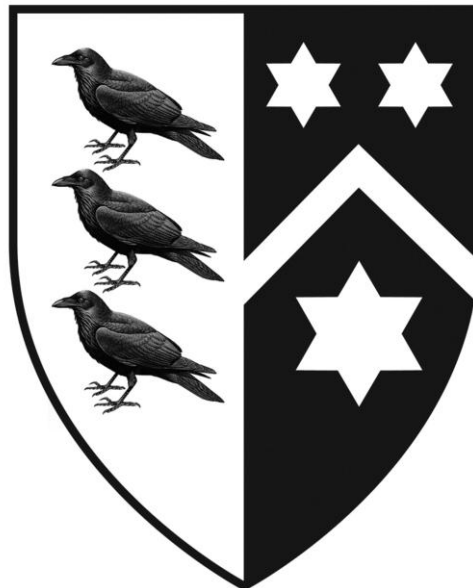


The Corbet School



**Ski Trip
Booklet**

KIT LIST

❖ Please label as much as possible!

1 x large soft bag:

- Ski Jacket
- Salopettes
- Warm ski hat
- Goggles
- Sun glasses
- Ski gloves
- T-shirts / thermal underwear and ski polo neck
- Thick ski socks (at least 3 pairs)
- Jumper / fleece for extra warmth
- High factor sun cream & lip salve
- Underwear and ordinary socks
- Bath towel
- Wash bag
- Night wear
- Clothes to wear in evening
- Thick-soled shoes for evening time outside
- Trainers or similar to wear in the hotel
- Gloves for non-skiing wear (e.g. woollen)

1 x Hand luggage / rucksack:

- 1 x Pillow
- Warm top or ski Jacket
- Tooth brush and paste
- Packed lunch
- A little English money
- Spending money (Approximately €100)
- Magazines or a good book

Optional Items but useful

- Travel games / cards
- Camera (disposable)

ESSENTIAL ITEMS

To be handed to Mr Simms closer to departure

- Passport
- European Health Insurance Card

RULES

- **All group activities are compulsory**
- **Mobile phones are not allowed on the trip**
- **The consumption or possession of alcohol or smoking materials is strictly prohibited throughout the duration of the trip**
- **Pupils must adhere to all instructions given by their instructors and staff**
- **Pupils should show respect to equipment, staff, other visitors and other people's property. Any damage will be paid by the individual responsible**
- **Pupils are not to behave in an anti-social fashion e.g. drop litter, spit, use offensive or insulting language or behaviour**
- **Pupils are not allowed to leave the accommodation centre without the permission of a teacher**
- **Pupils are not allowed to go into the rooms of other people who are not in our party**
- **Pupils are expected to stay in their room and keep the noise down after curfew has been called**
- **No members of the opposite sex are permitted in the same bedrooms**
- **Under no circumstances will pupils be allowed to ski without the supervision of a qualified Ski Instructor**
- **Pupils must not take or bring back prohibited items through customs**

The party leaders reserve the right to:

- **Withdraw lift passes from irresponsible pupils and those who disobey instructions given for their safety and the safety of others**
- **In extreme cases send pupils home at a cost to parents / guardians**
- **The highest standards of behaviour are a minimum expectation for all pupils going on the trip. As such, should we have a cause for concern about the behaviour of your child, the school reserves the right to decline to take your child on the trip on the grounds of health and safety**

Valuables

- Avoid taking expensive items (e.g. digital cameras & iPods)
- Mobile phones are not allowed on this trip
- Reasons for this:
 - child protection issues
 - value
 - disruption of sleep
- Pupils will have the opportunity to contact home using the phones in our accommodation
- There will be an opportunity to ring from a service station on the morning of our return journey to school
- Interski and the teachers will be taking photos whilst on the trip

The Corbet School accept no responsibility for the theft, loss or damage of valuable items!

What Next?

- Please ensure that your child has:
 - a valid Passport (if your child does not hold a British passport please inform me)
 - a European Health Insurance Card
- Please take a look through the kit list provided and start to acquire the necessary clothing
- **Where appropriate, hand SNOWCO orders to Mr Simms by Friday 25th November 2011 (cheques payable to SNOWCO)**
- Parents or Guardians please read through the ski trip booklet with their child and sign and return the relevant information by Friday 25th November 2011
- If you have any queries or questions please contact me at school
- Exact timings and emergency contact details will follow closer to departure

Personal and Medical Information

Pupil Name (as on Passport): Town of Birth:

Date of Birth: Age:

Weight (KG): Height (CM): Shoe size:

1. Please outline any special dietary requirements of your child including anything that they are knowingly allergic to:

.....
.....

2. Does your child suffer from any medical condition which requires medical treatment including medication? YES/ NO (If yes, please specify)

.....
.....

3. Is your child allergic to any medication? YES/ NO (If yes, please specify)

.....
.....

NB: Should there be a need for your child to bring any medication (including travel sickness treatment) with them it should be clearly named and carry clear instructions of dosage. It should be handed into a member of staff prior to the journey. It is the pupil's responsibility to approach the member of staff at the appropriate time.

4. When did your child last have a tetanus injection?

.....

If unknown, do you give permission for it to be administered if necessary? YES/NO

5. Do you give consent for school staff to administer paracetamol to your child if necessary? YES / NO

6. Do you agree to your son/ daughter receiving medication as instructed and any emergency dental, medical or other treatment including anaesthetic or blood transfusion as considered necessary by the medical authorities present? YES / NO

7. Do you give consent for child's photograph to be used by Interski for publicity purposes (no names will be shown)? YES / NO

Signed: (Parent/guardian) Date:

Please print pupil's name:

Please inform Mr Simms as soon as possible of any changes in your son / daughter's medical or other circumstances between now and the commencement of the journey.

Emergency Contact Details

Pupil Name:

Emergency Home Contact (1)

Name:

Address:

.....
.....

Telephone

Day Time: (Mobile).....

Evening: (Mobile).....

Emergency Home Contact (2)

Name:

Relationship to pupil:

Address:

.....
.....

Telephone

Day Time: (Mobile).....

Evening: (Mobile).....

Ski Ability

Please indicate ski experience using the numbered system below

Ski Ability	Description for Ski School Lessons
1	Never put on a pair of skis or only a taster lesson on a dry slope.
2	Confident to ski nursery slopes using snowplough. Very limited experience.
3	Confident to ski easy blue runs with a mixture between snowploughing and parallel turns but anxious on steep or icy sections.
4	Confident to ski parallel turns on all blues at reasonable speed and happy to ski reds but anxious and have to pick route carefully when slope becomes steep or icy. Stuck on 'intermediate plateau'.
5	Confident to ski parallel turns at a steady pace on all reds and easy blacks, but anxious on bumps. Would now like to tackle more demanding slopes.
6	Confident to ski parallel turns at high speeds on reds and easy blacks.

NAME: _____

SKI ABILITY: _____

Declaration

- I agree to the Ski Trip Rules and have also read the Ski Booklet. I understand that if I break any of these rules I will forfeit my lift pass to the Party Leader (Mr Simms) and in extreme cases be sent home at a cost to my parents or guardians.

Pupil sign:

- I have read the Ski Trip Rules and discussed them with my child. I understand that if my child breaks these rules their lift pass will be withdrawn at the discretion of the Party Leader (Mr Simms) and in extreme cases may be sent home at a cost to myself.

Signed..... (Parent/guardian)

- I agree to..... (Name of child) taking part in this visit and the activities involved. I have read the information in this booklet and understand the extent and limitations of the insurance cover provided.

Signed..... (Parent/guardian) Date.....