



Snow Tour 2017

Newsletter # 4 31/5/17

Leaders:

Tour Manager – Janelle Morrissey

Tour Support – John Nitschke, Sue Logue

Leaders: Carl Matthews, Steve Knipe, Julie Ferguson, Sheryl Morgan, Rachel Lee, Maya Brookes, Tony Byles, Courtney Gerke, Peter Hubbard, Grace Lane, Matthew Bond, Dan Torelli, Aaron Widger, James Lyon, Matthew Morrissey, Ned Morcom, Nick Litchfield, Matthew Howard, John Schmarr and Shaun Crowell.

Dates for Attention:

Friday June 23rd Week 8 ****ABSOLUTE DEADLINE TOUR PAYMENT \$1570**

- Final Payment of \$1570 due
- Health/Medical Forms & Behaviour Contract completed online (via School website)

Wednesday June 14th Week 7

- Clothing order and Payment due to Finance with payment

Friday June 9th to Finance Office

- Payment Snow Tour Hoodie due

Tour Dates: Saturday August 5th 2017 – Saturday August 12th 2017.

Itinerary

- ◆ **Meet:** Saturday August 5th by 7.30pm The Crescent, Marryatville - *to be confirmed*
- ◆ **Depart:** 8.00 pm. - *to be confirmed*
- ◆ Alpine Spirit Coachlines - seat belts must be worn at all times
- ◆ Although the bus will be making short stops on the way, bring a packed snacks and water for travel. On Sunday we will be making a morning stop at Myrtleford for breakfast before travelling up the mountain. Wear appropriate clothing and footwear (not ugg boots) for mountain arrival. No pyjamas or thongs to be worn on the bus.
- ◆ Arrive at Mt Hotham approximately 10.30am. Walk over-snow to SnowBird Inn carrying luggage Equipment/clothing hire, lunch, afternoon lessons, settle into rooms and Sunday evening meal. (must have easily assessable \$20 safety gear deposit, the socks you are going to ski/board in, and shopping bags for carrying)
- ◆ Monday – Friday – breakfast, short walk to the slopes, skiing/boarding with Leaders in groups, lesson with Mt Hotham Instructor (1½ hours), lunch, afternoon skiing/boarding with Leaders in groups, returning to lodge, sign-in, change, snow clothing in drying room, free time and dinner.
- ◆ Night Activities may include Snow Safety Ski Patrol Lecture, Social evening, Movie, Snow Safety Assessment task, Night Skiing, PLP introduction.
- ◆ Depart Mt Hotham 5.00pm. Friday August 11th
- ◆ Dinner stop at Shepparton 8pm approximately
- ◆ **Arrive home** Saturday August 12th Marryatville 6:30am approximately

Snow Gear

Students must leave the lodge ready for any conditions – this will be checked every day – layers are the best way to keep warm – wool, polar fleece. Shower proof is *not* waterproof. Please name all clothing.

- ◆ Snow overalls/pants or waterproof pants (can be hired)
- ◆ Waterproof jacket with hood (can be hired)
- ◆ Polar fleece, warm woolen sweaters, thermals or windcheaters
- ◆ Warm shirts, skivvies, thermals or long sleeved T-shirts and ‘long johns’
- ◆ Warm socks – snow specific or Explorer type
- ◆ Neck warmer – scarves are not permitted as long and dangling is dangerous
- ◆ Snow goggles (anti fog & double layered recommended)
- ◆ Waterproof gloves – snow specific

Mountain Clothing (Complete World strides Order form in Package)

Retailers at Hotham do sell snow gear, however, it is very expensive. Therefore it is recommended to purchase and/or hire clothing prior to attending the trip. Please see packing list for required equipment.

- ◆ Students can hire compulsory items of Jackets and Pants together for \$63.00. Pants or Jackets can be hired individually for \$52.00.
- ◆ Students must bring their own *goggles, sox, neck warmer, beanie and gloves*, these can be purchased through ordering a *Snow Essentials pack* \$86.00
- ◆ Clothing can be purchased from various outdoor shops so please shop around.
- ◆ Payment for items must be finalised by Wednesday 14th June. Order forms are in your Snow Package and are due back to school at the Finance Office with payment by Wednesday June 14th. **NO** alteration or additions will be made to these orders after June 14th. This is the **ABSOLUTE DEADLINE** are suppliers of snow clothing and equipment. They offer our school community discount on purchase and hire.

Equipment Hire

Equipment hire is from Hotham Central and is included in the cost of the Tour. For skiers it includes skis, boots, stocks and helmet, and for boarders, boots, board, helmet and wrist guards. Students who are supplying their own equipment or wrist guards must let us know in writing by Wednesday June 14^h as a refund maybe available.

All students are responsible for their own equipment and will pay for any damages, losses and breakages they incur. Students will be given laminated labels to attach to these items when they are not in use.

Medication

ALL medical and health problems and medication must be included on the Medical/Consent Form and discussed with the Tour Support Staff. A Medical Plan to be included if necessary. All students must bring their medication with them, clearly labeled and adequately packed. To be carried on the bus and whilst out in the snow if deemed necessary. Medication will be carried by the students themselves. Those who have past sports injuries are advised to bring their own support bandages. No chemist exists at Hotham so remedies for ailments a student may require need to be brought with them, students will not be supplied with any over the counter medicine e.g. Panadol from staff on the tour. Students must bring their own.

Student Work

Everyone must bring their Snow Tour Folder, Snow Booklet and writing equipment to Mt Hotham.

All students must study the information and complete tasks 1 – 6 from their Snow Tour Booklet. A written test on snow safety, mountain procedures and first aid will be given in week 9. All students must gain 85% or greater to pass. Failure will mean students will continue to undertake testing until they achieve this standard before going on the slopes. The PLP Task 4 will be introduced and research begun on the mountain.

Packing List – *Label ALL items*

A **medium** suitcase or bag that can be carried over-snow (not wheeled) and stored under the bed.

- ◆ Small backpack (bus travel and day activities) named
- ◆ Pillow, games, ipod/mp3, snacks for the bus, water, meal for bus trip, DVD's
- ◆ Casual Clothes for lodge wear (eg. jeans, track pants, windcheaters, T-shirts, shorts, slippers, slip on shoes) very casual – can be warm in the lodge
- ◆ Pyjamas, socks, underwear,
- ◆ **Sleeping bag**
- ◆ Walk-out wear – Waterproof boots or shoes with grip on the sole, warm clothes, gloves, scarf, hat
- ◆ Toiletries, **towel**, hankie
- ◆ Sunscreen, lip cream, moisturiser
- ◆ **Snow Folder and Booklet**, pen and paper
- ◆ Labelled mug for supper drinks
- ◆ 2+ coat hangers labeled on the hook for hanging clothes in drying room, high energy snacks for skiing/boarding, safety pins, plastic bags (for transport home of wet gear)
- ◆ Camera, mobile phone/charger, torch, sunglasses, board games, cards,

Hint for packing: pack snow clothing for Sunday on the top of your luggage. Do **NOT** bring many clothes for lodge wear as you will only be in them at night. You must be able to carry **NOT** wheel your own luggage

Bus Luggage

Besides personal and choice items students must have:

- ◆ A packed meal, water and snacks
- ◆ Warm clothing and appropriate footwear for arrival on the mountain
- ◆ \$20 for deposit of Tour Safety Items
- ◆ For equipment fitting – snow socks.
- ◆ Shopping bags for transport of hire boots and clothing
- ◆ Personal Medication

Daily Gear List

Each morning students meet their Ski/Board Leader and are checked for the following items. No student will be permitted to leave without them.

- ◆ Lift Pass
 - ◆ Safety Whistle
 - ◆ Reflective band
 - ◆ Helmet
 - ◆ Goggles
 - ◆ Gloves plus wrist guards for boarders
 - ◆ Appropriate clothing
 - ◆ High energy snacks – eg. glucose sweets
 - ◆ Trail map
 - ◆ Medication
 - ◆ Buddy – organised within the group for that day's skiing/boarding
 - ◆ List of Emergency Telephone numbers
 - ◆ Correct equipment – ie. their own skis, boots, stocks, helmet or board, boots, helmet, wrist guards
 - ◆ Equipment labels
- Optional Extras: money, lip cream, camera, mobile, sunglasses, hankie, Snowsafe Card

MHS Safety Gear

- ◆ Students supplied with a reflective band and safety whistle (\$20 deposit refundable on return)
- ◆ Students will be given a laminated card listing Leaders' mobile phone numbers and Emergency phone numbers at Mt Hotham, and a Snowsafe card.
- ◆ All Tour members will be given laminated name tags which must be attached to items at all times when equipment is not being used.

Physical Fitness

Students will be actively involved in skiing or boarding for a full 5 ½ days. Snow sports are very energetic and active pursuits, and for students, in particular who lead a sedentary lifestyle it is recommended they begin a program of at least general muscular endurance. Six days constant physical activity in an outdoor environment, sometimes with extreme weather conditions is exhausting and to maximize enjoyment and minimize injury a training program is essential.

Money

Meals supplied in the lodge are quite adequate so an 'over supply' of lollies and snacks is not necessary.

- ◆ \$20 Deposit for Whistle/Reflective Band/Emergency Contact Card (collected on Sunday and refunded on return of items at the end of the week)
- ◆ Pocket Money – souvenirs, extra drinks and snacks during the day.
- ◆ Money for meal on the way home (can use \$20 deposit from Whistle/Reflective Band/Emergency Contact Card)
- ◆ There are EFTOS facilities at some mountain retailers.

Co-Curricular Commitments

Students who are involved in Co Curricular activities on the departure or return day must make themselves available for these activities unless an injury or illness prevents them from participation. Students have a commitment and responsibility to their team/group.

Mountain Evacuation

If the need arises for the student to be evacuated from the mountain, this will be done in consultation with the parents and on medical advice. However, although staff will provide support and every assistance possible, this responsibility lies with the parents to arrange and finance this transport, and support their child during the journey. **NO refunds** are available for non use of mountain services or Tour components.

Insurance (Form Attached)

It is recommended that all parents investigate their Health, Medical, Hospital and level of Ambulance Cover. It is a personal choice whether insurance is taken out for your child for the Snow Tour. It is recommended that insurance is taken out prior to attending the tour as alpine medical costs **are not covered by most private health funds** and mountain medical assistance is very expensive.

Lost Property can be collected in the gym after the Tour and will be disposed of after 4 weeks.

Daily Procedures and Specific Snow Tour Rules

- ◆ All students will ski/board with their allocated Instructor or Group Leader. There will be **no** free Skiing/boarding. Whilst on the snow they must remain with their negotiated buddy in their ski/board group.
- ◆ All students will initial the roll before breakfast, on returning to the Lodge for lunch and in the afternoon before going to their room and after night excursions eg. Night Skiing
- ◆ Report back to your Group Leader after Snow School lesson.
- ◆ Students are **not** to leave the lodge or designated area without a Leader's permission and must go with their buddy.
- ◆ Attendance at Team meetings is compulsory and students are not permitted to leave until permission is given to do so. This also includes at meal sittings.
- ◆ With written permission from Tour Support, students are able to visit Hotham Central with a 'buddy' providing they are wearing snow appropriate clothing and footwear. Students must sign out and sign back in through via the Movement Register
- ◆ Students will not be skiing/boarding without having **all** the stated items.
- ◆ As this is a week of Snow Sports Activity, students are expected to participate in the **full** week of Snow Sports as no opportunity exists to opt out unless on Medical grounds
- ◆ All lodge members must wear footwear at all times in all the common areas eg. dining room, lounge
- ◆ The information on the day's program, groups and notices will be displayed on the Lodge notice board and it is everyone's responsibility to check this each morning.
- ◆ No snow sports equipment will be left outside the lodge at night as all equipment must be stored labelled in the tackle room. No boards or skies can be left on the pathway into the lodge as a clear access route must be available at all times. All equipment needs to be labelled when left unattended.
- ◆ Mobile phones, music players and electronic devices will be confiscated if inappropriately used.
- ◆ Responsible, appropriate & legal use of social media sites as per MHS Information Technology Policy
- ◆ Students are not to use Ipod/mp3 players during snow sport activities, meals or group activities
- ◆ No chewing gum for the entire duration of the Tour.
- ◆ Students are **NOT** to enter other students' rooms unless directed by Leaders. This includes via balcony access.
- ◆ Students may only be on their allocated floor of lodging, however, they may access the drying & tackle room up to 6pm daily.
- ◆ Students are expected to leave their rooms and common areas in a tidy and well ordered state, respecting the property of others.

All newsletters and forms are available electronically to families on the school website under Student Programs/Snow Tour 2017

