

Welcome to Langtree School
Ski Visit Parents Evening.

Staff & Their Responsibilities.

Mr Vitty : Party Leader responsible for overseeing trip

Mrs Taylor-Lane : Responsible for administering Medication

Mr Jones : Responsible for student welfare

Mrs Darkins : Responsible for student welfare

Mrs Satterley : Responsible for student welfare

Mr Whelan : Responsible for student welfare

Mr Wakefield : Responsible for student welfare

The Staff to Student Ratio is better than 1 : 9 which is well within county guidelines.

Travel

Please
Arrive
04:00am

Langtree

Depart
04:30am
Sat 28th

We Fly
From
Heathrow

07:35am

Land Basel

10:10am

Swiss Francs

Outbound Travel

Relleri

The Mountain Lodge

Arrive
1:10pm



Travel

Langtree
Arrive
20:05
Sat 4th Jan

Arrive
6:35pm
(Local Time)

Heathrow

Inbound Travel Details

Basel Airport
5:55pm

Depart
12:55pm
Sat 4th Jan 2025

The Mountain Lodge

Travel

For the safety of everyone we ask pupils to follow these instructions whilst travelling

On route students must not be on their own, they must be in small groups at all times.

Must follow the instructions given to us from the coach driver and cabin crew at all times.

At rest breaks please listen to instructions as to where and when we will be leaving from.

Must be able to carry own baggage up & down stairs.

On Arrival At The Mountain Lodge

We will arrive at our destination at approximately 13:10

Students will be introduced to the resort and its staff by the Ski Company's reps.

Students will be shown to their rooms with some time to settle in.

At a pre organised time students will go for a Ski / Boot fitting

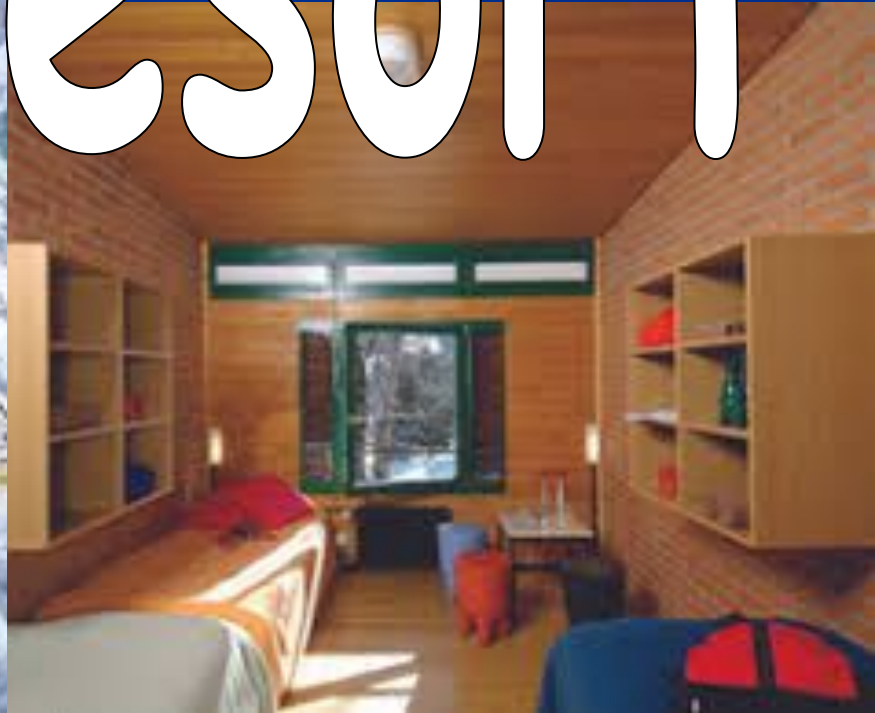
Lunch and Evening meal

Evening to relax and get to know the facilities





The Resort



Daily Routine

Breakfast

Kit inspection

Morning Ski 2.5 Hours

Lunch 1 Hour

Afternoon Ski 2.5 Hours

Shower and relax

Evening Meal

Evening Activities



Evening Entertainment

All students will be expected to take part in all evening entertainment

Igloo Building

Winter Walks

Lovell Camp's got talent

Town Visit/Shopping

Survival Skills

Expectations Of Students

General

Behave in an appropriate manner from start to finish

Expected to take part in all activities

Don't leave the site without our permission

Absolutely No Alcohol or Smoking or Vaping

No going into bedrooms other than your own room (Room Damage)

Be polite and respectful to coach drivers and resort staff

Never go anywhere on their own

We take no responsibility for expensive items such as mobile phones, stereo equipment or laptops / tablets.

Expectations Of Students

Skiing

Everyone will be expected to ski every day in ski school

Students must take the equipment that we ask them to take each morning, all students will be checked for the correct equipment.

You cannot change ski groups without permission of staff or ski school

Follow all instructions to the letter from staff and ski school



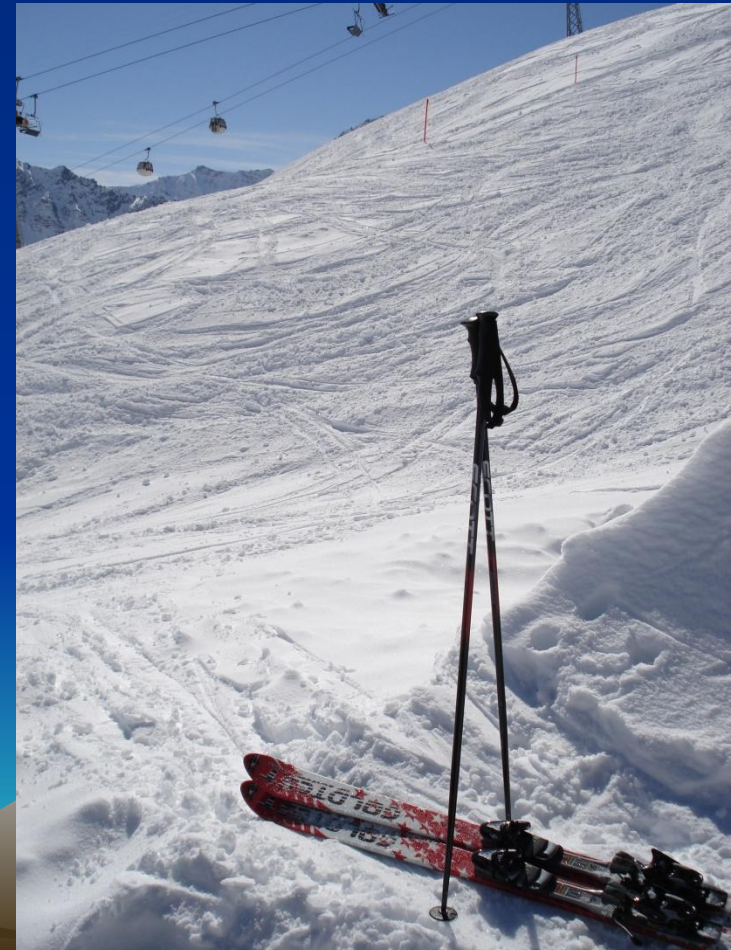
In The Unlikely Event Of An Accident

The Ski School and Mountain Rescue are
Excellent In Such an Event

The resort itself has transport to enable
staff access to hospital

Contact will be made and maintained ASAP

However we do ask all students not to
share such information with others so not
to worry anyone unnecessarily



What to do next

Passports & EHIC cards need to be checked tonight
3 months validity is required on your passport at the end of your trip.

Please complete the confidential data form AND the behaviour contract (electronic) tonight - QR codes at the back of the booklet.

Please can you hand in passports EHIC / GHIC cards now

On day of departure all medication needs to be handed to Mrs Taylor-Lane colourless plastic bags. The medication must be clearly labelled with students' names and directions for use.

Any medication not previously mentioned on the medical form needs to come with written permission

There is no real need for more than £100.00 pocket money plus travel food money

Please impress upon your child the importance and safety for following trip rules.

Collect Kit on Kit list and pack!

Insurance

Existing medical conditions

There is no cover under this insurance for any claim arising directly or indirectly from any **existing medical condition**, as defined below, unless **you** have contacted **our** Medical Screening Service, and **we** have agreed in writing to provide cover and **you** have paid (if required by **us**) any additional premium.

An **existing medical condition** means:

- a) any respiratory condition (relating to the lungs or breathing); heart or heart related condition; circulatory condition (relating to the blood or circulation); kidney or renal condition; liver condition; condition relating to the pancreas (e.g. diabetes); cerebral or neurological condition (relating to the brain); stroke; central nervous system disorder or irritable bowel disease; for which **you** have received treatment (including prescribed medication) within the 5 years prior to **your** policy issue date;
- b) any malignant condition e.g. cancer for which **you** have received any diagnosis or treatment (including prescribed medication) within the 5 years prior to **your** policy issue date;
- c) any **medical condition** for which **you** have received surgery, inpatient or outpatient treatment or had any tests or investigations in a hospital or clinic or have been seen by a specialist consultant within the 2 years prior to **your** policy issue date;
- d) any psychiatric or psychological condition for which **you** have received any diagnosis or treatment (including prescribed medication).
- e) any re-occurring health condition, or any other **medical condition** which within the 2 years prior to **your** policy issue date has been treated in hospital or has been referred to a specialist or for which **you** are waiting for any tests or treatment of any description or for which **your doctor** has altered **your** regular prescribed medication in the 6 months prior to **your** policy issue date.

Changes in the health of an insured person

If an **insured person's** health changes after **you** purchased **your** policy but before **you** commence **your trip** (or in the case of Annual Multi-trip cover before the date of departure on **your next trip**), **you** must contact the Medical Screening Service for further advice and to discuss **your** options. Contact details are given on page 4.

Changes which **we** need to know about are:

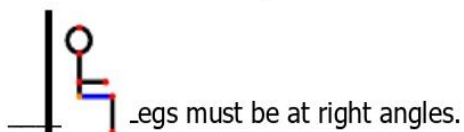
- where new medication or a change in regular medication has been prescribed;
- where there has been a deterioration of a previously stable condition;
- where an **insured person** has been referred to a specialist;
- where an undiagnosed condition is being investigated; or
- where an **insured person** is awaiting treatment/consultation.

We will then tell **you** if **we** can cover an **insured person's medical condition(s)** free of charge or for an additional premium.

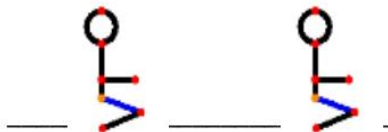
If **we** cannot cover an **insured person's medical condition(s)**, or **you** do not want to pay any additional premium quoted, **we** will give **you** the choice of either:

- making a cancellation claim for any pre-booked **trips**; or
- cancelling **your** policy and receiving a proportionate/partial refund, provided that **you** have not made a claim or are about to.

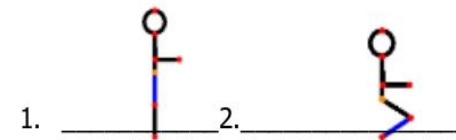
1. Chair position against wall (starting with 1 minute, increase by 30 seconds a week)



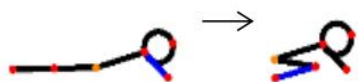
2. Bunny hops (either on the spot or moving)



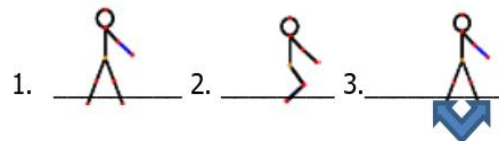
3. Squats
 - : stand straight
 - :squat down as if sitting on a chair keeping your back straight



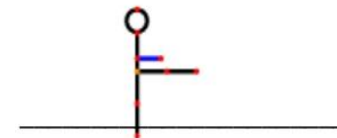
4. Squat Thrust
 - :start in press up position
 - : lift knees up to chest and back out again



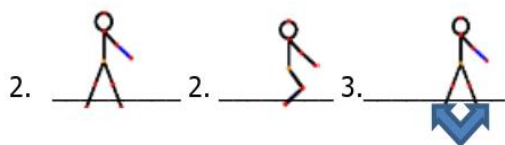
5. Alternate Foot Jumps
 - : bend knees and jump into air switching feet in mid air
 - :make sure you bend right down to touch the ground



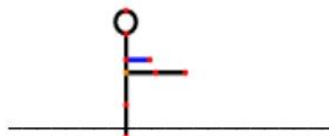
6. Front Kicks
 - : stand in press up position
 - :lift leg up to kick hand



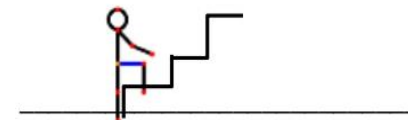
7. Alternate Foot Jumps
 - : bend knees and jump into air switching feet in mid air
 - :make sure you bend right down to touch the ground



8. Front Kicks
 - : stand in press up position
 - :lift leg up to kick hand



9. Step Ups
 - :step up with both feet on step and back down again



NB: ON EXERCISES 2 – 7 START WITH 10 REPS PER DAY – INCREASING BY 3 REPS PER WEEK.

This is a short fitness programme, which we expect all students to follow properly. There is a much greater risk of injury if your child is not physically prepared for skiing and they will not enjoy the trip if they are constantly exhausted. Parents please ensure your son/daughter does the exercises daily.

Ski Trip – KIT LIST

All students must have appropriate clothing for skiing.

The following list is ESSENTIAL.

Please remember that lots of thin layers are a more efficient way of keeping warm.

Ski Jacket and Ski Salopettes

Ski Goggles

Ski Gloves

Warm Hat

Thermal Layers Polo/roll necks/t-shirts

Sweatshirt / Fleece

Sunglasses (suitable for ski conditions)

Trainers and other footwear for après ski activities

Proper Ski Socks

Sun Protection Cream

Lip Salve

Water Bottle – for use while you are skiing

Small rucksack – to carry packed lunch and water bottle

AND:

Normal clothing and underwear for evening and daily use.

Towel

Wash kit

Swimming Costume (NO bikinis please)

Swimming Hat

Swimming towel

Please note that a **SWISS type plug adapter** will be needed, each room group might want to bring one small 3 or 4 way extension lead (UK 3 pin) as well so this can be plugged into the SWISS type adapter.

Hand Luggage – suggestions

Money (English /Swiss Francs)

Food and drink for the journey

Medication for journey

Water bottle

Optional BUT recommended:

Neck pillow or pillow

Small blanket

Ear plugs / Eye Mask

Small wash kit and toothbrush/paste

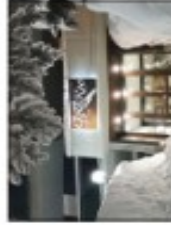
to freshen up during the journey

Students are responsible for the security of all of their belongings and money.

MEDICATION for the week should be packed in the students hold luggage in a clear named plastic bag with full instructions. Mrs Taylor-Lane will collect this from the student at the start of the week. **All medication MUST be in its original packaging.** Where the medication is prescribed, the dispensing label must also be present on the package or a copy of the prescription provided.



Hotel Edelweiss
Pinzolo-Madonna
Italy



Hotel Gran Roc
Sestiere
Italy



The Mountain Lodge
Gstaad
Switzerland



Hotel Nevada
Folgaria
Italy



Hotel La Torre
Seuze d'Oulx
Italy

Langtree School (62 persons)

UK Collection:

Mark Vitty
Langtree School, Reading Road, Reading RG8 0RA

Destination:

Mountain Lodge, Lovell Camps,
Hubelstrasse 88, 3778 Schönried, Switzerland

UK transfer:

Haywards - info@haywardscoaches.co.uk

CH transfer:

Born Reisen - info@born-reisen.ch

Flight:

28/12/24 LHR / BSL BA0752 07:35 / 10:10
04/01/25 BSL / LHR BA0749 17:55 / 18:35

British Airways baggage allowance:

- 1x Hand bag - 40 x 30 x 15cm
- 1x Cabin bag - 56 x 45 x 25cm - 23kg
- 1x Hold bag - 90 x 75 x 43cm - 23kg

Outbound

Flight BA0752 London Heathrow / Airport Basel Mulhouse

UK coach arrives Langtree	04:00 Sat 28/12/24
UK coach departs Langtree	04:30 Sat 28/12/24
bag drop opens	05:35 Sat 28/12/24
flight departs London Heathrow	07:35 Sat 28/12/24 flight British Airways
flight arrives Basel	10:10 Sat 28/12/24
CH coach arrives Relleri	13:10 Sat 28/12/24

Relleri lift station, Schönried is a 5 min mini bus transfer to the centre.

Inbound

Flight BA0749 Airport Basel Mulhouse / London Heathrow

CH coach departs Relleri	12:55 Sat 04/01/25
bag drop opens	15:55 Sat 04/01/25
flight departs Basel	17:55 Sat 04/01/25 flight British Airways
flight arrives London Heathrow	18:35 Sat 04/01/25
UK coach arrives Langtree	20:05 Sat 04/01/25



Hotel Fiocco di Neve
Pinzolo-Madonna
Italy



Hotel Panorama
Val di Fiemme
Italy



Gerald C Shirt
T/A The Ski Company
4A Nelson Arcade
London SE10 9JB
VAT 607896108

PLEASE COMPLETE BOTH THESE FORMS AS SOON AS POSSIBLE

**Confidential Information Form
(parent to complete)**



**Ski Trip Behaviour Contract
(parent and student to complete together)**

