

INFORMATION ABOUT THE LIVERPOOL PRIMARY SKI ASSOCIATION

The Liverpool Primary Ski Association was created in 1988. The first organisers of ski courses for primary pupils were officers of the Liverpool Education Authority. Since 1990 the courses have been led by qualified Liverpool headteachers. The present course leader is Tony McKee, former headteacher of Rudston Junior School in Childwall. The ski course continues to be run under the auspices of the Liverpool Authority.

Great credit must go to the early organisers for the high standard of Health and Safety that was operational from the very first trip and praise should also be given for the excellent trip price that has been negotiated from that time onwards.

Across the years ski courses have been held in Bulgaria, Austria, France and Italy. The Association seeks to offer the exciting sport of alpine skiing to as many children as possible. Those children are drawn from the many different communities of the city.

What has also been maintained throughout is the tremendous ski progression that is always demonstrated on each trip as young primary children can more easily learn the skills of skiing which can be quite demanding for those who take up the sport at a later age.

It has not been unheard of for some of our young skiers to go skiing in each of the last three years of their junior school life and a great many have continued the sport through their secondary school years and have re-joined the group as student helpers or even teachers.

The Association has grown greatly in size since its inception. In January and March 2023 we held three very successful ski courses in Bormio in northern Italy.

The children enjoy four hours of tuition each day on our trips from qualified ski instructors. All children receive graded assessments of their skiing progress and medals for successfully completing the course. Of an evening the children enjoy a range of après-ski activities which include quiz, bingo and karaoke.

Safety procedures for the trips are always planned in great detail. In relation to the children who travelled with us in 2023 three children out of 361 had a fall which required them having treatment at a local hospital. Each of our parties is accompanied by a qualified, experienced children's nurse.

Pupil teacher ratios are very favourable. A back-up team of professionals supports the schools' own staff. This team presently includes five retired headteachers. The course has developed a detailed child protection policy which has been approved by the Liverpool Local Authority.

Each of the school's attending the course has a designated member of staff who acts as group leader for that school. Ahead of each course Association

representatives conduct a full Risk Assessment of the hotel and resort to be used. Copies of the RA are provided to the LA Residential Visits Co-ordinator and to the Governing Bodies of the participating schools.

It is difficult to calculate precisely how many schools and how many children have benefited from these trips but the number of children who have become accomplished skiers through the Association are now estimated to be over 5000.

The principal aim of the LPSSA of giving Liverpool primary children the opportunity to experience the sport of skiing in a totally different cultural environment than their own has certainly been well and truly achieved on an annual basis.

The children from Liverpool always display behaviour of the highest standards and have continuously proved themselves to be outstanding ambassadors for our city. This is often commented on by adults who see the children on their journey to the ski course and by people they meet in resort.

For the winter of 2024 the Association has negotiated a very favourable contract with the Ski Team 4 company. The company provides ABTA bonding. Full insurance cover will be arranged through the Liverpool Authority. The ski courses in 2024 will be held in Bormio in Italy, at the Hotel Girasole.

Schools which will be involved in 2024 are:

St Paul's Catholic Junior School

St Christopher's Catholic Primary School

Much Woolton Catholic Primary School

Our Lady and St Swithin's Catholic Primary School.

St Anthony of Padua Catholic Primary School

Blessed Sacrament Catholic Primary School

All Saints Catholic Primary School

St Ambrose Catholic Primary School

Rice Lane Primary School

St Margaret's CE Primary School

Christ the King Catholic Primary School

Emmaus Catholic and CE Primary School

St Paschal Baylon Catholic Primary School

Our Lady Bishop Eton Catholic Primary School

New Park Primary School

St Edward's Runnymede Catholic Primary School

BORMIO SKI RESORT:



The Bormio Ski resort is in North West Italy in the region of Lombardy. Skiers visiting Bormio tend to fly into Milan and travel by bus up to the resort.

The ski resort of Bormio was created in 1966.

The historic village of Bormio is situated at 1225 metres above sea level. An eight-person cable car takes skiers up to the 2000 metre position where our hotel, the Girasole, is located. Right outside the hotel are the resort's nursery slopes. The nursery slopes are very gentle and are very suitable for beginner skiers.

A variety of lifts can take skiers up to the highest point in the ski resort which is at 3012 metres. Locals call this summit area "heaven".

The Hotel Girasole is perfectly situated as you come out of the hotel right onto the snow. Like most ski hotels in Italy used by British school groups the hotel is warm and comfortable. Rooms are simple and will generally take four children per room using two sets of bunk beds. All rooms have en-suite facilities.

Each winter Bormio is used for the Men's World Cup racing. In 2025 ski resorts in the region of Milan, including Bormio, will be used for the Winter Olympic Games.

If you go on to the Internet and type in "Bormio web cam" the site www.bormioski.eu will come up. One of the web cams will show the front of the hotel and the main ski slope.

LIVERPOOL PRIMARY SCHOOLS' SKI COURSE

RECOMMENDED CLOTHING:

SKI CLOTHING:

The aim is to be warm, comfortable and safe. The recommended ski clothing illustrated below will allow the children to be prepared for any mountain conditions, as weather can change very quickly.

Face and lip suncream of 15 or higher factor

Sun glasses (with a UV 400 rating)
and goggles



A helmet will be provided in resort

A warm covering for the neck and warm base layer

Fleece for colder weather as a mid layer.

Ski jacket which should be of waterproof, breathable fabric. Additionally a fluorescent bib is provided.

Ski gloves (these need to be big enough to fit at the time of the trip and should have the name written in)

Ski salopettes (these are specialist ski trousers)

Ski socks (Three pairs will be sufficient for the week)

Skis, ski boots and poles are provided in resort

Warmth and comfort on the ski slopes is secured by the “layering” of clothing. This starts with covering the upper body with a base layer. This base layer should be of synthetic material rather than of cotton, so that sweat is not held on the surface of the skin. The base layer can have a polo neck which will protect the neck area. A fleecy neck warmer should also be bought. In colder weather a fleece, which should not be too bulky, is worn between the base layer and the outward shell of the ski jacket. All-in-one ski suits are not recommended.

Ski gloves, ski jackets and ski salopettes (trousers) are specialist items and should be of good quality. “Long-johns” or leggings can be brought but would only be used in very cold conditions. Ski socks should reach up to the knee and so be long enough to fit above the ski boot. Both goggles and sun-glasses are required. Children will choose one or the other depending on the conditions. Sun glasses and goggles should have a UV 400 rating. Lead staff on the trip will give children specific advice on what to wear in each ski session, according to the prevailing weather conditions.

GLOVES:

When you buy ski gloves for your child please buy them **at least one size bigger** than your child's hands. This gives scope for your child's hands to grow in the time between purchase and the actual trip. Also, gloves can shrink slightly if they are damp during the course of a ski lesson. The larger size also would allow your child to put on inner gloves if the weather is very cold.

Please try and buy gloves that have cords attached which go over the wrists and reduce the chance of losing a glove. Make sure you also put your child's name in each glove.



The picture shows gloves with wrist cords. Whilst this pair are dark in colour you are advised to buy gloves made of a coloured fabric to differentiate them from other children's gloves.



These are inner gloves. It is a good idea to buy them for your child should the weather be very cold whilst we are away.

LAYERING:

Children keep warm whilst skiing by wearing layers of clothing. Modern fabrics allow the layers to be light in weight. Warm air is trapped between the various layers.

On cold days the children would wear three layers on the top part of their bodies. A base layer is worn next to the skin. On top of that is a fleecy mid-layer. The child's ski jacket provides the top, water-proof layer.

The base layer should be of man-made material. This allows sweat to be “wicked” away from the skin. It should not be made of cotton which holds the sweat and would therefore not be comfortable for the child during the ski lesson.



The base layer as shown above should be snug fitting and should have long sleeves.

The mid layer should be of a fleecy material, as shown in the picture below.



The ski jacket must be warm and waterproof. It should also be made of a “breathable” material such as Goretex. Many brands have their own version of Goretex, which should be evident on the jacket labels. The breathable material avoids the child overheating.



It is good to get a jacket which is a bright colour. The jacket shown in the picture has an in-built fleece.

EYE-WEAR:



The children will need goggles to use during ski lessons. Please ensure the lenses of the goggles are securely fitted into the frame. As advised the lenses should have a UV 400 rating. The lenses should be suitable for all weather conditions. Please write your child's name on the band of the goggles.



As well as goggles the children must bring a pair of good quality sun-glasses on the trip. Again, these should be UV 400 rating. They should be “wrap around” in style. It is convenient if you could buy a cord to attach to the sun-glasses so that the cord can go around your child's neck to prevent the glasses being lost. On days when the weather is variable the children will have their goggles on their helmets and have their sun-glasses around their necks or will store them in their right-hand jacket pockets.

OTHER ITEMS:



Please buy a neck tube for your child like the one shown in the picture above. These are worn to protect the neck from the cold wind.



In very cold weather it is advisable for your child to have a balaclava available as shown in the picture above.



The children **MUST** bring a “trolley bag” as shown above. These are sometimes called “bags for life.” They store all their ski equipment in these bags such as ski boots, helmets, gloves, eye-wear and yellow hi-viz bib. The bags sold in Sports Direct are the most suitable for this purpose.

GENERAL CLOTHING:

The children will wear a red ski hoody sweater at key points on the trip. For example this sweater is worn on our journey, to help us identify the children on the course. The children also wear identity badges which contain important information. They should wear their ski jackets on the journey.

All clothing should be packed in a medium-sized wheeled suitcase. The children do not need a lot of clothing for the trip. **The case should NOT be more than 55 cm in height.** Please do not send your child on the trip with an adult sized case. Your child will likely have to carry the case up several flights of stairs in the hotel, on arrival.



A small bag can be brought for hand luggage. **No fluids can be brought in hand-luggage.** The hotel is well heated so warm, sensible clothing (marked with the children's names) is recommended:

- Jeans, jogging bottoms
- Shirts or blouses, T-shirts
- Underwear
- Night-clothes and slippers
- Shoes, training shoes. One pair of shoes should have a good tread for walking outside.
- Warm tops, sweat-shirts
- Socks
- A warm hat
- One smart outfit for our disco night.
- A towel for use in the bathroom.
- Toiletries (children sharing the same room can organise these between them)
- Pens, pencils, felt-tips, small games, books, comics.
- A bottle of hand sanitizer.
- Disposable camera.
- A re-usable water bottle. The children can fill it from the bottles of water provided at meal times.

The children may not bring mobile phones. We will advise you if hair-dryers are supplied in rooms. Jewellery (other than watches) is not allowed. Mobile phones should not be brought by children on the trip. Only disposable cameras are allowed for photo taking.

PROTECTING CHILDREN FROM THE SUN

Children attending ski lessons in the high mountains need to be protected from powerful sunshine which can cause sunburnt skin and damage to eyes. When it is sunny in the Alps the sun bounces off the snow which doubles its effect. Even when it is cloudy harmful rays can still get through the clouds.

The children must bring on the trip:

- Sunglasses
- Goggles
- Sun-cream
- Lip sun protection
- Lip-salve

Sunglasses and goggles must have a UV 400 rating.

The children will take both sunglasses and goggles onto the slopes for each ski lesson (unless advised otherwise by staff members). Generally goggles will be attached to the top of the children's helmets and sunglasses will be carried on neck cords or in right-hand coat pockets.

Sun cream must have a minimum factor of 30. Where children are sensitive to the sun a higher factor such as factor 50 must be used. Sun cream must be applied to the face and neck prior to leaving the hotel each morning and re-applied prior to the afternoon ski lesson. Lip sun protection must be applied at these times. When you have bought these items try them on your child to make sure he or she does not have an allergic reaction to these creams.

It is a good idea to buy sun-cream that has lip sun protection included at the top of the tube. You may be able to buy such cream if a ski clothing meeting is held at school. If you cannot get it from your local chemist try a local snow-sports shop such as Ellis Brigham on Bold Street, in the Liverpool city centre. The cream sometimes comes on a string so that the children can wear it around their necks. (See the picture). The children will also need a tube of lip salve to ensure their lips do not get chapped or cracked.



ADVICE TO PARENTS ON TRAVEL DOCUMENTS

In order for your child to travel on the ski course he/she must have a valid passport with dates applicable to the period in which he/she will be travelling. For the purposes of this year the dates for the ski course will be in January and March 2023. Now that the United Kingdom has left the European Union the advice from the United Kingdom Government is that your child's passport **must have a full six months remaining on it on the day we return from the ski course.**

If the passport will be out of date, or your child does not have a passport at all, you **MUST** apply for a passport **immediately. Passports can take quite a long time to process so don't delay in applying.** By now your child's school will have asked to see either your child's passport or documentary proof that you have applied or will be applying for a new passport before confirming your child's place on the ski trip.

If your child holds a passport which is not a British passport would you please inform the school immediately. The passports of certain countries outside of the United Kingdom and the European Union may require some additional documentation for a child to travel. In such cases parents are advised to contact the nearest Italian consulate. It is the responsibility of parents to ensure a child has the right to travel to and from Italy and the child has the required documentation.

Your child will also require an EHIC (European Health Insurance Card). This card allows the children attending the course to have free medical attention in public hospitals and medical centres.

If your child has a card **please check that it is valid for the time period** in which he/she will be away on the ski course. EHIC cards are valid for up to five years.



If your child does not have a EHIC or the EHIC will be out of date for the week we are away you need to apply for a Global Health Insurance Card (GHIC)



This is what the GHIC looks like and it will eventually fully replace the EHIC.

You can apply for your GHIC card by accessing this Internet site:

Services.nhsbsa.nhs.uk **Then click on Apply for your free GHIC.**

You apply for the GHIC in your name and add your child's name when asked to do so. You will be asked for a National Insurance number. The National Insurance number can be found on a pay-slip or a Benefits letter.

Only use this web-site as some other sites will try to charge you a fee. Again you are asked to make the application **right away.**

If you need advice on this matter please contact the school.

ADVICE TO PARENTS ON THE PAYMENT SCHEDULE

Now that your child's booking on the ski course is finalised you must ensure that you make your payments on time. A payment card is supplied to guide you through the payment schedule. There could be a surcharge if we send off the school payment at a late stage. We would be obliged to pass that extra cost on to you if your payment led to the delay.

If any parents are having a problem meeting a monthly payment they should contact the school rather than let time go by. The matter can then be discussed in a confidential, sensitive manner.

Parents should be advised that if any child is withdrawn from the trip from now onwards parents would lose all the monies owing up to that point. This was communicated to you in the letters that have been sent to you and is a key part of the Terms and Conditions that apply to the ski trip. You signed to indicate that you accepted these Terms and Conditions.

An exception would be withdrawal for medical circumstances which would require parents to make a claim on the ski course insurance policy. Your claim will have to be supported by a letter from a medical practitioner.

A copy of the Insurance policy will be provided to the school ahead of the trip. If you wish to view the policy please feel free to contact your school's office.

EXAMPLE OF DAILY TIMETABLE ON THE SKI COURSE. (Advice to children)

This time table is for the first shift ski groups.

- 7.00 am Get up, get a shower / wash / clean teeth. Get dressed and ready for breakfast. Cover your face and chin with sun cream so it has time to be absorbed before your skiing.
- 7.30 am Down to breakfast. The breakfast is a “continental breakfast” (cereals, breads, ham, cheese, boiled eggs, yoghurt, fruit.) Make sure you eat enough to keep you going till lunch time. Wear your base layer, ski socks and ski salopettes for breakfast.
- Gather with your ski group teacher in the seating area on your hotel floor and do your “7 point check”. Repeat it before you leave the hotel. Your boots for skiing will be kept in your room in your “bag for life”. You come to the meeting room on the Third floor in your slippers or light shoes and put your ski boots on there. Make sure you put them on properly. If they don’t fit well, tell your ski group teacher, who will inform the ski technician. Your group teacher will then take you to the hotel’s ski storage room where your skis will be stored so that you can collect your skis.
- 8.30 am: Leave the hotel promptly to go to your lesson. Receive your lift pass from the teacher who is your group leader.
- 9.00 am Meet your instructor. Morning lessons begin. Work hard and do what the instructor tells you.
- 11.00 am Morning lessons finish. Give your group teacher your ski pass. Return to our hotel with the group. Place your ski boots, helmet, gloves, bib and goggles/glasses inside your “bag for life” and leave it in your room. Give your hands a good wash.
- 11.45 am Lunch is served. Lunch will usually be a simple, filling dish. It will be served as a buffet. All party members must drink as much water as possible at meal times as the body can easily become dehydrated with the ski resort being at such high altitude. Then go to your room and reapply your sun cream. Get your bag for life and meet your ski group teacher.
- 12.45 pm. Leave the hotel, having done your “7 point check” and then return to the meeting area with your group and group teacher. Receive your lift pass from your group teacher.
- 1.00 pm: Afternoon lessons begin promptly

- 3.00 p.m. Afternoon lessons finish. Thank your instructor. Give your lift pass to your group leader. Return to the hotel. Put ski boots, helmet, gloves, bib and eye-wear inside your bag for life and store it neatly in your room.
- 3.30 p.m. Free time in your room. Relax, do your diary, there's a prize for the best! There's also a prize for the best room, so keep it tidied! Then you can play small games or chat about what exciting things have happened on the slopes that day. On some days your teachers will take you to the hotel bar to spend that day's pocket money. On occasion we will have an opportunity to go to the hotel games room, which has a pool table and table football.
- 5.45p.m. Each evening we will have school group meetings – we will meet to tell each other how things are going and what fun we are having. The teachers will go over some of the skiing techniques to make sure you have grasped them. Certificates for the skiers of the day will be presented.
- 6.30 pm Dinner is served. Dinner will be served as a buffet meal with a choice of soups, meats, pasta, rice and potatoes. A selection of deserts will also be available.
- 8.00 p.m. Evening entertainment – this will probably be Quiz, Bingo, hotel games, film night or disco. All activities are held in the hotel.
- 9.00p.m. BED and SLEEP! *ZZZZZZZZZ*.....

The water in the taps in your room is not drinkable. You can use it for brushing your teeth. As advised in the list of what to bring on the trip you should bring a re-usable water bottle.



At meal times mineral water is supplied on all tables. You are welcome to bring your re-usable water bottle to your meals and fill it up from the bottles provided. Then you can keep your water bottle at your bed side should you need a drink during the day or night.

We are at 2000 metres in our hotel so you must continually drink water to avoid becoming de-hydrated. If you are dehydrated you will have a very sore, dry throat and may feel very sick. So drink water continually and all will be well.

CHECKLIST FOR PARENTS JUST PRIOR TO THE TRIP:

	Yes
Put out your child's red course hoody, to be worn for travelling	
Put out your child's ski jacket, to be worn for travelling	
Pack your child's yellow fluorescent bib, if it is provided before we go.	
Pack your child's ski course diary.	
Pack your child's ski course hand-book	
Ensure your child's medical and contact form includes the most up-to-date information (If this is not the case ask the school can you correct the form)	
Ensure the school is in receipt of your child's passport	
Ensure the school is in receipt of your child's EHIC or GHIC card	
Ensure the school is in receipt of your child's pocket money, which is limited to 80 Euros. It would be helpful if this amount is in 5 and 10s .	
Label any medicine your child will have to take whilst away with name and dosage. Arrange to hand the medicine to the designated member of staff.	
If your child is prone to travel sickness give a tablet on the morning of travel and arrange to hand the rest of the tablets to the designated member of staff.	
Provide your child with a simple packed lunch, <u>including two of everything</u> to last through the day (No drinks or yoghurts). Put the packed lunch in the hand-luggage.	
Ensure your child has no fluids in the hand-luggage (including sanitiser, lip-salve, vaseline and sun-cream)	
Provide your child with a small amount of English money (maximum £10) to buy drinks in the airport	
<u>Write your child's name</u> on the inside labels of BOTH ski gloves	
Pack a LARGE "trolley bag" for your child of the sort sold in Sports Direct. Make sure your child's name is on the bag.	
Pack BOTH goggles and sun-glasses for your child which should be UV400	
Pack BOTH sun-cream and lip sun-cream for your child which should be a least Factor 15 and which you have had your child try out, before use on the trip.	
Pack lip-salve for your child and a small bottle of anti-bacterial hand gel.	
Pack three pairs of <u>ski socks</u> , which must reach up to the knees. Put one pair in your child's ruck-sack and the other two pairs in the suitcase.	
Put in the hand-luggage items such as books, small games, colouring books and pens to keep your child occupied on the journey.	
If required pack a hair-dryer and continental adaptor.	
Pack one medium sized towel for your child	
Do not pack any aerosols	

SUMMARY LIST FOR PARENTS



Your child must bring a Bag for Life. You get them from Sports Direct. Clearly write your child's name on the bag



Your child **MUST** bring **BOTH** goggles and sun-glasses.



Your child must bring both sun-cream and lip sun cream. You can get tubes like the one in the picture which combine both. Get them at the school's clothing show or from Ellis Brigham in Bold Street. Lip salve is needed too.



Your child must bring three pairs of PROPER ski socks. They must be snug around the foot and lower leg and **MUST** reach up to just below the knee.



Your child must bring good quality gloves. Get them a size too big and choose bright colours. Mittens work best. Loops for wrists if possible. Put your child's name on each glove.