



YEAR 8 SNOWY MOUNTAINS EXCURSION 2017



Dear Parents and Students,

This year we are able to accommodate 140 students. I do encourage those that have not yet paid their deposit to do so as there will be a waiting list to replace those students that cannot attend the excursion.

The **approximate cost** of the excursion (depending on student's choice of activity) will be:

Skiing \$565

Snowboarding \$615

Cost includes coach travel, motel accommodation (2 nights), ski or snowboard hire, clothing hire, lift pass and lessons for two days, National Park entry and entry to Questacon. **Please note that this cost does not include lunches on all days.**

The itinerary for the excursion will be:

Tuesday 22nd August

- All students must attend school
- 10:15pm assemble at Umina Campus
- 10:30pm depart for Berridale

Wednesday 23rd August

- Approximately 1:30am toilet stop at Sutton Forest
- 5:30am arrive at Motel in Berridale
- Breakfast and fitting with ski's, snowboards and clothing
- 7:00am depart for Smiggins Hole
- 8:30am – 4:30pm Ski/Snowboard (2x 2 hour lessons)
- 6:00pm arrive back at motel
- 10:00pm everyone in their rooms

Thursday 24th August

- 6:30am breakfast
- 7:30am depart for Smiggins Hole
- 8:30am – 4:30pm Ski/ Snowboard (2-hour lesson)
- 8:30 – 10:00pm Disco at motel

Friday 25th August

- Before breakfast pack bags and clean rooms
- 7:00am Breakfast
- 8:00am depart for Canberra
- 10:30am Questacon
- 2:00pm depart for Umina
- approx. 6.00pm arrive at Umina Campus



Final payment must be made by Friday 28th July (no refunds after this date). Lift passes must be ordered a week before the excursion. It is strongly recommended that you make regular payments towards the cost of the excursion. These can be made at student reception or online. Students will be given a medical form to complete early next term and a final note will be issued a week prior to the excursion. If you have any questions, please contact Mr. Gosden on 43419066

NOTE: All notes and information regarding this excursion can be found on the school website.



YEAR 8

SNOWY MOUNTAINS EXCURSION 2017

SNOW SKIERS & BOARDERS INFORMATION (choose one only)

Alpine Accommodation is legally required to collect, record and maintain information for snow skiers & borders for the purpose of providing correct sizes, settings, adjustments and on-snow maintenance of settings and adjustments for Snow Ski & Boarding equipment. It is extremely important that any information provided is both accurate and complete. Some information may be re-checked and recorded at Ski Hire.

First Name/s Surname DOB/...../.....
 (Student/Participant) (Student/Participant)

Snow Skiers Information

Height(cm) Weight(kg) Foot Length.....(cm)

Please Note Foot Length should be measured from back of heel to the longest point of the foot when standing upright.

Number of times previously Snow Skiing Evaluation of Snow Skiing Ability

Please Note Please use Self Evaluation Guide below to evaluate Snow Skiing Ability

Student Skier Present Ability

Level 1 First time skier.

Level 2 Can stop and do basic turns

Level 3 Can ride a beginner lift and confidently control speed through snowplough turns

Level 4 Are confident riding lifts and can bring the skis parallel during the turn.

Level 5 Can start the turn with the skis parallel on all intermediate terrain.

OR

Snow Boarders Information

Height (cm) Weight (kg) Foot Length(cm) Goofy or Natural

Please Note Foot Length should be measured from back of heel to the longest point of the foot when standing upright.

Whichever foot instinctively steps forward to maintain balance if gently pushed from behind whilst standing upright. Goofy (Right Foot forward) or Natural (Left Foot Forward)

Number of times previously Snow Boarding Evaluation of Snow Boarding Ability

Please Note Please use Self Evaluation Guide below to evaluate Snow Boarding Ability

Student Board Present Ability

Level 1 First time Snowboarder.

Level 2 You can stop on both heel and toe edges.

Level 3 You can link skidded turns on green (easiest) terrain.

Level 4 You can link turns on blue (intermediate) terrain.

PARENTS/CAREGIVERS CONSENT & WAIVER

I hereby give consent for my child/ward to attend the Snow Ski & Boarding Program as outlined in the Snow Ski & Boarding Information & Permission Form & Final Itinerary and to his/her taking part in any Attractions or Activities arranged as outlined with exception to any Special Conditions or Requirements listed on the Snow Ski & Boarding Information & Permission Form and/or this Form with the terms and conditions following:

(Please initial each condition to show you have read, understood and accepted each condition)

Initial I/We recognises that Snow Skiing & Boarding and other Outdoor Pursuits are Dangerous activities and that there is an element of risk involved for my Child/Ward

Initial I/We recognise that participation in Snow Skiing & Boarding involves the use of Mechanical Lift Devices such as (but not limited to) Chairlifts, Lift Tows such as T-Bars, J-Bars, Pommas, Rope Tows and Conveyors which assist or take the Students/Participants up the slopes involving certain risks and injuries can result from falls from these devices

Initial Students/Participants must wear the approved helmets (Skiing & Snowboarding) and wrist guards (Snowboarding only) which are provided by the establishment as part of their package but the parents/carers and the student/participant acknowledges that no protective equipment can prevent or protect the wearer against all possible injuries

Initial I/We understand that certain risks are normally involved in snow skiing and boarding including but not limited to, collisions with other skiers and obstacles, as well as a falls which can cause injury

Initial All snow skiing boarding lessons are conducted by the Ski Resort Snowsports Instructors which your child/ward will be visiting and not by the School/Organisation, Teachers/Carers or Alpine Accommodation

Initial Your child/ward accepts responsibility for the manner in which they perform each activity and is responsible for knowing and understanding the "Alpine Responsibility Code" and "Lift Usage Policy"

Initial The student/participant accepts responsibility for the Ski Hire that they obtain and is responsible for its replacement costs and/or repairs if the equipment is damaged, broken, stolen or lost or misplaced. The cost will involve the cost to replace the items with that of new items of equal or greater quality

Initial It is the responsibility of the Parent/Caregiver to provide correct information as to the snow skiing or boarding ability of their child/ward and whether they require lessons. If they indicate that lessons are not required, they take full and absolute responsibility for this decision as it is the school's policy and Alpine Accommodations recommendation to have daily lessons

Initial Students are responsible to snow ski or board in a safe and controlled manner at all times

Initial Parents/Caregivers recognise the fact that if lessons are provided that these last for only 2 hours of each day that lessons are selected for and that the rest of the time their child will be skiing under the supervision of the teachers/carers and not in structured lessons or conditions

Initial I/We know and understand the inherent risks with the activities my child/ward is undertaking

Initial In the event of any accident or illness or medical emergency, I authorise the obtaining on my behalf of any such assistance as my child/ward may require. I also undertake to pay medical fees and/or cost of medication or emergency care or transport which may be incurred excepting any special Conditions or Requirements as listed on the Snow Ski & Boarding Information & Permission Form and/or this Form

