



Ambarvale High School

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Principal: Ms L Barnott-Clement, M.A., M.Ed., B.A., Dip.Ed.
Deputy Principal: Mr D Macpherson, Dip.Teach.
Deputy Principal: Ms S Arts, M.Ed., B.Sci., Dip.Ed.

Educational Excursion Information Ambarvale TRREC Students Snow Camp 2019

Dear Parent

Your child will be attending the TRREC Students Ski Camp. This excursion has been planned to reward your child for demonstrating our school's core values.

When: Wednesday, 21 August 2019 to Friday, 23 August 2019

Where: Snowy Mountains Coach and Motor Inn/Perisher Smiggins

Itinerary and transport: Travel is by coach, please see attached sheet for itinerary

Cost: The total cost of the excursion is \$585.00 for skiers

Additional charges apply for students who wish to snowboard. Students who wish to snowboard will be charged an extra \$40.00, bringing the total for snowboarders to \$625.00.

Please ensure that your child carefully reads the Alpine Responsibility Code attached.

What to bring: Please see attached list

Dress Code: Appropriate warm casual clothing

Departure from: Ambarvale High School at 10:30am on Wednesday, 21 August 2019. Students may attend classes or school at their normal time.

Return to: Ambarvale High School at 11:00pm (approximate) on Friday, 23 August 2019

Supervising Teacher/s:

Teacher in Charge: Ms A Sinclair
Mr V Cavaleri

Emergency Care First Aid Certificate

Emergency Contact Number: 4627 1800

Please note

The Department of Education does not have accident insurance for students engaging in sporting activities, however does cover ambulance costs. Medicare covers costs incurred in a public hospital. Parents may wish to consider their own insurance circumstances such as private health insurance or other insurance options for sporting accidents.

Ms L Barnott-Clement
Principal
8 August 2019

Ms A Sinclair
TRREC Coordinator



Educational Excursion Information
Ambarvale TRREC Students Snow Camp 2019
Itinerary

Wednesday, 21 August 2019

10:30am	Students to arrive at school for an 11:00am departure
5:00pm	Arrive Snowy Mountains Coach & Motor Inn, School Talk, Settle In Ski Hire R&R
TBA	Dinner
TBA	Facilitated Night Activities (teacher supervised)

Thursday, 22 August 2019

TBA	Breakfast
7:00am	Depart for a day of Snowsports at Perisher Smiggins
8:30am	Snowsports Lessons
12:00pm	Lunch (hot lunch provided at "on-snow" room) Teacher supervised Snowsports
4:00pm	Return to accommodation
5:00pm	R&R
TBA	Dinner
TBA	Facilitated Night Activities (teacher supervised)

Friday, 23 August 2019

TBA	Pack & Tidy Rooms Store luggage
TBA	Breakfast
7:30am	Depart for a day of Snowsports at Perisher Smiggins Students to take a bag on bus with spare clothing to change into
8:30am	Snowsports Lessons
12:00pm	Lunch (hot lunch provided at "on-snow" room) Teacher supervised Snowsports
3:30pm	Depart for Berridale
4:30pm	Return clothing and equipment hire – Snowy Mountains Coach and Motor Inn Students change into spare clothing at Ski Hire Pack luggage onto coach
5:15pm	Depart for home Comfort stops and meal breaks as required en-route (meals at own expense)
11:00pm	Approximate arrival back at school



Educational Excursion Information
Ambarvale TRREC Students Snow Camp 2019
Packing List

The following equipment list is provided as a minimum requirement for Snow Sports Programs.

Equipment Included in Your Package

The following equipment is made available as part of your package.

- Snow Parka & Pants (included in the Standard Ski Program Package)
- Skis, Boots, Stocks & Helmet (included in the Standard Ski Program Package)
- Snowboard, Snowboarding Boots & Wrist Guards (additional costs apply to Snowboards)

Essential Snow Skiing & Boarding Items to Bring

The following items are a minimum requirement

- Sun screen (minimum SPF 30+ rating)
- Lip balm or similar product with SPF rating
- A minimum of two pair of warm woollen socks (long for boot protection)
- Warm long pants (cotton jeans are not suitable)
- Warm long shirt or pullover
- Warm underclothing e.g. long sleeve t-shirts, thermal layers
- Warm beanie or balaclava (**for times the helmet is not worn - should fit under helmet - no pom poms**)
- Snow Ski or Boarding gloves or mittens
- Impact resistant, 100% UV protection sunglasses or goggles or both

Essential General Items to Bring

- Sleeping bag, pillow case (only) & bathroom towel
- Usual items of general clothing, underwear, socks, shirts, pants, pullover, etc.
Ensure you have enough sets of clothes for the number of days away. An extra set of clothing should be taken to the mountain in case one gets wet.
- Toiletries - toothbrush, toothpaste, shampoo/conditioner/deodorant, soap
- 2 pairs of comfortable, closed-in shoes in case one gets wet.
- 2 large plastic bags - 1 for dirty clothes & 1 for wet clothes
- Small day bag

ALL CLOTHING AND EQUIPMENT SHOULD BE NAMED



Optional General Items to Bring

- Medical – Aspirin/Panadol, travel sick pills, band-aids

Daily Preparation for Snow Skiing & Boarding

Some helpful Information

- snow parka, pants and gloves are not waterproof in reality (even the most expensive brands). Students will get wet if they spend a lot of time on the ground in the snow or if it rains
- the majority of heat loss is through the extremities of the body - the head and then fingers & toes. Helmets keep you warm when skiing but beanies are required when not wearing your helmet.
- any uncovered skin will be exposed to the possibility of extreme conditions of sun, wind and snow and needs to be protected regularly and with appropriate products.
- clothing intended to be worn under snow parkas or pants should be woollen or synthetic fibre in preference to cotton as cotton does not breathe when you perspire or dry very well if wet.
- layering is recommended for all under garments to assist with controlling core body temperature rather than using one thick or bulky layer under snow parka and pants - temperatures can vary from being warm to extremely cold many times throughout the day.
- always take a spare set of clothing in a small day bag in case you get wet throughout the day
- The secret to appropriate clothing in the mountains is to get warm and then stop the wind.

ALPINE RESPONSIBILITY CODE



Regardless of how you enjoy your snow sport, always show courtesy to others and be aware that there are inherent risks in all snow recreational activities that common sense, protective equipment and personal awareness can reduce. These risks include rapid changes in the weather, visibility and surface conditions, as well as natural and artificial hazards such as rocks, trees, stumps, vehicles, lift towers, snow fences and snowmaking equipment.

OBSERVE THE CODE AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A GREAT EXPERIENCE.

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from professional instructors to learn and progress.
3. Use appropriate protective equipment to minimise the risk of injury.
4. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use the restraining devices.
5. Observe and obey all signs and warnings. Keep off closed trails or runs.
6. Give way to people below and beside you on the hill. It is your responsibility to avoid them.
7. Do not stop where you are not clearly visible from above. Look uphill and give way to others when entering/exiting a trail or starting downhill.
8. Always ensure your equipment is in good condition and use suitable restraining devices to avoid runaway skiing/boarding equipment.
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

Failure to observe the code may result in cancellation of your ticket or pass by ski patrol or other authorised personnel.

'RESPECT GETS RESPECT' from the lift line, to the slopes, through the park and the resort.

Responsibility Code Point 8: *Before using any lift you must have the knowledge and ability to load, ride and unload safely.*

Comply with the Code by adhering to the following:

All Lifts:

1. Obey all signage.
2. Don't load or attempt to load onto a lift when the Lift Operator is not in attendance at the loading pt.
3. Do not load onto any lift any person carrying a baby in a backpack
4. Do not load onto any lift any skier or boarder carrying a baby in their arms.
5. Obey all instructions from Lift Operators.
6. If you require assistance, speak to a Lift Operator
7. Snowboarders, ensure your back foot has been released before loading.
8. Ensure your clothing & equipment are secured before loading & that it is free before unloading the lift.
9. Only load or unload at a designated load or unload station*.
10. Move to the loading point promptly.
11. Automatic Gates - be ready to move forward before the gate opens.
12. Move away from the unload area promptly.

Chair Lifts:

1. When loading, do not hang off or hold the back of the preceding chair.
2. Sit back in the chair properly.
3. Remove bulky backpacks and hold them on your lap in order to sit back in the chair properly.
4. Make sure you lower or fit the restraining device.
5. Do not: Swing or bounce the chair. Stand, kneel or lie on the chair.
Drop or throw anything including snow or snowballs from the chair.
6. If you fail to unload at the designated unload point, stay on the chair, and do not jump from the Chair.

T Bars and J Bars:

1. Always ensure your skis or board are pointing uphill at all times.
2. Do not: Zigzag up the lift track. Swing out of the lift track (this can cause the cable to fall).
Straddle the T Bar when riding.

Skier Conveyors:

1. Riders must have skis or board ON while riding the conveyor**.
2. Persons must not walk up the sideboards of the skier conveyor to help or offer advice to riders.
3. Remain standing at all times. Do not sit down on the conveyor.
4. No snow skates are allowed on skier conveyors.

** Persons participating in a Ski or Board Lesson, Instructors when conducting a lesson, and Ski Patrol Staff are authorised to unload prior to the designated unload area. **Riders participating in a Ski or Board Lesson, when directed by their Instructor, may ride in ski or board boots, but only under the supervision of the Instructor.*

KNOW THE POLICY. IT IS YOUR RESPONSIBILITY. FAILURE TO COMPLY WITH THIS POLICY MAY RESULT IN CANCELLATION OF YOUR PASS BY SKI PATROL OR AUTHORISED PERSONNEL.

IMPORTANT NOTICE

**Violation of the
ALPINE RESPONSIBILITY CODE
will result in the following penalties**

Season Pass Holders

All violations will be recorded on a database with the person's name and lift ticket details

- 1st Violation -** Depending on the nature of the violation, either a verbal or immediate suspension or cancellation of the Season F
- 2nd Violation -** Immediate suspension or cancellation of the Season Pas

Daily and Multi Day Lift Tickets

- 1st Violation -** Depending on the nature of the violation, either a verbal and a Permanent marker used to strike one line through ticket or immediate suspension or cancellation of the Lift
- 2nd Violation -** Second line drawn with a permanent marker to form a cr the ticket and privileges suspended for the whole or part remainder of the period of the Lift Ticket or immediate suspension or cancellation of the Lift Ticket .

**KNOW AND ABIDE BY THE CODE
IT'S YOUR RESPONSIBILITY
ENJOY SNOWSPORTS
BE CAREFUL**

Perisher Blue Pty Limited ACN 061 232 488

