

# LGS SKI TRIP 2018

## Travel Arrangements/Pupil Information/Guidelines/Rules

### TRAVEL

Provisional flight details:

**01/04/2018 Depart Dublin @ 12.10 Arrive Oslo Airport @ 15.25 SK4604**

**08/04/2018 Depart Oslo Airport @ 10.15 Arrive Dublin @ 11.30 SK4603**

Please note that the luggage restriction is 23 kg per person and any additional weight will be charged to the individual pupil. Pupils may want to bring a snack for the plane.

The transfer time between Oslo Airport and Hafjell is approximately 2hrs.

For departure on the 1<sup>st</sup> April, party members should meet at LGS at 06.00 where a coach will be waiting to take us to the airport. Return transport on the 8<sup>th</sup> April should arrive back to school at approximately 17.00, assuming there are no delays.

Information regarding late changes to flights may be obtained by telephoning Dublin International Airport **00 3531 814 1111**  
or **information.queries@daa.ie**

### Our address will be:

- **Hotel Hunderfossen**
- **Fossekroegen 71, 2625 Lillehammer, Norway**
- **Tel. 0047 61 27 40 00**

### Insurance

In line with most insurance policies it is a requirement for passengers to notify insurers of certain pre-existing medical conditions prior to travel. Children (persons under 18 years of age and travelling as part of a school party) will only need to have a pre-existing medical condition declared if they have received in-patient hospital treatment or have been referred to hospital for treatment in the last 12 months. To declare a pre-existing medical condition, the parent or legal guardian is asked to contact the medical screening helpline on 00 353 1224 7033 and indicate the cover is with Topflight

It is recommended that those pupils who use an inhaler bring a spare inhaler to Mrs. Henry during the final week of term.

### POCKET MONEY

The cost of the trip, for which you have already paid, includes half board accommodation, hire of all ski equipment, lift pass, ski lessons, insurance and all transport. However, some pupils may wish to buy soft drinks with their evening meal or have supper in one of the local cafes. The main purpose of our trip is of course to ski but obviously there will be evening entertainment organised, some of which must be paid for e.g. bowling etc. Furthermore, goods in ski resorts tend to be expensive; however,

NK2500 pocket money should be more than adequate. **Pocket money can be collected on the journey to the airport and held by a member of staff.** All money and passports will then be kept in the hotel safe and money will be redistributed throughout the week.

## **PUPIL INFORMATION**

### **HOTEL**

When you have been allocated your room please make yourself aware of the evacuation procedure as there will be a fire drill organised as soon as is practical. Make a list of any damage, stains or other deficiencies in your room and give this to a member of staff. You will also be expected to keep your room tidy and the doors should not be locked whilst anyone is in the room. Please note that in Norway, as in most continental countries, it is a rule that no noise should be made in the sleeping areas after 22:00.

### **SKIING**

You will be issued with ski boots, skis, name labels and ski poles on the evening of arrival. The boots and skis will be numbered, so please make a note of these numbers and keep them with you. Please be extra careful to collect your own skis, boots and poles each morning as incorrect collection will cause a delay for all. If someone takes some of your equipment, immediately report this to a member of staff or to your instructor. You are covered for ski damage or breakage but there is an excess on loss of equipment.

On the first morning you will be issued with a ski lift pass. Please look after it carefully, as you will not be allowed on any of the ski lifts without it. You will also be issued with a medical card, which should be securely attached to your lift pass.

During the trip you must **never ski whilst unsupervised** i.e. without a ski instructor . Pupils will be having four hours of lessons per day with a qualified instructor. Skiing is great fun but it also has risks. It is important that pupils are familiar with the following guidelines/rules.

## **PUPIL GUIDELINES/RULES**

### **General**

- As this is a school trip, the school will expect the same standards of discipline and behaviour from pupils as those expected in school.
- The school will expect that pupils will not indulge in any activity that would tarnish the reputation of the school.
- Alcohol and smoking are strictly forbidden.
- Pupils will be responsible to their group leaders and must follow at all times any instruction issued by their group leaders.
- Pupils must be present and in time for activities.
- Pupils must follow safety directions while travelling - seat belts etc.
- A serious breach of our rules may result in a pupil not being permitted to ski during a lesson(s).

## **Hotel**

- Pupils must respect hotel property and other guests.
- Pupils must not make any unnecessary noise, especially in the evening.
- Pupils will not enter another schools room at any time.
- Rooms should be reasonably tidied before skiing each day.
- Pupils will not lean out of windows or over balconies.
- Pupils will be expected to be in bed at a time determined by the group leaders each night.
- Every pupil will be present at each mealtime.
- Any pupil wishing to leave the hotel without the rest of the group will only be allowed to do so if given permission by a member of staff and in the company of at least one other pupil. He will make it clear where they are going, how long they will be and report back to the same member of staff at an agreed time.

## **Skiing**

- Pupils must be on time.
- Pupils must have the correct clothing and equipment to go skiing each day.
- Helmets must be worn during skiing.
- Pupils should have everything with them when returning to the hotel, especially gloves, helmets and goggles.
- While skiing, leaders and instructors will ensure that pupils do not leave the group.
- Pupils should obey their instructors and be well mannered.
- Pupils should only ski with an instructor.
- Never ski alone.
- Pupils should not ski dangerously or take risks.
- Observe all official piste signs.
- Always ski under control.
- Ski within your ability.
- Overtake wide and with care.
- If you stop or fall, move to the side of piste quickly.
- Check up the slope before moving off again.
- Never walk on the piste.
- Avoid skiing near ski classes.

## **On the lifts**

- Don't queue jump.
- Keep in the tram lines on a drag lift and sit still on a chair lift.
- If you fall off a drag lift, move out of the way as soon as possible.
- When leaving a lift, move away quickly as there may be someone behind.

## **Accidents**

- Send for help, giving precise details of accident location.
- Indicate the position of the injured person by planting skis in an upright X above the injured person.
- Keep the injured person warm and comfortable but do not move them.

## **Packing**

When packing please check the previous handout on recommended ski wear and also pack a wash bag and towel.

## **MORNING CHECK LIST** (This will be posted in the hotel rooms used by our party)

1. Lift pass
2. Money
3. Gloves
4. Helmet and hat
5. Sun glasses and/or goggles
6. Sun cream and lip salve
7. Correct clothing for the conditions

**Please be punctual**