DEPARTURE DETAILS

TO: HALLEYS LODGE, FALLS CREEK

DATE: SATURDAY 16 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 23 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.

SKIING ORGANISATION

TOUR LEADERS
JEANETTE BEADNALL - 0433371579
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.

Please note that a ski parker, ski pants and a helmet are provided as part of the package.

ESSENTIAL SKIING ITEMS
Quality Parker, helmet and ski over pants are included in the cost of ski trip
Long sleeved tops e.g. thermals
Leggings/thermal bottoms (for under ski pants)
Jumpers
Thermal socks
Beanies and/or balaclavas and scarf
Gloves
Sun Glasses
Ski 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
- Spending Money e.g. meals during travel, souvenirs, hot chocolates
- Camera
- Put name tags on all clothing and possessions.
- Small back pack, pillow and sleeping bag on the coach.
- Do not bring items of great value.
- Bring only a limited amount of spending money.
THE ITINERARY

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

DEPART BLACKWOOD
Saturday 16 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 ski school and ski 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, 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 23 August approximately 7.00am at Blackwood Primary School car park.

EDUCATIONAL AIMS

OVERVIEW

The Blackwood High School Ski 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 ski 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 Ski Trip contributes significantly to the values and interactions students have experienced in their Year 8 and 9 Pastoral Care programs. The ski 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 skiing 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 skiing 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 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 ski trip.
• Be aware of Hypothermia, symptoms and remedy.
• Be aware of snow safety.

**KEY COMPETENCIES**
The Ski 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**

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. Shoulder muscles work particularly hard because of the need to “pole” along flat terrain. Beginners in particular, need upper body strength to stand up with skis on, after falling in the snow.

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 is a social recreation activity with the emphasis on interaction with other skiers 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: Skiing is a very physical activity which requires 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 is less likely to lose control and thus can avoid accidents. Ski within your ability and learn to conserve your energy by relaxing on lifts and when you are skiing. Expect to be sore from skiing. Your feet and legs will ache from the activity and from your boots.

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.

ABILITY: Skiing is a very socially rewarding activity where all abilities are catered for in ski groups and slopes. The trip is not a contest so always ski 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 ski tow that your group rode.

Do not panic. The leader will find you.
Do not set out to look for your group.
HYPERTERMIA 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.

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 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.