2014
YEAR 10 SKI TRIP
JOURNAL
MORNING CHECKLIST

SKI JACKET, BOOTS and HELMET
SUNSCREEN
LIP BALM
RESORT MAP
CAMERA/PHONE
LIFT TICKET ATTACHED
GLOVES
BEANIE/SCARF
GOOGLES/GLASSES
SNACK

LIFT RIDING AND COURTESY

• Keep your lift ticket visible. We will show how to attach it to your parker.
• Wait your turn in line and pair up where applicable.
• Before entering the area, remove pole straps from wrists.
• Move quickly to the marked loading area.
• Keep poles away from lift operator.
• Keep skis parallel.
• Look over your shoulder for oncoming chair.
• When seated close safety rail.
• Do not swing in the chair.
• At the top of the chair watch for the signs to lift the safety rail.
• Push off the chair, keeping your weight forward.
• Leave the area as quickly as possible so not to inconvenience other members of the public.

GETTING OFF CHAIRLIFTS CAN BE DANGEROUS - BE CAREFUL
HOW TO STAY SAFE

- BE WELL PREPARED AND ON TIME
- LISTEN ACTIVELY TO INSTRUCTIONS
- ALWAYS SKI IN SMALL GROUPS
- ONLY EXPLORE NEW SLOPES WITH A TEAM LEADER
- MEASURE ALL RISKS
- KEEP OTHERS INFORMED
- ALWAYS CHECK DETAILS
- ASK QUESTIONS

DEVELOPING TEAM WORK

Sometimes conditions in the snow can be harsh. Teamwork helps to use our time more efficiently and ensure the safety of each individual.

- LOOK AFTER AND OUT FOR YOUR FRIENDS
- SKI IN GROUPS OF AT LEAST 3
- VALUE AND RESPECT EACH OTHER
- SHARE EXPERIENCES
- ENCOURAGE PEOPLE TO CONTRIBUTE IDEAS AND EXPERTISE
- DEVELOP CONSENSUS
- EXPLAIN YOUR THOUGHTS
- BUILD CONFIDENCE IN YOURSELF AND IN EACH OTHER
- SET GOALS AND HELP EACH OTHER TO ACHIEVE THEM
- KNOW WHEN TO HAVE A REST

ACCIDENTS

If you are injured or find an injured person follow these steps:

- Approach from below.
- Remove their skis but not their boots and place the skis above the injured skier in an ‘X’ formation.
- Make the patient comfortable and safe.

SEND FOR THE SKI PATROL
WHITEOUT

ALWAYS SKI IN SMALL GROUPS OR AT LEAST IN THREES
A ‘white out’ occurs when low cloud sets in. You will not be able to see the difference between the air and the snow.
Visibility is extremely low.

1. STOP and take account of where you are.
2. Assess the situation - if you think the ‘white out’ is only temporary remain where you are.
3. Keep verbal contact with person(s) you are with.
4. If you are unsure of which way to go, stay where you are and try to keep warm.
5. Don’t panic.
6. Walk downhill to the snow-line, a shelter or a tow-hut.
7. Leave a trail of crossed branches if necessary.
Phone your leader. Searchers are experienced and will find you if you follow this procedure.

OVERNIGHT IN THE SNOW

1. Find a sheltered spot.
2. Dig a snow cave or build an igloo.
3. Huddle together to conserve warmth.
4. Eat and drink warm liquids if possible.
5. Blow whistle (if you have one) at regular intervals.
FOOD AND DIET

Energy is needed by the body to perform physical work and run the body’s internal functions. Energy is provided by Carbohydrates, protein and fats in our food.

CARBOHYDRATES ARE THE PREFERRED SOURCE OF FUEL and should make up 50-60% of our diet.

FATIGUE can be a problem when skiing. 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.

LEAVE FAD DIETS AT HOME!

BREAKFAST is the most important meal of the day. It gets the metabolism going. Keep the amount of fat low as it is hard to digest and slows down the energy surge. Cereal, muesli, fruit and toast are recommended.

DO NOT SKIP BREAKFAST!

DRINKS:

It is important to keep fluid and energy levels high when skiing and not live on sugar and fat rich snacks. Drink plenty of water before going out and replace after you have finished. When traveling it is recommended to take water, fruit juice and sports drinks; not carbonated drinks or lots of coffee.

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.
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 CERABAL 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.
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 woolen 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.

LISTEN CAREFULLY TO INSTRUCTIONS FROM YOUR LEADERS EACH MORNING BEFORE LEAVING THE LODGE AND AS WE ARRIVE AT THE SKI FIELDS.

While you are ‘on the move’ when skiing, you should always try to keep ‘comfortably cool’ by periodic adjustment of your clothing. Usually a sweater need not be worn under a good parka on a clear day.

HYPOTHERMIA DEHYDRATION

It is important to maintain a comfortable body temperature when skiing or snowboarding that is not too hot or too cold. Either extreme can be dangerous.
It is also important to understand how we lose heat in cold conditions.
STAY DRY – STAY ALIVE

As body moisture is lost through various evaporative processes, the overall circulation volume is decreased and this can lead to **DEHYDRATION**. The decrease in fluid level can make the body susceptible to hypothermia.

**REHYDRATE**: Drink water to keep fluid levels up.

**HEAT PRODUCTION + HEAT RETENTION = COLD CHALLENGE**

**WHAT TO DO IF SOMEONE HAS HYPOTHERMIA**

**WARNING:**
**DO NOT RUB A PATIENT’S HANDS OR FEET BECAUSE THIS CAN CAUSE FURTHER HEAT LOSS.**

1. **Tell group Leader.**
2. Stop any further exertion.
3. Prevent heat loss (wind proof material).
4. Move to shelter as soon as possible.
5. Remove the OUTER layers of clothing and place dry ones on.
6. Place in a sleeping bag.
7. Give warm sweet drinks and instant energy foods.
AIM OF THE JOURNAL

Purpose of this journal is to reflect on your ski trip experiences. This contributes to 10% of the SACE requirements.

On the next pages detail what you did during each day and who with.

Use the questions provided on the following pages to trigger your responses.
<table>
<thead>
<tr>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• What bus are you on?</td>
</tr>
<tr>
<td>• Where did we stop for the first time eg: town name?</td>
</tr>
<tr>
<td>• Who did you share a seat with?</td>
</tr>
<tr>
<td>• How did you feel at the start of the trip us getting on the bus?</td>
</tr>
<tr>
<td>• Describe the location of the room at the lodge and who is in the room with you, what is your room number?</td>
</tr>
<tr>
<td>• Name of Lodge?</td>
</tr>
<tr>
<td>• Name of Hosts?</td>
</tr>
<tr>
<td>• When did you first see the snow?</td>
</tr>
<tr>
<td>• Describe the fitting process for Skis/Clothing.</td>
</tr>
<tr>
<td>MONDAY</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>• Name the trail run to ski home to the Lodge.</td>
</tr>
<tr>
<td>• Describe the difference between Green, Blue, Black.</td>
</tr>
<tr>
<td>• Where is the village?</td>
</tr>
<tr>
<td>• Name the lift we catch to go up the mountain and the café at the top.</td>
</tr>
</tbody>
</table>
TUESDAY

- Describe your progress.
- Your favorite slope.
- Room inspection.
- Food.
<table>
<thead>
<tr>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• How good are you now?</td>
</tr>
<tr>
<td>• New runs/ski experience.</td>
</tr>
<tr>
<td>• Night skiing.</td>
</tr>
<tr>
<td>• Lodge.</td>
</tr>
</tbody>
</table>
**THURSDAY**

- Describe the highlight of the ski trip – eg. Most exciting moment, most beautiful moment, scariest moment, best food, what you have to do again, what you never want to do again.
- Community event – Ski Show/Fire Works.
Do you have any suggestions for future trips?