Snow Tour 2015

Leaders:
Tour Manager – Janelle Morrissey
Tour Support – John Nitschke, Robyn Herczeg
Leaders: Kieran Cassidy, Carl Matthews, Steve Knipe, Sheryl Morgan, Rachel Lee, Maya Brookes, Tony Byles, Courtney Gerke, Edwina Simpson, John Schmarr, Ryan Vivian, Matthew Bond, Paddy O’Daly, Dan Torelli, Aaron Widger, James Lyon, Matthew Morrissey

Dates for Attention:
Thursday June 11th week 7 to Finance Office
**ABSOLUTE DEADLINE**
Full payment of trip, clothing hire (if applicable) and Insurance (if applicable)
Thursday June 11th week 7 submit online
Health/Medical Forms & Behaviour Contract
Thursday June 4th to Finance Office
Snow Tour Hoodie order form

Tour Dates: Saturday August 1st 2015 – Saturday August 8th 2015.

Itinerary
♦ Meet: Saturday August 1st by 7.30 pm The Crescent, Marryatville - to be confirmed
♦ Depart: 8.00 pm. – to be confirmed
♦ Premier Coachlines - seat belts must be worn at all times
♦ Although the bus will be making short stops on the way, bring a packed meal and water for travel. On Sunday we will be making a morning stop at Bright 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 10.30 am. 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, Quiz, Assessment task, Night Skiing, PLP introduction.
♦ Depart Mt Hotham 5.00 pm. Friday August 7th
♦ Dinner stop at Shepparton 8pm approximately
♦ Arrive home Saturday August 8th Marryatville 7.00am 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
Medical/ Health Information & Behavior Agreement

- Mandatory medical information is to be completed via the link on the school website by **Wednesday June 11th**.
- To access the Medical information portal visit the school website [www.marryatvillehs.sa.edu.au](http://www.marryatvillehs.sa.edu.au), enter **Student Activities**, under the heading Year 10 Snow Tour click on the link **Medical Information Form**.
- Please complete all fields and tick that you have read and agree to the Student Rules for Travel Groups Behavior Agreement form.

Mountain Clothing Sales
Snowbird Inn does sell snow gear along with other retailers at Mt Hotham. A Snow Essentials pack from SnowBird Inn of goggles, sox, neck warmer, beanie and gloves can be pre ordered and paid at school for $77 or items can be purchased separately.
Rapid Surf & Ski, Main North Road, Prospect are suppliers of snow clothing and equipment. They offer our school community discount on purchase and hire.

Clothing Hire
SnowBird Inn does arrange Clothing Hire but this must be pre-arranged for ‘group discount’ through school. Jacket and Pants $60, or separately pants or jacket $50. Order forms are accessible on the schools website [www.marryatvillehs.sa.edu.au](http://www.marryatvillehs.sa.edu.au), enter **Student Activities**, under the heading Year 10 Snow Tour ‘click’ on the link **Clothing and Equipment Hire**.
This is the **ABSOLUTE DEADLINE** for ordering clothing is **Wednesday June 11th**. **NO** alteration or additions will be made to these orders after June 11th.

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.

- Mandatory hiring information for all students e.g. height, weight, skiing experience is to be completed via the link on the school website by **Wednesday June 11th**.
- To access the hiring portal visit the school website, Click on **Student Activities**, under the heading Year 10 Snow Tour ‘click’ on the link **Clothing and Equipment Hire**.

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.

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
- Labelling 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
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. Snowbird Inn does organise insurance for students with QBE in a School Group Insurance Policy. The brochure is included in your Tour package. If you wish to purchase this policy ($34) please indicate on the pay-in slip, attach the completed application form and forward payment to the Finance Office by June 11th. Insurance will not be valid until it is receipted by QBE. Answers to any questions regarding this insurance please contact the QBE insurance company directly on 1800 212 689 toll free.

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 mealittings.
♦ 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 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.
Daily Procedures and Specific Snow Tour Rules cont.

- 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 labeled 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 2015

Web Site:  www.mthotham.com.au