



KING EDWARD VI SCHOOL

LICHFIELD

Dear Parent / Carer

10 March 2015

Ski Visit to Alp 2500 – Saturday 4 April to Saturday 11 April 2015

Parent and student meeting

Other information

As we move into March realisation is now dawning that we go on our fantastic visit early next month

- **Parent and student meeting – Wednesday 25 March 2015**

A meeting for parents and students will be held on **Wednesday 25 March at 5:30pm in Bader Hall**. The aim of this meeting is to confirm the final details of the trip (eg. Departure times, flights, transport, etc.) and give the opportunity for any questions to be raised. Given this is the final meeting before we depart, it is important that all students and parents attend this meeting as documentation requires completion and passports submitted.

- **Passport**

To be absolutely sure they are not forgotten on the day we request that your child's passport is **handed over to us at this meeting**. We will then place them in a secure location until departure.

- **Insurance**

All members of the trip are covered by Halsbury Travel's full comprehensive insurance. The full policy can be found at <http://www.halsburyski.com/teachers-guide/downloads>. Please review and ensure this is adequate for your child. If you feel it necessary you can arrange additional insurance at your own expense. A copy of your policy will need to be brought on the trip with your child and a copy made available to the ski teacher prior to our departure.

- **Medical Form**

There will be a requirement for you to complete a medical form. This must be completed not more than fourteen days prior to the visit start. To ensure this is the case we request it is completed during the meeting on **Wednesday 25 March**. Please bring along **Doctors details – Name, address and telephone number**. We also request **appropriate details of medication** to be taken during the visit and permission is sought for the administration of proprietary medications. Details of any **allergies** are also required. Please note **without this Medical form being in the possession of a teacher accompanying your child, your child will not be able to go on the visit**.

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- **National insurance EHIC Card**

Your child needs to be in possession of the above card at all times during the visit. It will be their responsibility to bring the card and to look after the card throughout the visit.

Your EHIC lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers you for treatment of pre-existing medical conditions. The EHIC is valid in all European Economic Area (EEA) countries. This card is entirely free. (Source: <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>)

- **Money**

Whilst on the trip although we are 'full board' students (note NO food is provided/included on the flights) will need to ensure they have their own money to pay for drinks each day as well as for any snacks and souvenirs they may wish to purchase whilst they are in Spain. As such, we suggest around 120 euros, with them. Please can I make it clear that we cannot take any responsibility for your child's money. It is their responsibility so please urge them to take extra care with their money.

- **Kit List**

Please find attached details of clothing and equipment recommended.

I look forward to seeing you all on **Wednesday 25 March in Bader Hall starting at 5:30PM. Depending on questions it should not take more than one hour.**

With kind regards

Yours faithfully



Neil Turner
Visit Leader
Teacher of Business, Economics & Accounting

SKI TRIP 2015 CHECK LIST

Main Clothing

1. Base layer: Thermals
2. Mid layers:
 - A light second layer top with moisture wicking properties
 - Fleece or similar with moisture wicking properties
3. Outer layer: Insulated and weatherproofed jacket and trousers or salopettes

Essential Accessories:

1. Sunglasses, 2. Goggles, 3. Helmet, 4. Gloves or mittens, 5. Proper ski socks, 6. Sun-cream

Layering is the best solution.

Temperatures vary, what can start as a relatively warm day can turn bitterly cold. Sitting on a chair lift in windy conditions and feeling cold is no fun! You can always remove layers - but if you don't go up the mountain equipped you're stuck with it all day long.

The best solution is to use a layering system:

Base layer: Thermals. Favour man made materials (i.e. polypropylene - see our Thaw thermal underwear) rather than cotton as these are quick drying and washable. Thermals should not only keep you warm but wick the moisture away from your skin.

Mid layers: One or two mid layers. Both need to be breathable. Combined - layers have a great insulating effect with air being trapped in-between. These usually consist of a light thinner top and a fleece for insulation on top. On a hot day you can remove a layer and put the fleece in your back pack. Also make sure one of your mid layers has a high neck.

A high neck is really important when in snowy and windy conditions as any area of skin left exposed to the elements will soon feel the chill and the biting wind. Whilst your jacket might have a high collar – it's often difficult to keep the wind and snow away from your neck completely.

Outer layer: Insulated jacket and trousers. Make sure you hire or buy a jacket and trousers intended for skiing. A proper ski jacket and trousers will have a level of breathability and waterproofing. Usually the higher the price you pay will affect how technical the fabric is - which directly affects how waterproof and breathable the garment is.

Essential Accessories:

Helmet – Unless you have stated otherwise a helmet is provided. You may consider a thin balaclava under the helmet hat. It must not affect the fitting of the helmet.

Gloves or mittens: Another absolute essential. Don't compromise by having cheap gloves not made for the purpose. If you suffer from cold hands or have bad circulation it may benefit you to go for either Gore-tex gloves or mittens.

Another option might be to buy some thermal inner gloves – like thermal underwear for your hands these fit easily into a pocket and can be brought out when the temperature drops to add an extra bit of insulation.

Socks: Ski socks need to be without seams or ribs and long enough to be pulled above your ski boots so that they do not interfere with the fit of your ski boots.

Goggles: The importance of taking ski goggles with you cannot be understated. If you are caught in conditions that require goggles – snow, sleet or high wind (it is not only the falling snow but the wind that gets in the sides of sun-glasses and can make eyes stream uncontrollably), if you lose your vision, you cannot get down the mountain safely.

Goggles cut out the wind, sleet and snow and the special lenses generally used are for poor visibility (not intense sun-light) and help distinguish the landscape to enable you to ski through the poor conditions. You can't always predict the weather first thing in the morning – I would never go up a mountain without my goggles in my bag!!

Over the glasses (OTG) goggles: If you are a prescription glasses wearer, you will need OTG goggles. These are designed to give your glasses enough room (so they are not being pushed uncomfortably against either your face or left touching the goggles lens) to allow circulation of air and a comfortable fit.

Sun-glasses: You need eye protection at high altitude. Coupled with the very intense light at altitude you have the reflection from the snow to contend with as well. Intense sun-light can not only diminish visibility, high UVR levels can be damaging to your eyes and in the mountain environment can even result in what is loosely termed snow-blindness. Snow-blindness can occur when the eye is exposed to large amounts of ultra violet rays coupled with the reflected UV rays off the snow. Symptoms often don't occur until several hours after the exposure and can be pain in the eye or forehead, blurred vision and sensitivity when looking at bright lights. You may not be aware of the damage you are doing at the time.

Sun cream: Sun-cream and lip balm are needed when skiing - because of the intense UVR at altitude you can even burn on cloudy days. Go for an absolute minimum factor of 15 (SPF) and use a block on any burnt areas.

You may also consider taking....

Bag: Most of us now wear back packs for skiing. However remember you're not trekking, so the back pack needs to be fairly small and light. You also need to sit safely on chair lifts without being pushed too far forward - or remove your back pack on the chair lifts. If possible stick to a small, slim-fit back pack. One that is around 20L capacity or less should be ideal.

Snow boots: If the resort you are staying in has snow, ice or slush at resort level then you need to consider taking some snow boots. Fashion shoes and ice, snow or slush do not go well together. You need a very good grip, you need warm inners, you need these to be weather proofed.

Other things to take on piste

EHIC Card – Carry in jacket pocket at all times

MONEY – Enough for the day

SNACKS – If you get the 'munchies' or require for medical reasons

MEDICATION – Appropriate to you – e.g Asthma, diabetic.

SKI PASS – to be given out keep in jacket for the week

INFORMATION CARD – to be given out keep with you for the week

Don't forget your **SKIS, HELMET AND POLES** – it has happened!

Do NOT take bottles/cans of water – they often freeze and are extremely uncomfortable if you fall and land on them!