



2025 Ski Course

Staff:

Mr White- Lead

Mrs Crennell

Mrs Fearnehough

Mr Simpson

Other staff from Liverpool Ski Association and accompanying Liverpool Primary Schools.

2025 Ski Course

Sunday 2nd March 2025

Meet at **5:00am** – The top of
Watergate Lane.

We are asking for all parents to be co-operative and say last goodbyes when asked to do so and leave the children onto the bus straight away so we can begin our adventure.

If for any reason your child is unable to attend or there are any other issues please contact me via m.white@muchwoolton.co.uk up until Saturday evening.

This is not to be used as communication whilst we are away.

20245 Ski Course

Sunday 2nd March

Wear:

- Red Ski Hoodie
- Loose Comfortable Pants – so you'll be ready for ski fit
- Ski Coat

Shoes with a good tread – we will be walking in a little bit of snow to get to the hotel.

You will need:

Luggage – with your label on. **Luggage Limit – Medium Sized Suitcase not bigger than 55cm in height – 15kg. No Adult cases.**

Bags for Life must be packed on top of clothes. Please write your child's name inside the bag of life.

Hand Luggage: **You must have a pair of ski socks in your hand luggage**

Packed lunch – for eating in the airport prior to our flight. A couple of snack bars (not containing nuts) can be carried to eat on the plane. Don't pack a drink, any liquids (Yogurts) or Nut products. **Carry your own inhaler in your right pocket.**

Please don't pack sweets.

Once we are through Security we will buy a drink - £10 which the children will be responsible for in their right hand pocket.



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

Ski 2025

Sunday 2nd March

Flight Details:

- **Outgoing SUNDAY 2nd MARCH** : Manchester to Milan Malpensa
- Flight number Easyjet EJU3836
- Leave: 9:25pm Arrives 12:35pm
- We expect to be at the hotel by 5pm

Name Tags given out at the airport – tucked in to jumpers.

No Liquids in backpacks (All types)

Children will need to sit in their allocated seat and be sensible; not dropping any litter.

Children will need to be silent during the safety demonstration.

Arrival at the Hotel Girasole– Travel time from Malpensa to the hotel is approximately 3.5 hours.

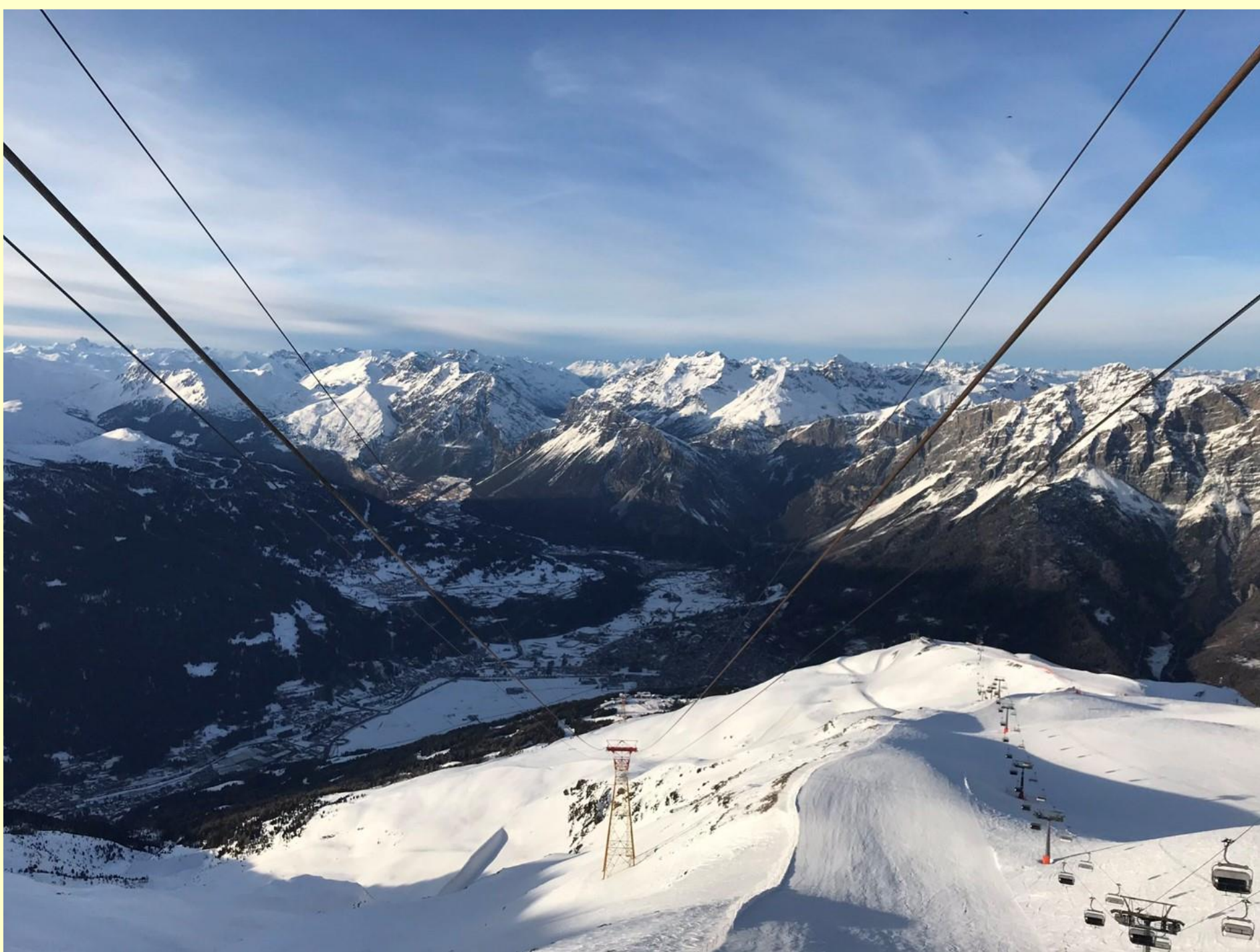


Altitude
2000m

Ben Nevis
1345m



Altitude
3000m







Webcams - <https://www.bormioski.eu/en/webcam-bormio/>

FOR SKIING

Goggles: These can be used in all skiing conditions, but you should **bring sunglasses as well**. Leave your goggles on the top of your helmet and carry your sun-glasses in your right hand pocket. Eye-wear should be of UV 400 rating.

Gloves: Specialist ski gloves must be worn at all times when you are skiing.

Base layer T-shirt: Man-made fibres are best as they will not hold sweat.

Mid layer sweat shirt made of fleecy material. Also something to keep the neck covered and warm

Top layer of ski jacket and ski trousers, which are called salopettes. Travel in your jacket. All zips to be pulled up whilst skiing. Other leggings will only be worn under salopettes if instructed to do so.

Three pairs of ski socks which must be long enough to reach the knee.

Sun-cream for the face and lips (high factor of at least 30) and lipsalve with SPF30. Make sure they are brands which you have used before and have tried out before we travel.

Yellow ski bib (provided)

OTHER WEAR (Keep it simple and practical)

Trousers or jeans (One pair to travel in, one pair extra should be enough)

Shirts/blouses

Underwear

Ski course hoodie, to travel in. It can also be worn around the hotel.
Another sweat-shirt or hooded top.

Trainers or boots (with a decent tread for outdoors). Slippers.

Night clothes

Socks

A warm, woolly hat

OTHER PERSONAL ITEMS:

A medium-sized bath towel.

Toiletries (e.g. toothbrush, toothpaste, soap, shampoo, brush). You could agree with your room mates to bring toiletries such as toothpaste to share. **No aerosol sprays please.**

A continental adaptor. Again agree to share. **Hairdryers – bring one to share!** Pens, pencils, comics, books, games. No beads or similar. Children should have something in their rucksac as entertainment for the journeys.

Suitcase (quite small, wheeled). **Your case should not weigh over 15kg.**

SUNCREAM ADVICE TO PARENTS

- Children who are taking part in ski courses run this year by the Liverpool Primary Ski Association need to be protected from powerful sunshine, which can cause sunburnt skin and damage to eyes.
- Sunglasses or goggles with a UV 400 rating must be worn at all times when on the ski slope. Children must pack both.
- In bad weather goggles must be worn, as sunglasses are not as effective when it is snowing. Generally the children's goggles will remain on top of their helmets and they will carry a pair of sunglasses in their pockets. They will be told the eyewear that suits the weather conditions whilst out on the slopes.
- Children who wear glasses can wear goggles which are designed to go over their glasses .
- Sun cream with a minimum factor of 30 must be applied to the face and neck prior to leaving the hotel each morning and re-applied at lunchtime, prior to the afternoon ski lesson. Sun cream especially made for children is particularly recommended. Children who are very sensitive to the sun should bring sun cream which is Factor 30 or 50.
- Sun cream designed for use on the lips should also be applied several times throughout the day. The lip cream should be carried in the children's jacket pockets.
- Children will also need lip salve which is applied whilst in the hotel to keep the lips moist.



On Arrival

- We will have an evening meal when we arrive.
- Ski fit – will take place when we arrive, or on day 1. A Pair of SKI SOCKS must be in hand luggage and bag for life at top of case.
- Unpack
- Sleep ready for big day of Skiing.



Typical Daily Routine

- 6.45 am Wake up.
- 7:30 am Breakfast.
- 8.30 am “7 point check”
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, just near the ski slopes. Morning lessons begin. Work hard and do what the instructor tells you.
- 11:00 am: Morning lessons finish.
- 11:30 am: Lunch is served.
- 12:30 pm: Leave the hotel, having done your “7 point check” and received your lift pass from your group teacher. Return to the slopes with your group and group teacher.
- 1:00 pm: Afternoon lessons begin promptly.
- 3:00 pm: Afternoon lessons finish. Diaries/ room tidy / shower
Free time in your room. Relax, do your diary, there’s a prize for the best! Shower, get ready for the evening.
- 5:45 pm: Some days 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.
- 6: 30/45 pm: Dinner is served. Dinner will be a two course meal (Often a meat dish as the main course, followed by dessert.
- 7.30 pm: Evening entertainment
- 9:00 pm: BED and SLEEP! ZZZZZZZZ.....

Ski organisation



Have a go each night at home to learn the 7 Point Check:

- 1 - have you got your helmet on? – ‘Hard hat!’
- 2 – have you got your goggles or sun glasses? - ‘Cool eyes!’
- 3 – have you put sun cream and lipsalve on? - ‘Soft skin!’
- 4 – have you got your gloves on? - ‘Warm hands!’
- 5 - have you got your yellow bib on? - “Mellow yellow!”
- 6 – have you got your pass? - ‘Asda Price!’
- 7 – are you boots correctly fastened? - “Snug shins!”

Night Time / Rooms

- Staff on duty on the corridors during the evening until all children are asleep.
- Children made aware of where the staff rooms are for emergencies.
- Children will lock themselves in to their room – this is a turn lock/ some room may have a key.
- Duty Staff have access to the passkeys to the rooms.
- Children will be drilled in what to do in an emergency / fire.
- There are no balconies in this hotel.

Medication

- Only medication that has been prescribed with the child's name and dosage on a prescription label will be administered by the nurse.
- All medication given in should be clearly labelled with dosage and times (If not already stated on medical advice form)
- Please take travel sickness tablets before arriving for the bus and hand in some for the return journey.

Spending Money

- Up to 80 Euros.
- Children will be able to buy sweets and drinks during their time at the bar.
- Towards the end of the week we will also have an opportunity to buy souvenirs.
- Photograph (6 euros), ski badge (4 euros) and certificate and staff gratuities (10 euros).
- Money will be saved to buy a drink in Malpensa Airport on our way home.
- Anything left will be passed back.

Extras...

- Empty water bottle – packed in suitcase.
- Please make sure you have ticked off the checklists at the back of the Children's Handbook.
- The children are also to pack the children's handbook as there may be quiz questions from it!
- Gloves – Please make sure gloves are not tight fitting and there is plenty of room. Wet gloves are almost impossible to fit onto cold hands. Mittens are highly recommended.

Sunday 10th March 2024

- We will be leaving Bormio in the morning of **Sunday 9th March** to travel by coach for the plane from Malpensa to Manchester.
- **Return:** Malpensa to Manchester
- Flight number –Easyjet EJU3837
- Departs: 11.55am Arrives: 1.05pm

- The coach will return to Watergate Lane at **approximately 3pm** We will contact parents if there are any considerable delays.

- Passports and EHICs will be given back to you as we leave the coach/ or the following day.

CHECKLIST FOR PARENTS:

	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, which MUST be worn whilst skiing	
Pack your child's ski course diary.	
Pack your child's ski course <u>hand-book</u>	
Ensure your child's medical and contact form includes the most up-to-date information (If this is not the case ask the <u>school</u> 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 <u>5 and 10 Euro</u> notes.	
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 <u>SANITISER</u> , <u>lip-salve</u> , <u>vaseline</u> and <u>sun-cream</u>)	
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 <u>sun-glasses</u> 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 <u>ruck-sack</u> and the other two pairs in the suit-case.	
Put in the hand-luggage items such as books, small games, colouring <u>books</u> and pens to keep your child occupied on the journey.	
If required pack a <u>hair-dryer</u> and continental adaptor.	
Pack one medium sized towel for your child	
Do not pack any aerosols	

REMINDER 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.

Communication and Safety

- We will contact school once we have arrived and an email will be sent via Arbor.
- We will aim to post/ X on @MwResidentials... All depending on available Wifi ability to once we have arrived in Italy.
- Please do not contact school if your child has not appeared on Twitter/X, they will eventually, and we will use our best endeavours to get them all pictured each day.
- If your child requires medication for any reason, this will be logged on the Arbor system and you will be informed in the week following the return of the trip. In some circumstances, we may contact families to share information but other than that, no news is good news!

- Skiing can never be considered to be a risk neutral activity. The fact that the children have visited an artificial ski slope, are under instruction from qualified instructors, are in a resort that offers a wide variety of terrain means that as the week progresses the children will ski with confidence and a certain amount of speed.
- Where medical support is necessary there is a first aid post in the resort, a doctor in Bormio and a Hospital in a neighbouring village.
- In the case of illness or an injury to a child the teacher who is designated as the school group leader shall act in the best interests of the child, taking advice from professionals such as ski instructors, piste-patrol officers, our accompanying nurse and appropriate medical practitioners.
- School group leaders will inform parents by phone if a problem with their child has arisen. In cases where the child is referred to a doctor or hospital this communication is likely to occur as soon as the child's problem has been assessed.