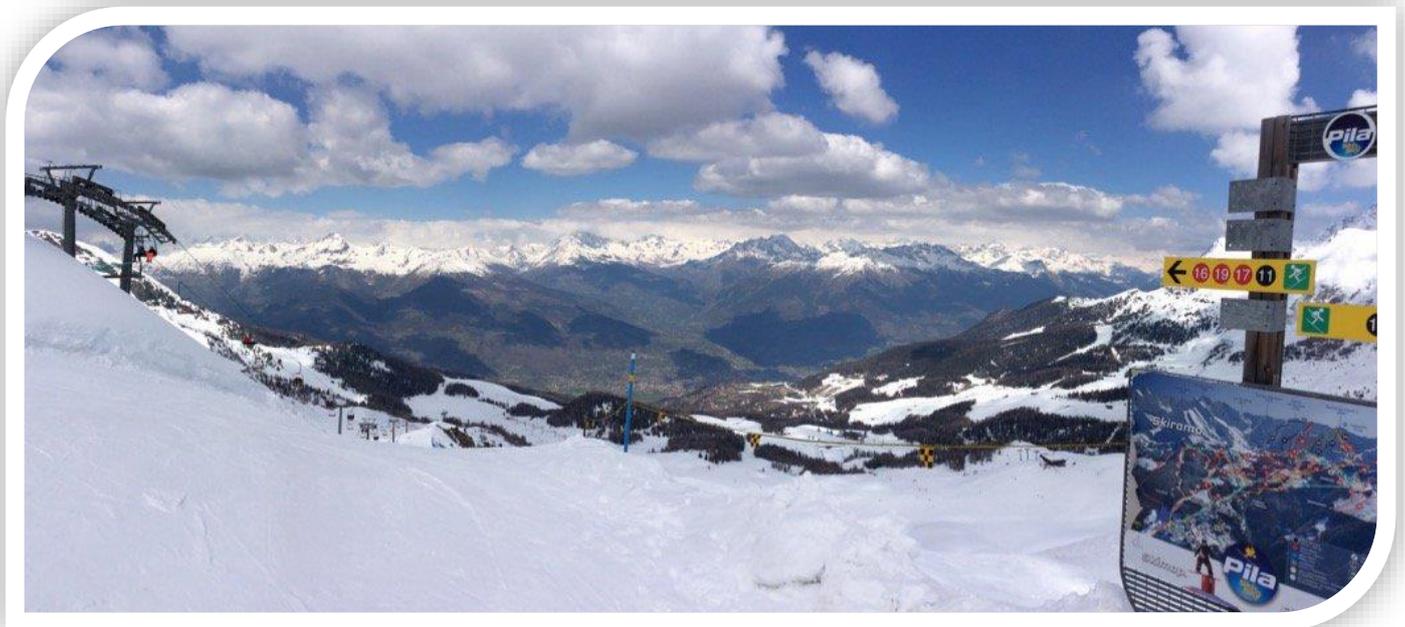


Midlothian Schools Italian Snowsports Trip



February 2019

Introduction

Midlothian Council Education, Communities and Economy Division, Outdoor Learning Service, is planning a Snowsports Activity Week to Northern Italy during the **February half-term holiday 2019**.



This trip is an element of the Midlothian Schools Snowsports Programme, a programme that offers all Midlothian pupils the opportunity to learn to ski or snowboard, and develop their skills to whatever level they wish, including up to qualifying as an Instructor.

This trip is unique in that it is open to all pupils in Midlothian aged 9 years or more, therefore giving all pupils the chance to join such a trip whether their school organises a similar activity or not.

Midlothian Race Trainees benefit from the opportunity to put into practice some of the skills they learnt during training sessions and, subject to age and observed ability, may get the chance to compete for an Interski Scholarship. Both skiing and snowboarding is expected to be on offer.

Snowsports residentials are an enjoyable and educational experience, and are beneficial to all young people regardless of their skiing or boarding skills.

This brochure is designed to give you as much information as possible about the Educational visit. Every effort has been made to ensure that the information is correct, but it should be considered only as a guide as details may change due to circumstances beyond our control. The information given is based on previous visits to the resort and on the requests we have made to

the tour provider. It should be retained, and you may make notes in the space at the back. Where information is not yet known, a gap has been left and those with bookings will receive confirmed information once it is known.

Please contact any of the named contacts who will do their best to answer any queries you may have regarding this trip and its snowsports activities.

Where and when?

Our base will be in the Aosta Valley, in Northern Italy. Our skiing and boarding is expected to be at Pila, a resort which provides a good range of well-groomed pistes. You can access further information on the resort at link below

https://www.interski.co.uk/Downloads/Schools/Resorts/Pila/Pila_Fact_Sheet.pdf



Those joining the trip will experience views of buildings dating from Roman times and the intricate pattern of terraced mountainsides in the valley. From the Pila ski area you can enjoy views of Mont Blanc on the French border and the Matterhorn in Switzerland.

Look carefully, and it is possible to pick out glaciers nestling in some of the higher valleys around Mont Blanc. Panoramic views of Aosta and the valleys towards Mont Blanc, the Grand St. Bernard Pass and Turin are enjoyed during the daily telecabin ride to and from the ski area.

Our Three Star Hotel will be The Lodge a short distance from the Tele cabin station in Aosta. The hotel offers en-suite rooms with between two and four beds. The hotel is a short walk from Aosta town centre which boasts a stunning amount of Roman remains. A fact sheet on the hotel is available at the link below;

https://www.interski.co.uk/Downloads/Schools/Resorts/Pila/Hotels/The_Lodge_Fact_Sheet.pdf

We can cater for individuals with many disabilities, including those with limited mobility. Please call to discuss any special requirements you may need.

Our trip is planned for the Midlothian Schools February ½ Term 2019. Departure will be on **Saturday 9th February 2019 with our return on Sunday 17th February 2019.**

Being holiday dates, they will not clash with any examinations. Our return will be at least three weeks before the SQA examination timetable commences. As a result, study time will not be compromised for pupils sitting external examinations, and there is no need to miss any lessons. For the truly dedicated study time is available whilst travelling and during some evening

The Skiing and Snowboarding

We expect to be doing our skiing and snowboarding at Pila, a 20 minute telecabin ride from Aosta. Our skis and boots will be stored about 100 metres from the gondola station.

The ski area is extensive and varied, with runs to suit all abilities for both skiers and snowboarders. All uplift on the ski slopes is by chair lift.

The area offers excellent skiing, and the varied runs will provide an ideal opportunity for Midlothian Race Trainees to put into practise some of their skills whilst gaining experience of “putting miles in on their skis”.



It is strongly recommended that all those joining the party should have attended a minimum of one schools course, and additional sessions at the

After School Clubs to achieve a minimum of a Midlothian Snowsports Centre Level 4* Certificate. This ensures that party members can get the greatest benefit from the trip by being able to move quickly and safely onto at least intermediate grade slopes, avoiding the more crowded nursery areas. Activity Groups will be based on ability. This ensures that everyone can get the most out of the week.

All party members will be supervised throughout the ski day, including the one hour lunch break during which a selection of hot snack lunches are available.

We expect to be able to offer skiing after the normal days 4 hours of lessons a. Additionally on some mornings we may take groups up onto the ski slopes to meet instructors higher up the mountain thus avoiding many of the early morning queues. Skiing after lessons is optional and all skiing out of Instructional Groups will be supervised by qualified party staff. Those who choose not to undertake additional skiing will return to the coach and undertake another supervised activity, or rest.

The day time activities on the mountain combined with a full evening programme will ensure the holiday is an exhilarating and memorable experience. We expect all party members to be both happy and exhausted by the end of the week!

Evening Programme

Interski our tour operator organise a full evening programme.

We expect to have the opportunity to undertake at least two of the following activities:

Ten Pin Bowling; Karaoke; Ice Skating.

The following evening activities will also take place:

Traditional Pizza Night (usually at a local pizzeria); Presentation Night, with certificate and badge for each participant.

Some younger children may be offered “in hotel” activities as an alternative if they are felt to be tiring to an extent that may adversely affect their skiing and enjoyment.

There will be an opportunity to visit the local hypermarket to buy gifts and other items. This is located next to the coach park. Younger children are escorted to the store.

We also expect to take the party into the pedestrianised areas of Aosta to visit local shops for any extra gifts and to see some local points of interest. The young people will be allowed to wander in groups in a clearly defined area. Staff will remain within the area at a central and known point prior to walking the group back to the coach or hotel after the visit.

Visits to Aosta, will include the opportunity to see the old piazza, see some Roman remains and to experience the atmosphere of the old and narrow streets of this historic Italian town.

Evening Meals

We are offered a set menu, usually consisting of a starter, main course and sweet. The Italian dishes are plentiful and nutritious. Water is provided with all meals and soft drinks may be purchased. Alcoholic drinks cannot be served to under 18's. Staff will seek to ensure that all children are eating their food, and you are asked to help by NOT sending your child with large supplies of sweets that may be used as an alternative, but inadequate, food source.

Travel

Travel from Midlothian will be by luxury coach. Subject to numbers in our party, we expect to have exclusive use of the coach throughout our time away.

The coach will travel direct to Dover, and by ferry to Calais before onward travel to Italy. Our route will take us through France and the Mont Blanc Tunnel into the Vallee d' Aosta, our destination. This is a main route and is kept clear of snow. The coach drivers are both experienced and familiar with these routes.

The coach will be equipped with seat belts, reclining seats, a video system, a toilet/washroom and where possible drink making facilities.

Regular stops will be made to conform with all current Driver Regulations.

Spending money will be required for snacks/meals for the journey from Midlothian to Dover and from Dover to Midlothian. Our first meal will be a continental style breakfast in France, and our last will be breakfast on the ferry returning to Dover.

A bottle of mineral water (with top ups available) will be provided for all party members. Fruit and hot drinks will also be available at no extra cost. Glass bottles are not permitted in the passenger area of the coach.

Luggage should be restricted to one medium sized suitcase or holdall, one piece of hand luggage for the journey which should include a small wash kit. You may wish to bring your own pair of skis or snowboard. Snowboard bindings should be removed and packed in your luggage. It should be borne in mind that luggage space is limited, and so bulky items such as footballs etc., cannot be purchased as gifts. Equally, prohibited items, (such as penknives), must not be purchased as gifts or brought onto the coach.

The coach will depart from a central point in Midlothian.

Staffing

The staff accompanying the party will be at a ratio of at least one adult to every ten young people.

These staff will be either Midlothian Council staff with qualifications that are appropriate to the activities being undertaken, or other approved and accredited volunteers who have specialised experience or qualifications that will be of benefit to the welfare of the group. This is expected to include staff able to offer supervised skiing and boarding out with the set instructional hours.

All Instruction will be by either British or Italian qualified Ski or Snowboard Instructors. We will seek to have former pupils (who have qualified as Instructors) to lead our groups wherever possible.

The Party Leader will retain full responsibility for the safety of the party throughout the trip. Any decisions relating to the activities of the group, or individuals, will be taken with the safety and welfare of the group being of prime consideration.

All staff are familiar with current Lothian Child Protection Procedures, and these guidelines along with any other relevant legislation or guidelines will be observed in the planning and running of this residential and adventurous activity.

All the expected staff are familiar with the organisation of this visit and have visited the resort on at least one previous occasion.

Please feel free to contact them to discuss any aspect of this trip.

Cost

We have chosen the Interski Package. This is because it is as comprehensive as you can get, offers excellent value and the extra costs are very few.

Included in the cost:

Luxury Coach travel to and from Italy

Half board hotel accommodation Up to 6 full days snowsports

Full lift pass 4 hours instruction per day

Hot snack lunch every day All evening activities

Snowsports equipment hire Comprehensive insurance

The cost of the holiday will be: £839 (plus any additional options).

There is a £40 supplement for those wishing to snowboard (refundable if a snowboard group is not viable).

There are a limited number of places for adults on this trip, but we are also offering the option to join. Adults and parents wishing to join will also benefit

from the same package. Any parent attending either option and wishing to join any of the pupils party activities may have to complete a Disclosure Scotland PVG check at an enhanced level.

The following is not included in the cost:

- Drinks at most evening meals
- Hire of any ski clothing
- Snowboarding
- Meals on journey from Midlothian to Dover and Dover to Midlothian.

Spending money will be required for gifts and small incidentals. Fruit and water will be available at no cost.

All payments made by us to the operator, (Interski), are protected under the ABTA bonding scheme. (No. V6114)

Insurance

Full details of the Insurance Cover will be provided once our booking has been confirmed. Indication of expected cover and Limits;

| Section | Maximum Benefit | Excesses |
|-----------------------|--------------------|-------------------|
| 1. Cancellation | up to invoice cost | £40 |
| 2. Medical/Emergency | £5,000,000 | £40 (all) |
| 3. Personal accident | £25,000 | nil |
| 4. Baggage/money | £600 | £40 |
| 5. Ski equipment | £500 | £35 |
| 6. Personal liability | £2,000,000 | (£250 for damage) |

Adult Involvement

There will be a limited number of places for adults in The Lodge. The price and package will vary, details are available on request. Parents wishing to spend time with the main party may be required to undergo Disclosure Scotland PVG checks. This arrangement will allow adults (e.g. former

attendees who have left school and family friends) who do not have children on the pupil's trip to benefit from a similar package.

Every effort will be made to provide Family Rooms, if required, at the Lodge, but this cannot be guaranteed. (All under 18's will be accommodated at The Lodge).

Passports

All children will require their own passport. (Non EU passport holders may require a visa, and / or Immigration Status Document / Residence Permit - please ask for more information.) In order to reduce the risk of mislaying passports, they will be collected prior to departure, held centrally for the trip and returned to individuals for clearing British Customs at Calais on our return.

Tuition

This will be provided by qualified English speaking Instructors.

Equipment

All equipment is modern and maintained by Interski. Ski storage is a two minute walk from the coach park and Gondola station.

Personal equipment may also be stored here, if wished, but it is stressed that no reduction in the cost of the holiday can be offered if you use your own equipment.

Medical

Medical assistance is quick and efficient. Interski will normally attend any casualty taken to a Doctor, Clinic or hospital. Costs are covered by insurance, although there is an excess charge for each medical treatment.

Where a child is taken to a Doctor, we will seek to have a Party Leader or accompanying adult escort them in addition to the Interski Representative,

or to join them at the earliest opportunity. Parents will be advised of any accidents requiring medical treatment at the earliest opportunity.

Party Staff all have First Aid qualifications.

Pre-Trip Meetings

Three pre trip meeting are planned. The first will be to introduce the trip and to give a broad idea of what can be expected. This will form the main recruitment evening. Two further meetings will be held, one about 4 months before departure to keep you up to date with developments and the final meeting about 2 months before departure to give final details.

These meetings are intended for parents, but we welcome participants, as we wish them to be fully aware of what is involved in planning the trip, (both for the party in general and to help them appreciate the commitment required of parents on their behalf), and to be fully aware of our expectations of them.

These meetings provide a good opportunity for parents and participants to meet and talk with staff and other party members, and to ask any questions that may arise.

Payment Details

All cheque payments for the Midlothian Schools Snowsports Activity Week should be made payable to “Midlothian Ski Trip”, and sent to:

Midlothian Ski Trip
Midlothian Council outdoor Learning Service
Penicuik High School
39 Carlops Road
Penicuik
Midlothian
EH26 9EP

Any questions or queries should also be sent to the above address or made by telephoning: 01968 664043
email: outdoorlearning@midlothian.gov.uk

We wish to make this trip as easily affordable as possible for all Midlothian School Pupils. However, the booking conditions require us to pay a deposit, (with an additional amount for snowboarding option), to confirm our trip and expected numbers. For this reason we suggest that an instalment plan is used on the following basis:

On booking deposit £139 (£149 if snowboarding), followed by 10 payments of £70. (If commencing January 2017)

(*The amount of the standing order/internet banking may be increased to make a shorter payment period if requested, and for later applicants.)

We recommend that final payments are made by October 2018, with all payments due by 30th November 2018.

Payment may be made by cheque or preferably by, Internet Banking or Standing Order. Receipts will be issued for cheque or postal order payments. For security reasons, we discourage cash payments. Banking details are

Bank: **Royal Bank of Scotland**

Account: **00173562**

Sort Code: **83-26-10**

Please quote skier name as reference

All money received will be held in an interest bearing account, the proceeds of which will be put towards organising and enhancing the trip.

Early booking is required to ensure availability.

Pre-Trip Preparation

Interski provide useful downloadable information on preparing for the holiday, a clothing and packing list and a host of other interesting and relevant information.

Party members will get the most out of the holiday if they can ski at “Plough Parallel” or above on mat. To ensure progress on snow is rapid, the Midlothian Level 4* Certificate should be considered as the minimum required to ensure you can make the most of this exciting and varied ski area with your group. For this reason you are encouraged to take part in School or After School Skiing activities, or both.

Ski Clothing

Interski offer a Ski Suit hire service which offers high quality and freshly cleaned ski clothing. It is booked prior to departure, and suits are delivered to our hotel on the evening of our arrival. They are collected from the hotel just prior to our departure, thus avoiding the need to either purchase or pack bulky clothing.

Similarly a Ski Accessory Pack is available for purchase. This is delivered prior to departure. Arrangements can be made for the Accessory Pack to be delivered as Birthday or Christmas presents, if required. Full details will be provided about September 2018, but it should be stressed that there is no obligation to purchase either or both packages.

Ski Equipment

All ski equipment will be provided, (boots, skis and poles), as will snowboarding equipment.

You may bring your own equipment, but no reduction in cost can be offered if you do so.

Expected Daily Programme

| | |
|------------------|---|
| 06-30am | Wake up call |
| 07-00am | Breakfast |
| 08-00am | Leave Hotel by Coach |
| 08-15am | Collect equipment from Ski Hire |
| 08-35am | Catch Gondola to Ski Area |
| 09-00am | Ski to meeting point with Instructors |
| 9-30 to 14-30 | Ski lessons, including 1 hour lunch break |
| 15-00 to 16-00 | Extra skiing |
| 16-15pm | Telecabin to Aosta |
| 16-45pm | Return equipment to ski hire |
| 17-00pm | Return to hotel or shopping trip |
| 18-30 or earlier | Return to hotel, shower and change |
| 19-00pm | Three course (set) evening meal |
| 20-30pm | Evening activity |
| 22-30pm | Bed |

Times may be modified to suit the needs of the party or different activities. We aim to have qualified staff to supervise extra snowboarding.

Behaviour

We expect all party members to behave politely and courteously, and in a way that will not cause offence or embarrassment to others, (whether in our party or not), during our time away. Smoking is not permissible, and alcohol is prohibited for all under 18's for purchase or consumption. It is possible that we will be sharing our hotel with another group, and we expect our groups' behaviour to be of a high standard.

These expectations should be no barrier to anyone having a very enjoyable week, indeed they are intended to help ensure that everyone has a pleasant and relaxing time when not enjoying the snowsports and après ski activities we will undertake.

Special Requirements

On this educational visit we can meet many special needs. Please give any details of any dietary needs on the Booking Form. This will allow us to confirm that your needs can be met prior to confirming your booking.

Medical. If your son/daughter has a condition that requires specialist treatment, we can only accept them on the trip if we have the staff qualified to meet their needs, and are able to provide adequate insurance. Carers are welcome to come along to assist with an individual and take part in those elements of the holiday that they wish. We plan to have a Doctor on our staff.

Special needs. We will accommodate pupils with special needs if at all possible. The Pila Ski Area has been checked to ensure that it is able to cater for children needing a Bi Ski provision (at additional cost). In some cases it may be necessary to use a hotel with specialist provision, details of which can be provided.

We will only accept such pupils as long as we are confident that they will receive opportunities comparable to other members in the party, and that the experience will be beneficial for them. Whilst we can provide skiing opportunities, we cannot provide personal care, but will help in any way possible to ensure that a carer can accompany and be actively involved in the activities.

For the two latter points above, please contact us to discuss your needs, so that we can actively work to facilitate your participation.

Our use of Documentation

Much of the information you submit will be held on computer files. It will only be used in connection with the organisation and running of this trip. Details of Emergency Contacts and Medical Information will be carried by the Party Leader, and copies held locally for emergency use. Additionally, Party Staff and Instructors will carry summarised versions whilst skiing and they will have access to the original copies if this is deemed to be necessary for safety or welfare reasons.

The Snowsports Activity Week will operate within the remit of current Lothian Child Protection Guidelines.

Holiday Information

Hotel: The Lodge
Address: Corsa Ivrea 1121
11000 AOSTA
Italy
Telephone: 0039 0165 41485 (fax 235739)

Departure Date: Saturday 9th February 2019
Return Date: Sunday 17th February 2019

The departure and return point will be a central point in Midlothian.

The Party Contact Number will be (mobile): +447747758000

This 'phone will be switched on during the morning of departure, and for the return journey. It will be available for calling at most other times, but the hotel can also be used for urgent calls.

In the event of you needing to contact the Party in an EMERGENCY ONLY you should try to 'phone the Party Mobile or the hotel.

In the event of the Party being involved in an emergency situation, you will be contacted by the MIDCON Emergency Team using the contact numbers that you will have been asked to provide.

Photography

Both party members and Interski will be wanting to take photographs during this trip. Clear guidelines will be set out as to when it is appropriate, or not appropriate to take photographs and for what use is made of them. We ask party members to share photographs, and Interski are likely to do the same.

We may use any photographs for publicity purposes, please tell us on the booking form if you do not wish photographs and images to be used.



My Checklist

To do

Booking Form/Deposit: £139/£159 (Due January 2018)

Date:

| | | |
|----------------|---|----|
| Payment | 1 | 6 |
| | 2 | 7 |
| | 3 | 8 |
| | 4 | 9 |
| | 5 | 10 |

Final payment (due End October 2018)

Passport checked/Application made:

Parental Consent Forms completed:

Medical Information Form returned:

Currency ordered:

Booking

Once your deposit of £139, (£159 if wishing to snowboard), is received and forwarded to Interski it is NON REFUNDABLE, unless the reason is covered by the cancellation Insurance, or we are able to substitute another person in your place. Late cancellations not covered by Insurance will incur a

percentage of total loss of monies paid, depending on time of cancellation, unless a substitution can be arranged.

We will confirm the availability of any additional supplements or requirements with Interski before forwarding any deposits. Your booking will be confirmed by email. Payment timescales and amounts can be varied for late bookings. However, full and final payment must be received no later than 30th October 2018, or full payment made on booking if after this date.

Payment should be by cheque, Internet Banking or Standing Order only. You will be offered a Standing order mandate form on booking.

For your notes

Please keep this brochure close at hand. It has been designed so that you only need remove the middle page to book a place and provide the information required to help us ensure that the Snowsports Trip goes smoothly for all those taking part. You will be given more information about the holiday as it becomes known.

Notes for Visit

Comments from the previous Aosta trips

Jen - "The best life changing experience!"

Sean - "It was enjoyable and I learnt more about my skiing"

Nyaradzo - "It was amazing, and warm weather!"

Zoe - "It was amazing and I met lots of new people"

Aaron - "Very fun and relaxed atmosphere. Good snow!"

Adam - "It was great, fabulous!"

Charlotte - "Quite frankly, awesome!"

Ross - "It was brilliant, good fun"

Robbie - "Amazing, great snow in the mornings, and rally warm. Made some new friends"

Olivia -

The skiing is so much better on snow, and more challenging"



Midlothian Council, Italy Ski Trip - February 2019



Booking Form

Please accept a booking for the person named below;

| | |
|--|--|
| Name | |
| Age | |
| Date of Birth | |
| Place of Birth | |
| School attended | |
| Skiing Ability (See level Descriptors) | |
| Address | |
| Contact telephone (in relation to booking) | |
| Contact Email address (for all correspondence) | |

| | |
|---|--------|
| He/she would like to snowboard for six days, and I enclose an additional £40 supplement to confirm this option. | YES/NO |
| He/she has special need/medical requirements *(please outline if YES) | YES/NO |
| He/she will require a special diet | YES/NO |
| If yes please specify here: | |

I would like my Daughter/Son named above to take part in the Midlothian Ski Trip 2019.

I have a copy of the Information Booklet which gives a broad description of the visit to Italy and have noted the expectations made of participants and what is included in the cost.

I agree to my son/daughter having their photograph taken during this trip, subject to the guidelines on photography.

I undertake to complete forms relating to Parental Consent, Medical Information and Insurance Forms and return them to the Party Leader by **December 2018**.

I will ensure that my son/daughter has a valid passport for the trip.

I undertake to make regular payments with full and final payment to be lodged no later than

30th October 2018.

| | |
|---|--------|
| I would like to make payments by Standing Order/internet Banking (PLEASE QUOTE PARTICIPANT NAME WHEN MAKING PAYMENT) | YES/NO |
|---|--------|

I enclose a deposit of £139 (£159 if wishing to snowboard) and I understand that in the event of withdrawing from this trip I am liable to lose my deposit, a percentage of, or full payment depending on the date of cancellation.

| | |
|-----------------------|--------------|
| Signature | Name (print) |
| Relationship to Child | |
| Date | |

Please return form to

Midlothian Council Outdoor Learning Service

Penicuik High School
39a Carlops Road
Penicuik
Midlothian
EH26 9EP

Email: outdoorlearning@midlothian.gov.uk

Ski ability guidance:

| | |
|----------|--|
| 1 | Never put on a pair of skis or only a taster lesson on a dry slope |
| 2 | Confident to ski nursery slopes, using snowplough. Very limited experience |
| 3 | Confident to ski easy blue runs with a mixture between ploughing and parallels but anxious on steep or icy sections |
| 4 | Confident to ski parallel on all blues at reasonable speed and happy to ski reds but anxious and have to pick route carefully when slope becomes steep or icy. Stuck on" intermediate plateau" |
| 5 | Confident to ski parallel at a steady pace on all reds and easy backs, but anxious on bumps or off piste. Would now like to tackle more demanding slopes |
| 6 | Confident to ski parallel at high speed on reds, confidently tackle bumps and off piste |