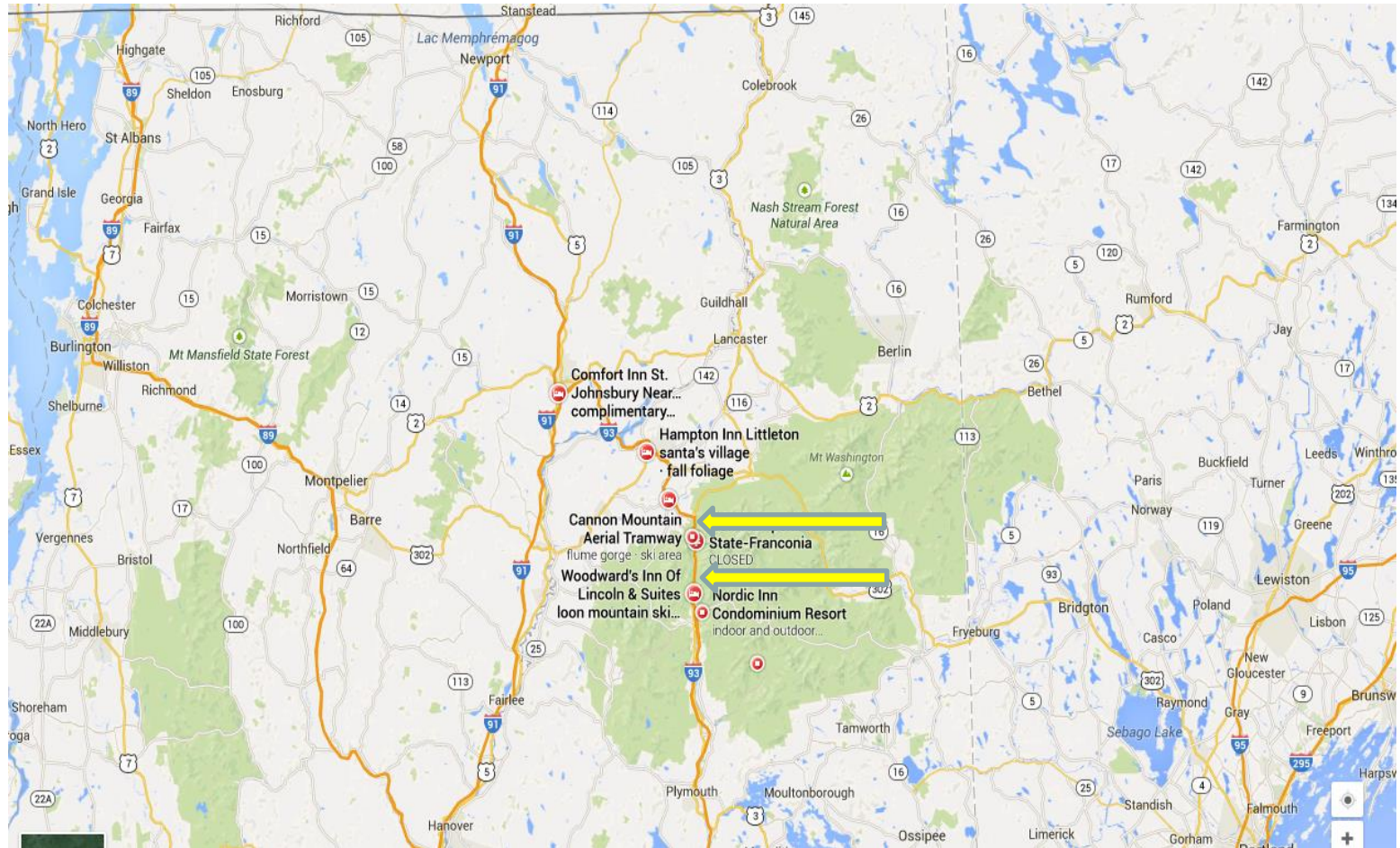




USA – East Coast



Cannon & Loon



The Routine

The Week

* **Departing From:** Sleaford Friday 9th February @ 10am

- **Flight Departure:** London Heathrow @ 16.45
Arrive: Boston @ 19.20 (local time)

Coach Travel: Transfer to Woodward's Resort, Lincoln

Time in USA:

- **Saturday 10th – Wednesday 14th :** Daily Ski Lessons
 AM: Ski Lessons
 Lunch on the slopes
 PM: Ski Lessons
 Evening: Meal and

Entertainment

- **Thursday 15th :** Vacate rooms; coach transfer to New York via Shopping Mall. Evening meal in Hard Rock Café and visit to Empire State Building

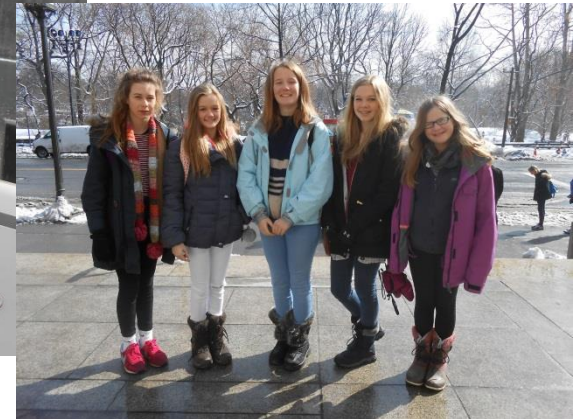
- **Friday 16th am:** Complete visits to sites via coach
Travel to JFK for return flight – Depart @ 18.30

Arrive Heathrow @ 06.30

- **Saturday 17th :** Coach Travel to return to Sleaford.
Estimated Arrival Time 11.30 @ Sleaford Train Station.

A Typical Day

- Morning 'wake up' call
- Breakfast
- Preparation for Skiing (Checklist)
- Collect Skis from ski room
- Meet instructor on the slope
- Ski session 1
- Lunch on the slopes
- Ski session 2
- Return skis
- Back to hotel – relax
- Evening meal
- Briefing
- Evening entertainment



Health & Safety

- **Risk Assessment**
 - **Identified Risks & Control Measures**
- **Information for parents**
- **Conduct of all Participants - students**

Information for Parents

- **Risk Assessment for the whole trip. Full copy for your inspection**
- **Insurance – Extensive cover for health not for valuables. Cash £150 only.**
- **Clothing - Skiwear and Appropriate Casual Wear**
Baggage allowance 23kg Main Bag. 10kg for hand luggage
Virgin Atlantic
- **Full student Medical Details are Required (Tallington + Ski Trip)**
- **The exercise routine will be demonstrated. Students must maintain their fitness and we will provide paper copies of the exercises**
- **Student must follow the instructions given by KSHS Staff & Ski Instructors**
- **Half Board - Special dietary requirements must be notified in advance.**
- **Medication Details must be provided in writing.**
Pain Relief & Travel Pills specified. Not provided by staff.
- **Spending Money - Suggested maximum £300 - Some of which can be held by Staff**
- **Hotel – Fire Drill. Security. Shared Rooms**

Rules For Students

- **Students must only ski under the supervision of the Ski Instructors**
 - **Under no circumstances must students ski without the instructors**
- **Students should understand the ski-way code and safe skiing procedures.**
- **Listen to and follow the instructions of KSHS staff at all times. Know your group.**
- **Adhere to the safety information provided for Travel, Accommodation and Skiing**
- **As representatives of this school students must conduct themselves in an appropriate manner at all times.**
- **Students must prepare themselves for the visit by working to the Fitness Plan provided.**
- **At the resort students must eat regular meals – including breakfast**
- **At all times students must be in groups of 3 or more**
- **No students are to purchase or consume alcohol at anytime and smoking is not permitted on this trip.**
- **Students must inform staff if they are unwell or have an injury**
- **Room allocation & security. (Students must remain in their own rooms at specified times)**

Ski Slopes

SPEED AND SAFETY

Travelling effortlessly at speed is one of the great attractions of skiing. But speed brings with it an element of danger. Always be aware of this.

- Keep your speed down on crowded slopes, in bad weather or if you are tired.
- Keep your speed down around blind corners or over drop-offs.
- Give other skiers a wide berth: even if you don't hit them, you may scare them.
- Never ski beyond the limits of your equipment.

The Ski Way Code

- 1) **Respect for others** - Be aware of all skiers / snowboarders around you and do not endanger them.
- 2) **Control of speed** - Only ski within the limits of your ability, and be sure you can always stop safely.
- 3) **Choice of route** - Pick your route carefully and be prepared to handle changing situations with skiers/ snowboarders and the mountain itself.
- 4) **Overtaking** - Always allow space for others to make their turns and remember that skiers/ snowboarders ahead of you have the right of way.
- 5) **Starting or entering a piste** - Look up or down the run and ensure space to avoid other skiers/ snowboarders paths.
- 6) **Stopping on the piste** - Always stop at the side of the piste, away from narrow places, blind corners or sudden drops. After a fall, move quickly to the side.
- 7) **Climbing & descending on foot** - If this is necessary, keep to the side, near piste makers.
- 8) **Respect for signs & markers** - Always obey signs. They provide vital information for you and your safety on the mountain.
- 9) **Assistance at accidents & identification** - Understand accident procedures and be prepared to help. Witnesses must provide names and addresses

Airport Information

- All travellers to the USA must have their own machine readable UK passport.
(Ideally more than 6 months remaining)
- Names provided for airline ticketing **MUST BE IDENTICAL** to that of the passport.
(Abbreviations are not accepted)
- ESTA application – copy to Miss Adams **ASAP** <https://esta.cbp.dhs.gov/esta/>
- *All liquids taken must be 100ml or less and fit in a clear bag 25cm²*

• **ESTA application** – copy to Miss Adams ASAP

<https://esta.cbp.dhs.gov/esta/application.html?execution=e2s1>

SKI SCHOOL

- Groups will be taught by fully qualified instructors
- Students will be split into groups based on ability
- Group sizes will be an average 12 students to one instructor
- We have organised 4 hours of ski school per day



Why Return to New Hampshire?

- Excellent slopes for beginners and intermediates & advanced
- Excellent standard of service at ski schools. English Speaking
- A very high likelihood of snow.
- Very high standard of accommodation
- Evening entertainment in close proximity.
- Wide, sunny nursery slopes.

Equity Ski

- Attention to detail – Health & Safety for school groups. Indp Auditing
- Ski Instruction by qualified instructors
- Customer Service – Knowledge & Advice
- Booking Security -ABTA bonded & Pre-Travel Insurance
- Trained staff at resorts
- Long working relationship with Fogg Insurance Services



Clothing Requirements

On The Slopes

- Ski Coat and Salopettes or Trousers
- Skiing Gloves
- Sports Sunglasses or Goggles
- Ski Socks
- Hat (Cover ears)
- Thermal Underwear
- Warm layers (**Micro Fleece**)
- Inner Gloves
- Scarf (Fleece)
- Snood

Evening & Travel Clothing

- * Casual Warm Sports Clothing (**Remember it can be -10°C**)
- * Fleece
- * Joggers
- * Thick Socks
- * Fleece Hats
- * Shoes/Boots suitable for snow conditions.
- * Warm Hat (Fleece or Wool)

HELMETS

Helmets are compulsory when traveling as part of a school party. These are included in the equipment hire and will be provided along with boots and skis. You may of course bring your own if you have one.

What makes a successful Ski Trip ?

- Student co-operation and interest
- The accuracy and reliability of the provider
- Support from the School & the Staff Team
- Ideal weather conditions
- Support from interested parents

Thank you for supporting Skiing at KSHSSA

Tallington Dry Ski Slope

