

Snowy Mountains 2018 Excursion

Dear Parent/Guardian, below are details of an upcoming excursion/school activity involving your child.

Class/Group: Year 8 and 9 students	Venue/Destination: Berridale/ Smiggin's Hole	Date: 21 st -24 th August 2018
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Start time: 21 st August 2018 10:00pm Finish time: 24 th August 2018 6:30pm	Transport: Coach	Dress requirements: See "What to Bring" sheet Other requirements: Outlined in information sheets
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Cost: \$615+ spending money for the snow, Questacon and McDonalds.	<i>Permission note and payment (or advice of online receipt number) must be returned to Student Reception by: Friday 10th August 2018</i>
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Organising Teacher: J Gosden Email: joel.gosden3@det.nsw.edu.au

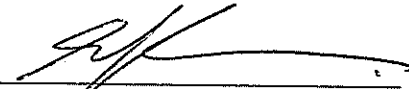
****A risk assessment has been completed for this excursion which can be provided if requested****

Student Privacy Advice Notice – please go to <http://www.uminah.schools.nsw.edu.au/permission-notes> for full details on the purpose of the school obtaining information about your child to assist with planning, support students and minimise risks when conducting school excursions, sporting or other activities.

22nd June 2018



 Mr J Gosden – Excursion Co-ordinator



 Mr A Jackson – Head Teacher PDHPE



 Mr B Walker - Principal

Snowy Mountains Excursion – Permission Note

STUDENT NAME: _____

ROLL CLASS: _____

I hereby consent to the following:

- My child attending the **Snowy Mountains Excursion on 21st–24th August 2018.**
- Paying the cost of \$615.
- My child travel by coach throughout the excursion.
- My child eating the food provided while at Smiggin's Hole and the Snowy Mountains Coach and Motor Inn.
- My child attending Questacon and participating in the activities provided.
- My child going to McDonalds and purchasing their lunch on the Friday 24th August, 2018.
- I understand my child is responsible for demonstrating appropriate behaviour whilst participating on this excursion. I understand that if my child's behaviour is serious enough to warrant suspension, I may be required to collect my child from the venue or be accountable for the cost of alternate travel arrangements.
- I understand that my child will receive medical treatment in the case of an emergency.

Parent/Guardian Name

Parent/Guardian Signature

Date



SNOWY MOUNTAINS EXCURSION 2018

Dear Parents/ Students,

-All notes and money for the excursion should be returned/ paid by **Friday 10th August (Week 2 Term 3)**. Here are a few reminders:

- **Tuesday 21st August**– all students going on the excursion must attend school. Assemble at the front of the school at 10:00pm and we depart at 10:30pm. Each student is responsible for ensuring that their luggage is put safely on the bus.
- **Friday 24th August**– our estimated time for arrival at Umina Campus is 6:00pm. Please make arrangements for collecting your child. Any delay will be communicated to the school Facebook Page, School Website and School App.

-As conditions in the mountains can vary from very windy and cold to warm and sunny the students need to be prepared for all types of weather conditions. Included in the cost of the excursion is the hiring of walking boots (skiers only), jacket and trousers.

-The motel provides towels and there is a drying room available. Lost and unclaimed clothes are always a problem on these excursions so we suggest that you **label all clothing** and that the students are aware of what clothes they have with them.

-The motel that we are staying at is the *Snowy Mountains Coach and Motor Inn*, 2 Oliver St, Berridale NSW 2628.

-If your child is on any **medication** at the time of the excursion can you please **place it in a clearly labelled bag or container with details of the medication schedule and dosage requirements. This medication is to be given to a teacher prior to boarding the bus on Tuesday night.** It is recommended that students who may suffer from travel sickness take their travel medication before getting on the bus on the Tuesday. Ensure you pack travel illness medication for the trip home too.

STUDENT INFORMATION

- Normal school rules apply at all times on the excursion. Any infringement will be treated the same as it would at school.
- When we are at the motel there will be other people staying there. We are to respect their privacy.
- You will need to take enough spending money for one lunch at McDonalds on the trip home and any other items you wish to buy during the excursion (e.g. gifts or merchandise at the snow or Questacon).
- Students are responsible at all times for their own valuables. **Carry your wallet with you at all times.**
- The bus has a DVD player and you may bring suitable DVD's to watch (G or PG rating only).
- Students are responsible for all equipment and clothing which is hired at all times during the excursion. **ANY LOSS IS THE RESPONSIBILITY OF THE STUDENT.**
- You must all attend ski/snowboard lessons on both days.
- Most importantly do the right thing and enjoy yourself, it is a great experience.

Any questions, please phone me on 43 419066.

Mr Gosden



What To Bring

The following equipment list is provided as a minimum requirement for Snow Sports Programs.

Equipment Included in Your Package - **The** following equipment is made available as part of your package.

- Snow Parka & Pants (included in the Standard Ski Program Package)
- Skis, Boots, Stocks & Helmet (included in the Standard Ski Program Package)
- Snowboard, Snowboarding Boots & Wrist Guards (additional costs apply to Snowboards)

Essential Snow Skiing & Boarding Items to Bring - **The** following items are a minimum requirement

- Sun screen or gel with minimum SPF 30+ rating to help protect against sun or wind burn
- Lip Gloss or similar product with SPF rating to help protect against sun or wind burn
- A minimum of two pair of warm woollen socks
- Warm woollen or synthetic fibre long pants (cotton jeans are not suitable)
- Warm woollen or synthetic fibre long shirt or pullover
- Warm underclothing
- Warm woollen or synthetic fibre beanie or balaclava (*for times the helmet is not worn*)
- Snow Ski or Boarding gloves or mittens (*available at Ski Hire at very competitive prices if required*)
- Impact resistant, 100% UV protection sunglasses or goggles or both (*available at Ski Hire s if required*)

Essential General Items to Bring

- Pool or Spa Towel
- Usual items of general clothing, underwear, socks, shirts, pants, pullover, etc. Ensure you have enough sets of clothes for the number of days away. An extra set of clothing should be taken to the mountain each day in case one gets wet.
- Toiletries - Comb/brush, toothpaste, toothbrush, shampoo/conditioner/ deodorant
- 2 pairs of comfortable shoes in case one gets wet.
- 2 plastic bags - 1 for dirty clothes & 1 for disgustingly dirty or wet clothes

Optional General Items to Bring

- Tissues, Hanky
- Small day bag - Great for extra items, drinks & food
- Swimwear & pool towel for use in the indoor heated pool or Spa
- Favourite CD's for Evening Entertainment Karaoke or Disco

Daily Preparation for Snow Skiing & Boarding - Some helpful Information

- snow parka, pants and gloves are not waterproof in reality (even the most expensive brands). You will get wet if you spend a lot of time on the ground in the snow or if it rains
- the majority of heat loss is through the extremities of the body - the head and then fingers & toes. Helmets keep you warm when skiing but beanies are required when not wearing your helmet.
- 'any uncovered skin will be exposed to the possibility of extreme conditions of sun, wind and snow and needs to be protected regularly and with appropriate products.
- clothing intended to be worn under snow parkas or pants should be woollen or synthetic fibre in preference to cotton as cotton does not breathe when you perspire or dry very well if wet.
- layering is recommended for all under garments to assist with controlling core body temperature rather than using one thick or bulky layer under snow parka and pants - temperatures can vary from being warm to extremely cold many times throughout the day.
- The secret to appropriate clothing in the mountains is to get warm and then stop the wind.

PLEASE NOTE - All clothing and equipment should be named

Alpine Responsibility Code

ALPINE RESPONSIBILITY CODE

Regardless of how you enjoy your snow sport, always show courtesy to others and be aware that there are inherent risks in all snow recreational activities that common sense, protective equipment and personal awareness can reduce. These risks include rapid changes in the weather, visibility and surface conditions, as well as natural and artificial hazards such as rocks, trees, stumps, vehicles, lift towers, snow fences and snowmaking equipment

OBSERVE THE CODE AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A GREAT EXPERIENCE.

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from professional instructors to learn and progress. ☑
3. Use appropriate protective equipment to minimise the risk of injury. ☑
4. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use the restraining devices. ☑
5. Observe and obey all signs and warnings. Keep off closed trails or runs.
6. Give way to people below and beside you on the hill. It is your responsibility to avoid them. ☑
7. Do not stop where you are not clearly visible from above. ☑ Look uphill and give way to others when entering/exiting a trail or starting downhill. ☑
8. Always ensure your equipment is in good condition and use suitable restraining devices to avoid runaway skiing/boarding equipment. ☑
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol. ☑
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

FAILURE TO OBSERVE THE CODE MAY RESULT IN CANCELLATION OF YOUR TICKET OR PASS BY SKI PATROL
OR OTHER AUTHORISED PERSONNEL.

'RESPECT GETS RESPECT' ☑ FROM THE LIFT LINE, TO THE SLOPES, THROUGH THE PARK AND THE RESORT.

Lift Usage Policy

Perisher Blue Pty. Limited Lift Usage Policy

Persons who behave in an unacceptable manner when using a ski lift, who place themselves and other persons in danger, who ignore instructions from lift staff, or who ignore the Alpine Responsibility Code or Perisher's Lift Usage Policy when loading, riding and unloading a lift may have their Lift Tickets cancelled or suspended. Alpine Responsibility Code Point 8: *Before using any lift you must have the knowledge and ability to load, ride and unload safely.* Comply with the Code by adhering to the following:

All Lifts:

1. Obey all signage.
2. Do not load or attempt to load onto a lift when the Lift Operator is not in attendance at the loading point.
3. Do not load onto any lift any person carrying a baby in a backpack
4. Do not load onto any lift any skier or boarder carrying a baby in their arms.
5. Obey all instructions from Lift Operators.
6. If you require assistance, speak to a Lift Operator
7. Snowboarders, ensure your back foot has been released before loading.
8. Ensure your clothing and equipment are secured before loading and that it is free before unloading the lift.
9. Only load or unload at a designated load or unload station*.
10. Move to the loading point promptly.
11. Automatic Gates ð be ready to move forward before the gate opens.
12. Move away from the unload area promptly.

Chair Lifts:

1. When loading, do not hang off or hold the back of the preceding chair.
2. Sit back in the chair properly.
3. Remove bulky backpacks and hold them on your lap in order to sit back in the chair properly.
4. Make sure you lower or fit the restraining device.
5. Do not: Swing or bounce the chair. Stand, kneel or lie on the chair. Drop or throw anything including snow or snowballs from the chair.
6. If you fail to unload at the designated unload point, stay on the chair, and do not jump from the Chair.

T Bars and J Bars:

1. Always ensure your skis or board are pointing uphill at all times.
2. Do not: Zigzag up the lift track. Swing out of the lift track (this can cause the cable to fall). Straddle the T Bar when riding.

Skier Conveyors:

1. Riders must have skis or board ON while riding the conveyor**.
2. Persons must not walk up the sideboards of the skier conveyor to help or offer advice to riders.
3. Remain standing at all times. Do not sit down on the conveyor.
4. No snow skates are allowed on skier conveyors.

**Persons participating in a Ski or Board Lesson, Instructors when conducting a lesson, and Ski Patrol Staff are authorised to unload prior to the designated unload area. **Riders participating in a Ski or Board Lesson, when directed by their Instructor, may ride in ski or board boots, but only under the supervision of the Instructor.*

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

FAILURE TO OBSERVE THE CODE MAY RESULT IN CANCELLATION OF YOUR TICKET OR PASS BY SKI PATROL OR OTHER AUTHORISED PERSONNEL.

'RESPECT GETS RESPECT' FROM THE LIFT LINE, TO THE SLOPES, THROUGH THE PARK AND THE RESORT.

SNOW SPORTS – INFORMATION FOR PARENTS

Accommodation

Accommodation is with Alpine Accommodation Pty Ltd at Snowy Mountains Coach & Motor Inn.

Direct Motel contact details in case of emergency are:

- Snowy Mountains Coach & Motor Inn, Jindabyne Road & Oliver Street, Berridale NSW, 2628
Phone: 02 6456 3283 Fax: 02 6456 3049

WHAT TO BRING

Please ensure all items included in the "What To Bring" sheet and any additional requirements for Medical or Special requirements are packed and sent with your child

INJURY and MEDICAL CONSIDERATIONS – IMPORTANT INFORMATION

You made to check your personal injury cover and ambulance cover in case of injury while skiing.

RISK MANAGEMENT

Be sure to read the information on Risk Management and sign the waiver form required.

RESORT INFORMATION

Snow sports Instructors

Lessons are provided for a minimum of 2 hours on each day the student participates in Snow Sports. These lessons are given by the Snow Sports Instructors which are all qualified instructors appointed by the resorts. Afternoon lessons may be provided for beginner skiers/boarders requiring additional lessons.

Resort Safety

Ski Resorts address Risk management in many ways. They produce the Alpine Responsibility Code, they police the mountain with ski patrol, they provide First Aid on the Mountain and they regularly check slopes for dangers and sign them accordingly.

Signage

Perisher Resort also has trail signage with symbols and colour codes indicating the relative degree of difficulty of terrain at this resort.

- Green or Green Circle - is easiest or beginner terrain
- Blue or Blue Square - is more difficult or intermediate terrain
- Black or Black Diamond - is most difficult or advanced terrain

For your safety, please read and respect all trail signage including SLOW signs, area closures and resort boundaries.

Terrain Parks and Freestyle Terrain - At Perisher a Terrain Park is marked with an orange oval symbol. Before using Teranin Parks riders must fully understand the feature and the prevailing conditions before attempting any maneuvers. They need to examine all features before use and satisfy themselves that they have the knowledge, skills and ability to attempt the feature.

Key strategies for a Terrain Park:

1. MAKE A PLAN - Make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing
2. LOOK BEFORE YOU LEAP - Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area
3. EASY STYLE IT - Start small and work your way up. (Inverted aerials are not recommended)
4. RESPECT GETS RESPECT - From the lift line through the park

POSSIBLE EXTRA COSTS

a) Damages & Breakages - Parents & students must be aware of the possibility of being directly charged for willful or careless damage or breakages. A brief outline of associated damages is as follows:

- | | |
|-----------------------|--|
| • Graffiti | \$100 Min. – up to many hundreds of dollars |
| • Broken Bed Bases | \$300 - Do NOT jump on Beds! |
| • Broken Fly Screens | \$50 - Do Not try to get through windows! |
| • Broken door handles | \$50 - Do not try to keep friends out by holding handles |
| • Broken doors | \$200 - Do not slam or swing off |
| • Doors off hinges | \$80 - Do not fight keeping people out |
| • Other breakage's | Dependent on cost |

b. **Ski Hire Insurance - Not compulsory!** Students are responsible for lost, stolen or broken equipment. The following is a guide as to the replacement value of equipment hired & the excess applicable if insurance is taken:

• Snowboards	\$600	\$70 excess
• Snowboard Boots	\$250	\$30 excess
• Skis & Bindings	\$450	\$30 excess
• Ski Boots	\$250	\$40 excess
• Ski Poles	\$80	\$20 excess
• Helmets	\$60	\$20 excess
• Jacket	\$200	\$10 excess
• Pants	\$120	\$10 excess
• Wrist Guards	\$60	\$20 excess

COST - \$2 per day (max. of \$6) for insurance. Paid at the time of hire.

c. **Lift Tickets and Loss of Tickets**

Lift tickets are now a plastic card that goes into the left hand pocket of your jacket. This makes it simple but they are also easier to lose. Lost tickets are NOT replaceable! Lesson tickets still need to be attached to the outside of the jacket

Please Note It is a policy of Perisher Pty Ltd not to re-issue Lift Passes. If students lose Lift Passes after they have been issued, they do NOT get replaced unless a new one is purchased.

Students also need to understand that their ticket may be taken from them by representative of the Resort or NPWS.

Things that may result in the revoking of their ticket are:

- Skiing dangerously or breaking the Alpine Responsibility Code
- Being rude or abusive to Resort Staff
- Littering or leaving rubbish lying around rather than placing it in bins.

Nothing can be done to retrieve their ticket and there is NO compensation available.

Self Evaluation Guide to evaluate Snow Skiing Ability

Student Skier	Present Ability	Goal
Level 1	First time skier.	Learn basic skills; gliding on snow, turning & stopping, ride a beginner lift.
Level 2	Can stop and do basic turns.	Refine turning skills for speed control and learn how to ride a lift.
Level 3	Can ride a beginner lift and confidently control speed through snow-plough turns.	Learn to skid skis parallel at the end of turn, gain confidence on steeper slopes.
Level 4	Are confident riding lifts and can bring the skis parallel during the turn.	Improve skills to ski parallel confidently on intermediate terrain.
Level 5	Can start the turn with the skis parallel on all intermediate terrain.	Consolidate parallel turns and improve edging skills. Develop short radius turns with pole plant and ski easy moguls. Refine style and technique.

Self-Evaluation Guide to evaluate Snow Boarding Ability

Student Board	Present Ability	Goal
Level 1	First time Snowboarder.	Learn how to stop, control direction and ride a beginner lift.
Level 2	You can stop on both heel and toe edges.	Learn to make basic turns in both directions and link turns.
Level 3	You can link skidded turns on green (easiest) terrain.	Build confidence and refine turning skills.
Level 4	You can link turns on blue (intermediate) terrain. Beginning basic freestyle.	Introduce varied turn shape. Develop freestyle skills "fakie" and basic airs. Build confidence in varied terrain.