



BLACKWOOD
HIGH SCHOOL
Inspiring Achievement and Respect



2016
YEAR 10 SNOW TRIP

Please keep this booklet as it is informative and may help answer your inquiries.

DEPARTURE DETAILS

TO: HALLEYS LODGE, FALLS CREEK

DATE: SATURDAY 20 AUGUST

PLACE: Blackwood Primary School car park.

TIME: Students please report to Jeanette Beadnall and Sam Thomson at **10:30pm** to be marked present for departure at **11.00pm** sharp.

ARRIVAL HOME

DATE: SATURDAY 27 AUGUST

PLACE: Blackwood Primary School car park at approximately 7.00am.

TIME: Students can ring home if there is a change in time of arrival.

GENERAL INFORMATION

COSTS

All costs are included in the payment with the exception of Sunday lunch, Friday evening meal, insurance and spending money.

We recommend that students take a limited amount of spending money for the purchase of snacks and souvenirs.

AMBULANCE COVER

The cost of ambulance transport in the snow is very expensive if injury should occur. It is wise to take out St. Johns cover before the tour.

BAD WEATHER

If bad weather prevents skiing then alternative activities will be organised by the tour leaders. The only time we will not ski is when the mountain is closed.

MEDICAL FORM

All students must complete a medical form before departure.

TRANSPORT

The tour leader reserves the right to arrange transport home at the parents/guardians cost if it is deemed necessary. This will be done in conjunction with the Principal.

TRIP ORGANISATION

TOUR LEADERS

JEANETTE BEADNALL – 0433 371 579

SAM THOMSON - 0428 882 013

GROUP LEADERS:

All students will be assigned a group leader to whom they will be responsible. Students will ski with their group leaders on designated slopes. Do **not** lose contact with your group leader and follow instructions closely.

CHECKLIST AS YOU PACK

Pack in a medium-sized case. Only one suitcase per student can be put in the luggage compartment.

ESSENTIAL SNOW ENVIRONMENT ITEMS

NOTE: Quality Parker, helmet and over pants are included in the cost of snow trip

Long sleeved tops e.g. thermals

Leggings/thermal bottoms (for under ski/boarder pants)

Jumpers

Thermal socks

Beanies and/or balaclavas and scarf

Gloves – Water proof, good quality

Sun Glasses

Goggles optional (highly recommended)

CLOTHING:

Sufficient underwear

Jeans, casual/comfortable clothes (for around the lodge)

Indoor and outdoor shoes

OTHER ITEMS

- Towel
- Sleeping bag
- Pillow
- Toiletries including soap, shampoo, toothpaste, deodorant, tissues, Sun screen
- Personal medication including travel sickness tablets, flu tablets, ventolin, panadol
- Camera
- Spending Money e.g. meals during travel, souvenirs, hot chocolates
- Put name tags on all clothing and possessions.
- Do not bring items of great value.
- **Take small back pack, pillow and sleeping bag on the coach.**

THE ITINERARY

HALLEYS LODGE: Falls Creek, Victoria (03) 8325 0000

DEPART BLACKWOOD

Saturday 20 August from the Blackwood Primary
School car park at 11.00pm:

Travel to Halley's Lodge with stops at Pinnaroo, Swan Hill,
Mooroopna and Bright.

ARRIVE

At lodge mid-afternoon, store luggage, collect ski clothing and
ski/snowboard equipment.

MONDAY – THURSDAY

Following a fully cooked breakfast skiers' and snowboarders' will
meet at the Snow Sports School where the snow sports instructors
will meet us for our lesson. A freshly prepared cooked lunch plus a
drink will be served to us at Halley's Lodge at a time arranged with
the Manager at Halley's Lodge. After lunch, we will continue enjoying
the skiing and snowboarding that Falls Creek offers. A home cooked
two course dinner awaits the groups on return. After dinner there
will be meetings and organized recreational activities. All students
will participate in snow sports school and ski/board with their
designated leader. Students will be divided into ability (and hopefully
friendship) groups.

FRIDAY

After breakfast all luggage is stowed away in preparation for the
return journey.

After the final day all skis, boards, boots and hired clothing will be
returned to the ski hire shop at Falls Creek.

DEPART FALLS CREEK

Friday approximately 4pm. Dinner on route home.

ARRIVAL BLACKWOOD

Saturday 27 August approximately 7.00am at Blackwood Primary School car park.

EDUCATIONAL AIMS

OVERVIEW

The Blackwood High School Snow Trip has become an integral part of the curriculum options for Year 10 students, including 10 SACE credits upon successful completion of the SACE criteria indicated. It provides an opportunity for students to develop a range of personal and group skills in an environment which many students would otherwise not experience. The program of activities, leading up to and after the snow trip makes this more than a one off activity. It takes advantage of learning in environments outside the school setting and has proven to be valuable motivational component in broadening the education of our students.

The Year 10 Snow Trip contributes significantly to the values and interactions students have experienced in their Year 8 and 9 Pastoral Care programs. The snow trip challenges and has a focus on the nature and importance of human functioning. An unfamiliar environment tests a student's self-reliance and enables the student to develop his/her own identity. It enables the student to focus on their relationship with their peers and teachers. Students learn about and develop the knowledge and skills needed to function effectively in group situations.

SACE requirements

Practical component – 50%

Journal entries – 20%

Group presentation – 20%

Preparation – 10%

AIMS FOR STUDENTS TO

- Participate in a creative, challenging and enjoyable activity.
- Learn new physical skills. Practice and improve their performance by working both individually and in small groups.
- Understand the specific needs for snow sports by working in small groups.
- Explore the dynamics of relationships and of independence.
- Be responsible for themselves and each other.
- Understand the challenges and risks involved in an unfamiliar environment and how to minimize such risks.
- Understand dietary requirements to meet the nutritional demands of snow sports in an alpine environment.
- Explore management of the environment to ensure minimal recreational impact.

OBJECTIVES

- Students will progress at their own rate in the learning of new skills.
- Students will have the ability to work in small groups by skiing/boarding together (buddy system) and assisting each other with skill development and the evaluation of performance.
- To demonstrate an ability to be able to live with each other, to understand individual needs and co-operate in small and large group situations and activities.

- Demonstrate an understanding of the functioning of their equipment and the appropriate way to dress in alpine environment (layer principle).
- Learn to ride pomas, T-bars and chair lifts.
- Be aware of the correct foods to eat while on the snow trip.
- Be aware of Hypothermia, symptoms and remedy.
- Be aware of snow safety.

KEY COMPETENCIES

The Snow Trip provides an excellent opportunity to live in and enjoy a variety of challenging and stimulating environments.

You should make the most of these opportunities by learning and applying skills and knowledge that cannot be easily learnt in the traditional classroom.

During the trip you will be developing expertise in areas that can be used in social, educational and vocational settings, including:

- **ORGANISING SKILLS**
- **ACTIVITY INVOLVEMENT**
- **COMMUNICATION SKILLS**
- **TEAM DEVELOPMENT**
- **UNDERSTANDING ENVIRONMENT / CULTURE**
- **USING TECHNOLOGY**
- **PROBLEM SOLVING**
- **USING MATHEMATICAL IDEAS**
- **SPECIFIC SNOW SPORTS SKILLS**

These key competencies have been identified by Australian Industries as being important skills for people to recognise and develop in education, for use in the workplace into the 21st Century.

Teachers will help students understand and develop these skills as the trip progresses.

FITNESS

Skiing and snowboarding are strenuous activities and require a degree of fitness to make the sport enjoyable and safe.

AEROBIC FITNESS

Exercises need to be done on a regular basis to develop heart and lung capacity. Individual exercising including skipping, swimming, long distance walking, jogging and cycling, help to get fit. Team sports including football, netball, softball, volleyball, soccer and basketball are also beneficial.

MUSCULAR FITNESS

Snow sports use particular muscle groups that must be toned to cope with the stress and guard against injury. For example, quads are used extensively because of the stance when skiing/boarding. Shoulder muscles work particularly hard because of the need to “pole” along flat terrain. When skiing, beginners in particular, need upper body strength to stand up with skis on, after falling in the snow. Boarders also require upper body strength to break the impact when they fall and also to push back up onto their boards.

Students need to have developed a program during terms 2 and 3 to increase aerobic fitness and develop muscle tone. This has been explained over that time by staff.

Staff will demonstrate a series of exercises that can be done with minimum equipment.

Progress must be documented in the student journal.

GOOD LUCK and have a GREAT TIME!

CODE OF CONDUCT AND EXPECTATIONS

Our school has an excellent reputation at the lodge, with the bus company and with all the services on the ski fields. Our safety record and behaviours on the slopes have been exemplary. It is up to you to maintain the standard. Always say “thank you” when a tow operator assists you, when any of the alpine staff offer you advice or when you are given assistance. A smile brightens everyone’s day.

EXPECTATIONS

Use commonsense at all times. We share the resorts and ski fields with many other holidaymakers. Please respect their right to enjoy their time by being courteous, polite and patient.

EQUIPMENT

Treat hire equipment as if it were your own. Do not leave hire boots and skis where they can be stolen or damaged.

YOU ARE RESPONSIBLE FOR YOUR OWN EQUIPMENT!

SNOWBALLS

A snowball becomes ice when it is compacted and could break a nose or seriously damage eyes on impact. Do not throw snowballs, as they can cause injury and saturate clothing. Only small children and the inexperienced throw snowballs.

CONDUCT

This is a school tour and school rules apply. It is a privilege to be selected as a member of the tour. Thoughtful, courteous behavior with the emphasis on care and consideration for others is expected consistent with the school’s *‘Culture of Respect’*. Skiing and boarding are social recreation activities with the emphasis on interaction with other skiers/boarders and the natural environment.

CHORES, LIGHTS OUT AND SLEEPING ARRANGEMENTS

All tour participants are expected to assist with all communal tasks. Students should sleep only in their allocated dormitory. It is expected that there will be a strict observance of lights out and in bed by the prescribed times.

GENERAL SAFETY

MEALS: Snow Sports are very physical activities which require a great deal of energy. We strongly advise students to eat all meals provided, as the week's menu has been designed to afford students a diet that will keep pace with their energetic week. Snacks and hot chocolate on the slopes are advised to top up energy levels.

SLEEP: It is essential that students have a good night sleep to maintain their energy levels. All students will be in their room with their lights out at the prescribed time.

FITNESS A fit skier/boarder is less likely to lose control and thus can avoid accidents. Ski and board within your ability and learn to conserve your energy by relaxing on lifts and when you are skiing. Expect to be sore from skiing/boarding. Your feet and legs will ache from the activity and from your boots.

FATIGUE can be a problem when skiing/boarding. This can be caused by improper diet, lack of sleep, or stress. A common cause is the lack of regular meals, eating foods that do not contain enough carbohydrates, or a lack of iron. Fatigue sets in when carbohydrate supply runs out.

ABILITY: Skiing and boarding are very socially rewarding activities where all abilities are catered for. The trip is not a contest so always ski/board within your capacity and in small groups.

LOST: If you become separated from your group on the slopes, **wait at the bottom** of the last tow/lift that your group rode.

Do not panic. The leader will find you.

Do not set out to look for your group.

HYPERTHERMIA AND OVERHEATING

- The CORE TEMPERATURE is the critical working temperature of the internal body organs, particularly the heart, lungs and brain.
- The peripheral temperature is temperature of the appendages, including skin and muscle tissue. The temperature of the peripheral is not critical.

HYPOTHERMIA IS THE DECREASE IN CORE TEMPERATURE TO A LEVEL AT WHICH NORMAL MUSCULAR AND CEREBAL FUNCTION IS IMPAIRED.

CONDITIONS LEADING TO HYPOTHERMIA

- Cold temperature
- Improper clothing / Wetness
- Fatigue/exhaustion
- Dehydration
- Poor food intake
- Lack of knowledge
- Alcohol intake
- Watch for the “-umbles”: stumbles, fumbles, and grumbles which show a change in motor co-ordination; shivering, and slurred speech.

OVERHEATING

This can be a serious problem in snow conditions. A lot of heat is produced by the body during strenuous exercise and excess heat must be allowed to escape to the atmosphere. This is best facilitated by unzipping the parka, or taking off gloves and hood for an appropriate period of time.

HOW TO AVOID HYPOTHERMIA

ADD FUEL: Don't skip meals – especially breakfast. Have frequent short rests in shelter, and take warm drinks and instant energy foods such as barley sugar.

PREPARE: Wear woollen clothes next to the skin if possible.

REDUCE HEAT LOSS: You lose a lot of heat through your head and neck, so make sure you **wear a helmet, hat and scarf** on wet, cold, windy days