



The Blue Coat School Ski Trip 2024 Saalbach – Hinterglemm Austria

- Key Information for the trip
- Safety on and off the slopes
- Behaviour expectations
- Ski Rossendale Information
- AC Sports Clothing
- Opportunity for Q&A

ALL INFO IN THIS POWERPOINT
WILL BE AVAILABLE ONLINE BY
THE END OF THE WEEK

Staffing



Mr. Reece



Mr. Thompson



Mr. Kelly



Mrs. Thompson
- Boyle



Miss. Brown



Miss. Clough



Mr. Clough



Mr. Wylie



Mr. Pullen



Miss
Thomasson



Mrs. Underwood



Miss Quinn

Key Dates and Times

99 Days

Friday 16th February

- Bring luggage to the Undercroft (Y10 social space) before school between 7:30 and 8:30 – this will get locked
- 1 case per student and 1 item of hand luggage – be mindful of others
- 28 hours later.... we arrive in resort! – Food for the coach

Saturday 24th February

- Anticipated back in Oldham Saturday evening at 21:30
- If times change, students will keep you updated on expected time of arrival. If mobile phones have run out of charge, school mobiles will be available for students to use



Resort Information

- All information about Saalbach and Hinterglemm and our accommodation will be in your booklet.
- 5 hours of lessons everyday for 6 days.
- Breakfast, packed lunch and evening meal for the duration.
- Après ski activities on most evenings.



Key Information for the Trip

Money

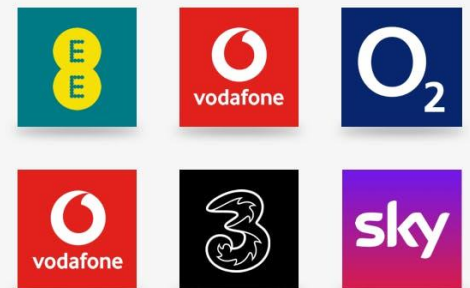
- The cost in any ski resort is higher and prices on the mountain are particularly expensive
- Usually we advise between £100 - £150 in euros and £50 in pounds sterling.
- Apple Pay / Monzo / Revolut (or equivalent)
- Once on the coach, all spending money, except that what is needed for the journey, will be collected in and kept by staff. Each morning students can withdraw an amount for the next 24 hours, and so on. Money will be locked away in a safe place in the hotel.
- 10 Euro needed to hand in when dropping off bags – ski pass deposit, breakfast on final morning and “pizza night” money

Messages from the administration team

- For passport queries, please visit the .Gov website.
- Please complete the data collection for on MyEd with passport information and sizing.

Passports, EHIC, Ski Passes and Mobile Phones

- Passports and EHIC cards will be kept by staff for the duration of the trip and given back to students on arrival back in Oldham.
- Please check the expiry date on EHIC card before sending it into school
- Ski passes must be ALWAYS be kept on students when on the mountain
- Mobile phone providers – CHECK!



Skiing Safety

- Blue Coat Staff
- Group ratio: 1 instructor : 12 students
- The Austrian Instructors are in charge when on the mountain. They have a responsibility for everybody's safety
- All students must always wear a helmet on the slopes. Importance of being organised.
- Medication – Ensure you have it on you if needed throughout the day ie. Inhaler for asthma
- Students will be grouped by ability whilst skiing – again the instructors are responsible for this

Rules For The Slopes

- The FIS (International Ski Federation) has established the rules for the conduct of skiers and snowboarders.
- **They are to ensure safety on the slopes and are governed by law – PLEASE READ CAREFULLY WHEN AT HOME PRIOR TO LEAVING**



Behaviour & Attitude

- Blue Coat standards
- No alcohol / No smoking / No vaping
- Injury could result in the Ski Instructors insisting you sit out of the morning/afternoon ski sessions
- Skiing is a difficult activity at first, but extremely rewarding
- Be “ski fit” ready to go in February
- Positive attitude... **“HAVE A GO!!!!!!”**

Food = Fuel!

Research suggests that an average young person, skiing at a moderate intensity can burn anywhere between 400 and 600 Kcal an hour!

**It is important that we are fueling our body...
and fueling it with the correct nutrition!**

Ski Rossendale Lessons

Lesson dates are as follows:

- Thursday 16th November
 - Thursday 23rd November
 - Thursday 7th December
 - Thursday 14th December
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- Students are to meet in the Sports Hall at 3.20pm to register and get changed
 - The lessons are from 5pm - 7pm
 - We will arrive back at school for 7:45pm
 - Students will need an old coat, old tracksuit pants, ski socks/football socks, warm clothes for underneath and gloves (they will not allow you on without them)



AC Sports

Ski Clothing and Accessories

Your Ski holiday should be the trip of a lifetime. It doesn't need to cost a fortune to make sure you are appropriately attired and we aim to advise you which items are essential, which are preferable, and which are optional. You may also have items already that are perfectly acceptable.

SKI TRIP PACKING LIST

CLOTHING



Ski/Snowboard Jacket



Ski Pants

- Make sure they are water proof!



Ski Socks

- Stay away from cotton!



Synthetic or wool base layers

- To keep dry and warm



Waterproof gloves or mittens



Winter Boots

- These make walking in snow much easier



Gaiter/Scarf

- Protect your neck and your face

ACCESSORIES



Goggles

- To help protect your eyes from the wind and sun



Helmet

- For warmth and safety!



Ski hat

- For after skiing!



Ski poles



Sunglasses

- for relaxing during lunch or after skiing



Sunscreen

- Wear this even on cloudy days!



Lip Balm

- Look for lip balm with SPF in it



AC Sports



789 Ormskirk Road, Pemberton, Wigan, WN5 8HE

Tel/Fax: 01942 216537 Email: info@acsportsshop.com Web: www.acsports.co.uk

It's so important that you have the correct clothing for your ski trip but it need not cost a fortune. Here's a list of the essentials, desirables and optional items.

Moonboots:

Not essential although useful when walking in deep snow or sledging. Trainers with a good ridged sole or street hiking boots are commonly worn by the people living and working in the resort. Take a spare pair if you have one in case one gets wet.

Ski Suit or Pants/Salopettes and jacket

Ski clothing is essential for your trip. Most people go for ski pants and jacket rather than a suit and there are many different styles available. Prices can vary enormously but as long as you have items designed for the purpose you will be fine.

Helmet, Boots, Skis and Poles/Snowboard

All essential but will be supplied in the resort so you don't need to pack and carry them with you.

Hat/Bobcap

Essential whenever you are outside and not wearing your ski helmet. There is no special type, just ensure it is thermal and is big enough to cover the top of your ears.

Gloves:

Essential. These must be ski gloves or mitts with a snowproof outer layer and thermal insulation. Go for a pair with protected layers on the palm to avoid damage from your skis edges.

Goggles/Sunglasses

Goggles are essential. Whilst shatterproof sunglasses are adequate to protect your eyes from the sun if there is wind or snow you cant manage without goggles. (Goggles should be anti fog and both must offer UV400 protection)

Socks:

Essential for keeping out the cold. Ski socks are designed specifically for skiing and snowboarding and are long, thermal, lightweight and free from seams or ribs.

Base and Mid Layers

Under your ski suit you will need a thermal base layer and a mid layer. We recommend a thermal base layer (long sleeve top and long pants), a T shirt(your normal T shirts are perfectly fine for this purpose) and a zip neck micro fleece (light weight and very warm) . Dependant on the weather you can add more or remove the T shirts.

Sun Cream / Lip balm:

At least factor 30 sun cream is essential. The sun can be very bright at altitude and has the added reflection and glare from the snow. Apply Sun Cream and lip balm at least twice per day

Ski Ties:

A very usefull addition. A simple velcro strap that holds your skis together when you carry them and helps identify them.

Our opening hours are 9:30am - 5:00pm Monday to Saturday. You can visit us in person or phone or email us with your requirements or queries



AC Sports



Ski Clothing Hire Services

Prices

	From	To
Salopettes	£20.00 per week	£20.00 per week
Jacket	£25.00 per week	£25.00 per week

Price List

Ski Pants/Salopettes	£30	£80
Ski Jackets	£40	£110
Hats/Bob Caps	£5	£10

Gloves

Junior	£10	£15
Senior from	£18.00	£25.00

Goggles

Single Lens	£15.00	£15.00
Double Lens	£20.00	£20.00
Mirror Lens	£25.00	£25.00
Over The Glasses	£30.00	£30.00

Sun Glasses	£15.00	£15.00
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Ski Socks

Junior	£5.00	£5.00
Adult	£5.50	£5.50
Patterned	£7.50	£7.50
Twin pack	£11.00	£11.00
Triple Pack	£16.00	£16.00

Thermals

Long sleeve top	from £12	from £15
Pants	from £10	from £12

Necker/Snood (Micro - fleece)	£6.50	£8.50
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Ski Tie	£2.00	£2.00
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Sun Cream/ Lip Salve Duo SPF30 or SPF50	£7.50	£8.00
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Micro Fleeces	£15.00	£18.00
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Wheeled Holdall	£30.00	£45.00
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YOUR SCHOOL TRIP PACKING CHECKLIST



- Passport
- EHIC or GHIC card
- Personal medication
- Spending money
- Mobile phone charger
- Plug adaptors
- Toiletries
 - Toothbrush
 - Toothpaste
 - Shampoo
 - Soap
 - Hairbrush
- Sun hat
- Sunglasses
- Waterproof jacket
- Waterproof sun lotion
- Backpack
- Comfy clothes that will allow you to take part in the activities on your itinerary
- Sensible shoes for walking (trainers, or walking boots if going out into the countryside)
- Jumper/hoodie/sweatshirt for the evening (even in 'hot' destinations it can get chilly in the evening)
- Underwear (including plenty of socks)
- Pyjamas
- Towel
- Swimwear
- Plastic bag/bin liner for dirty laundry
- And don't forget to pack a book or some other form of entertainment for the journey!





AC Sports



789 Ormskirk Road, Pemberton, Wigan, WN5 8HE
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Ski Clothing and Accessories

Special Offer Ski Packs

Option 1 (Full Monty)

£130 (saving up to £25)

Hired
Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep

- Ski Jacket and Salopettes / Ski pants (hired for duration of trip)
- 3 Pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles
- 1 set of thermals (base layer)
- 1 micro fleece
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie

Option 2

£95 (saving up to £10)

Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep

- 3 Pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles
- 1 set of thermals (base layer)
- 1 micro fleece
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie

Option 3 (Basic Essentials)

£45 (saving up to £5)

Yours to Keep
Yours to Keep
Yours to Keep
Yours to Keep

- 3 pairs of ski socks
- 1 pair of ski goggles
- 1 sun screen / lip balm combo (factor 30 or 50)
- 1 ski tie



Specialists in ski and snowboard
clothing hire

Final Arrangements

There will be 2 meetings for students before departure.

1. Room allocation once the hotel has sent through the information
2. Final arrangements meeting

Emergency Contact details

Mr Reece (Trip Leader)

Mr Thompson (Deputy Trip Leader)

Phone numbers will be sent out nearer to the time

Skiing is a fantastic experience for all ages and abilities. If you've skied before, you know what a great time you will have! First timers, be ready for a great experience. If you are patient and have a positive attitude, you *will* have a great time!

