



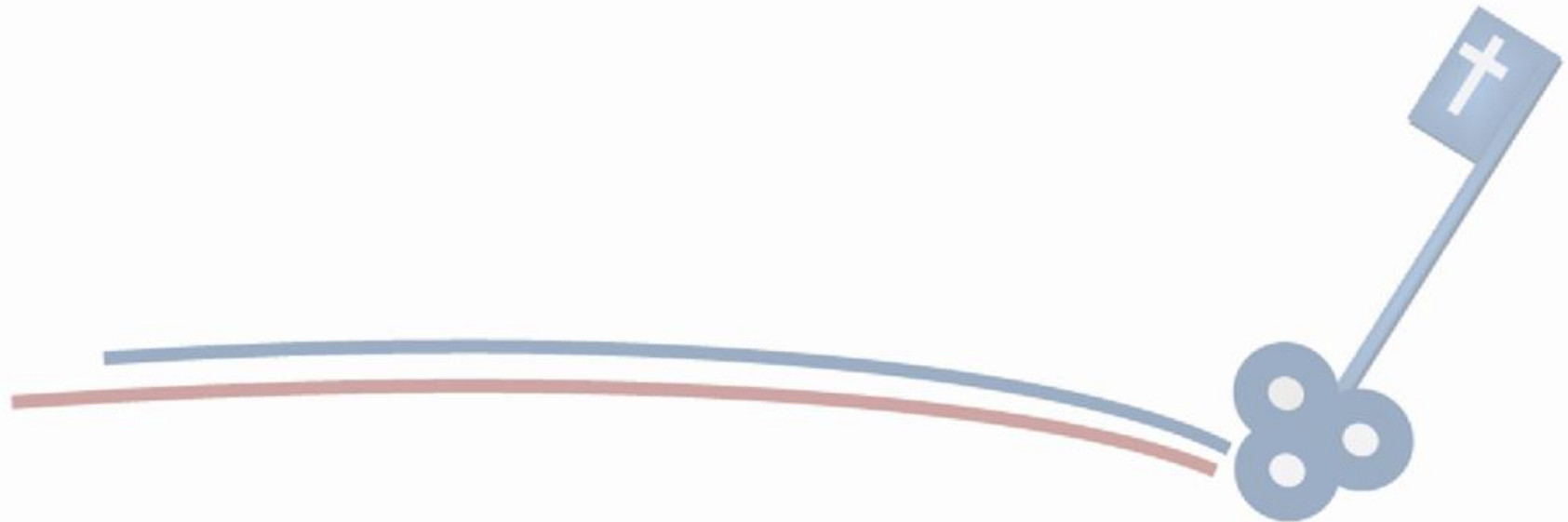
Boston Ski Trip

10th February – 17th February 2023



The aim of this evening

- To provide you with the information you need.
- To help you prepare over the next few weeks.

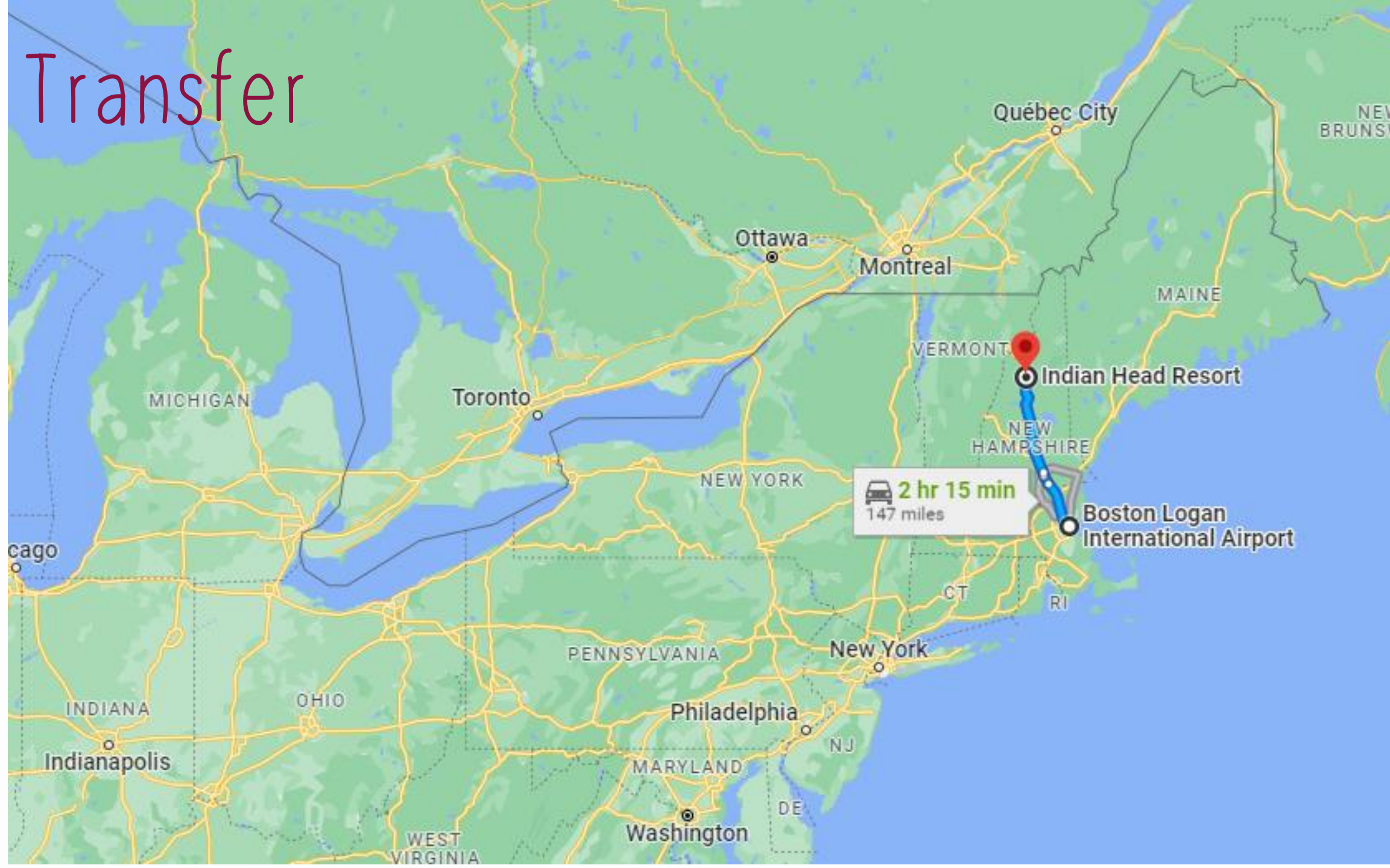


Key Dates and times

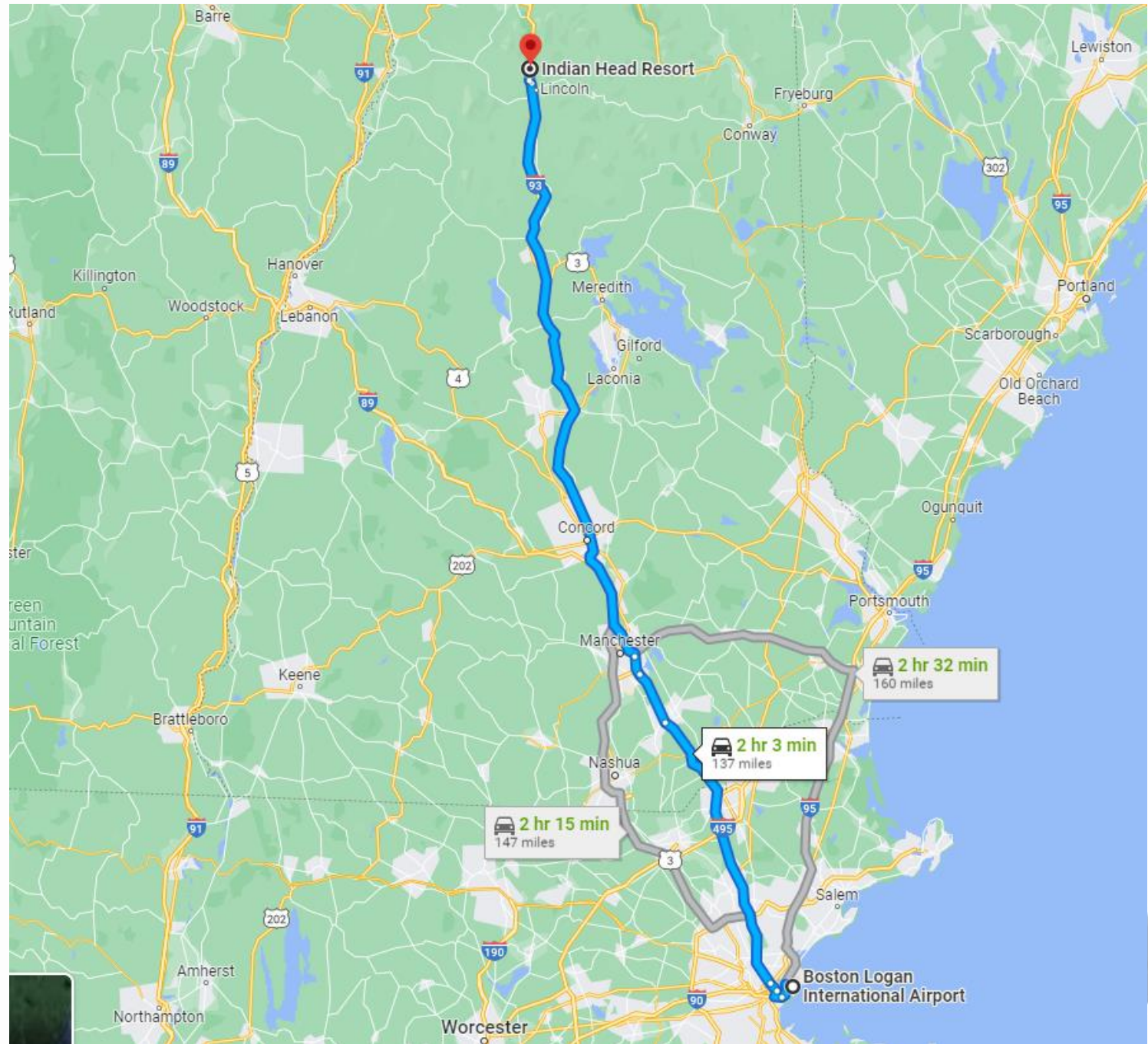
- Depart: Friday 10th February 2023
- Outbound; London Heathrow — Logan Intl. Boston (LGW/BOS), Virgin Atlantic — VS11, 15:20-18:05 (local)
 - Leave school at the end of break
 - Bring everything in the morning
- Return: Saturday 18th February 2023
- Inbound; BOS/LHR, Virgin Atlantic — VS12, 17th February, 19:55-07:35 (Landing back in the UK on the 18th)



Transfer



Transfer



Hotel 1: Indian Head Resort



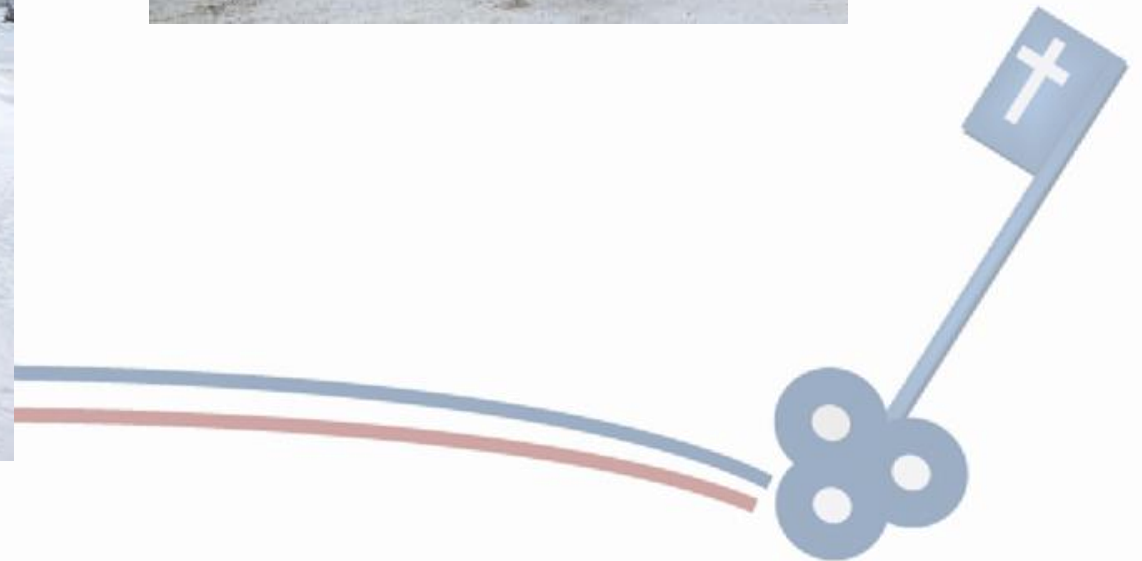
Indian Head Resort



Indian Head Resort



Buses to the slopes



Skiing – Waterville 2 days



Skiing - Cannon 3 days

Mittersill is home to several federally listed sensitive species including the Belding's thrush, peregrine falcon and possibly the Canada lynx. Please be respectful of their habitat.



NO T.Y.O.T.

(No Trimming Your Own Trees)
Tree and/or brush cutting is strictly prohibited on Cannon and Mittersill. Please leave trail maintenance to the professionals at Cannon.



Food

- Buffet Breakfast and dinner
- Purchase lunch (\$15-\$20)



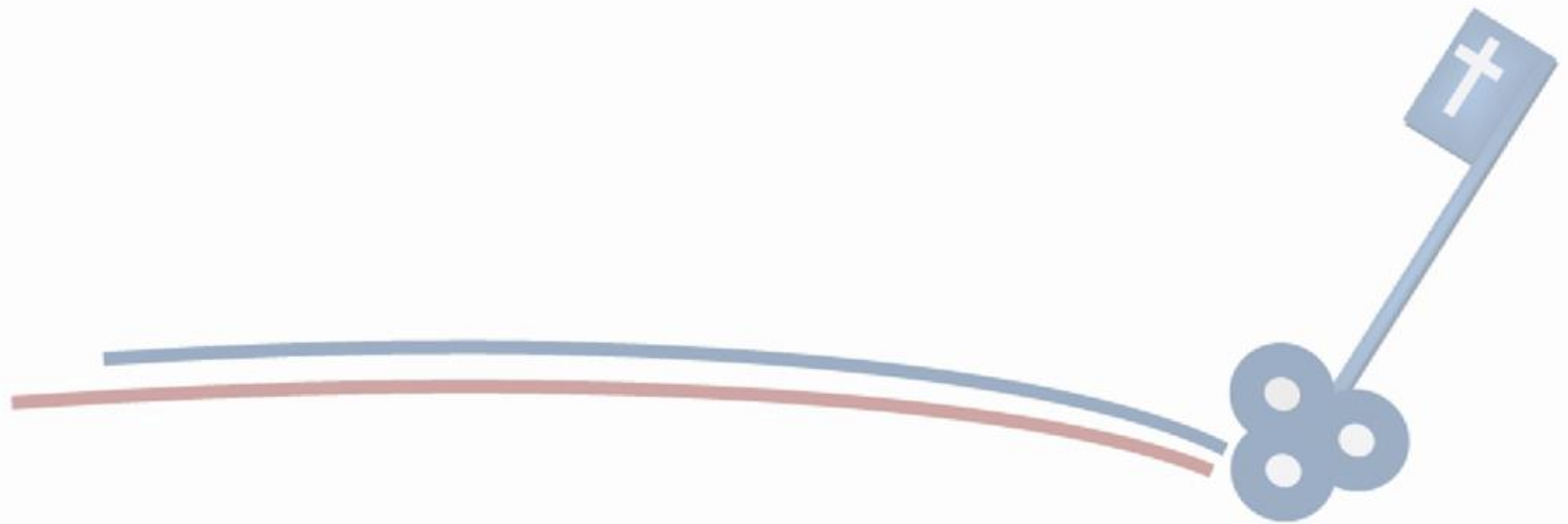
Evening activities: Sports Event, Bowling, Cinema, Funspot



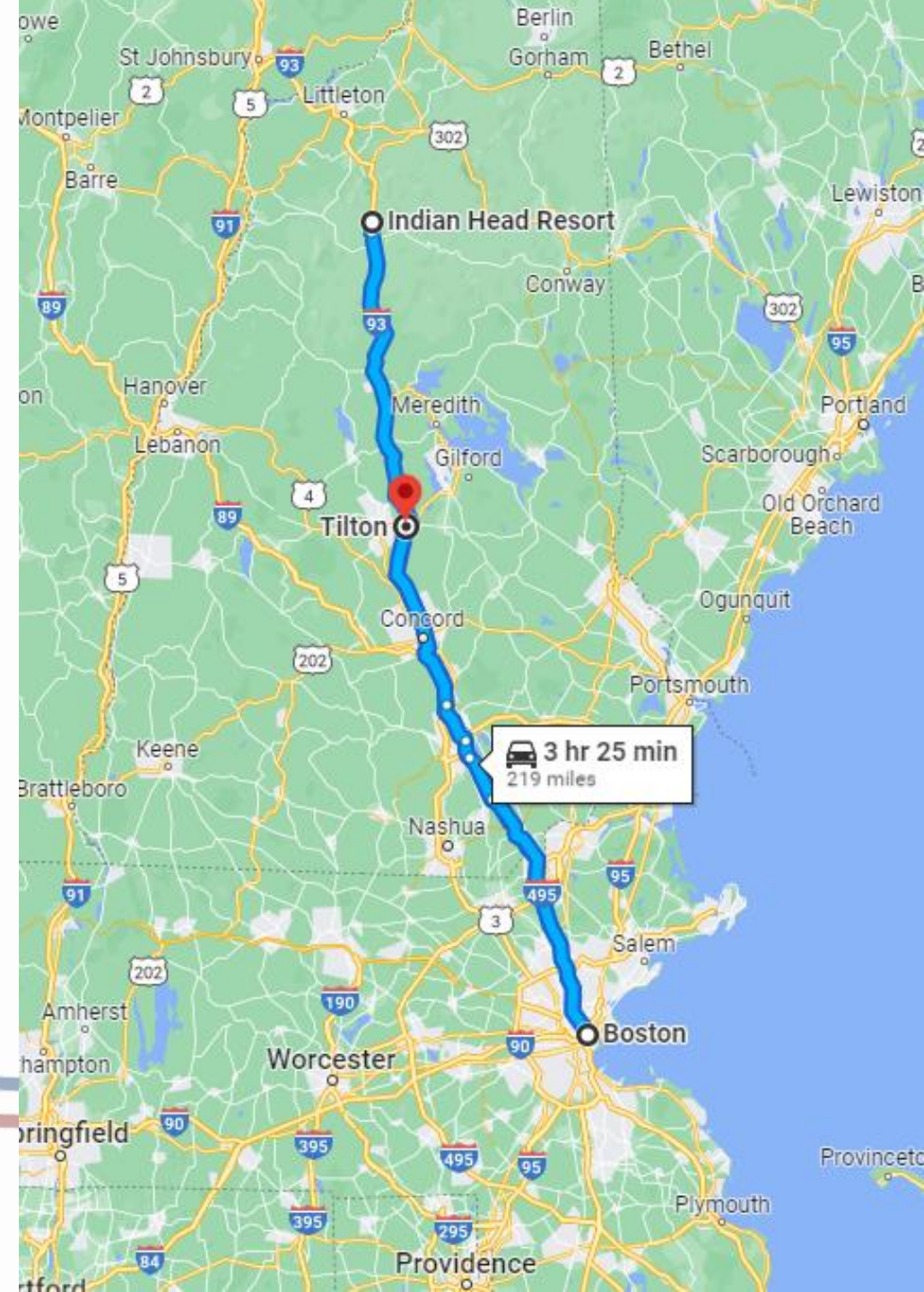
Please note: some of these are subject to change/availability.



Onto Boston - Tilton



Onto Boston - Tilton



Onto Boston - Tilton



Hotel 2: Boston - Midtown



Hard Rock Cafe



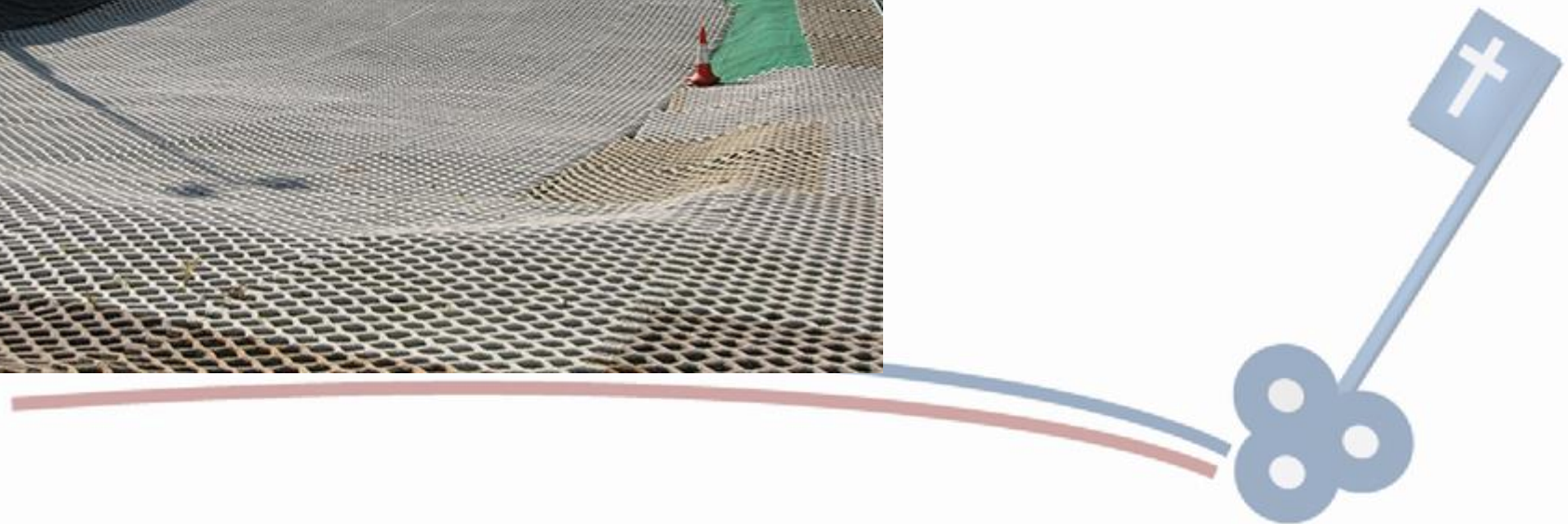
Fenway



Quincy Market



Dry Skiing – Getting your SKI legs



Please sign and return

St Peter's Catholic School

Horseshoe Lane East
Guildford Surrey GU12TN

Tel: 01483 534654

Fax: 01483 306571

E-mail: info@st-peters.surrey.sch.uk

www.st-petersschool.co.uk

Headteacher: Mr T Miller



Medical Consent: St Peter's Catholic School Ski trip (10th February – 17th February 2023)

| | |
|--------------------------------|--|
| Student's full name (printed): | |
| Date of Birth: | |
| Home address: | |
| Doctor's Name: | |
| Doctor's address: | |

I agree that the staff of St Peter's Catholic School leading on the school ski trip are acting in 'loco parentis'. While my child is in their care and supervision, I have given permission for my child to be examined by and receive treatment if necessary from a medical or first aid professional.

In the event of this happening a member of staff will be in communication with me and I will be expecting to be fully informed of any event and course of action.

Parent/carer name and relationship: _____

Code of Conduct – School copy

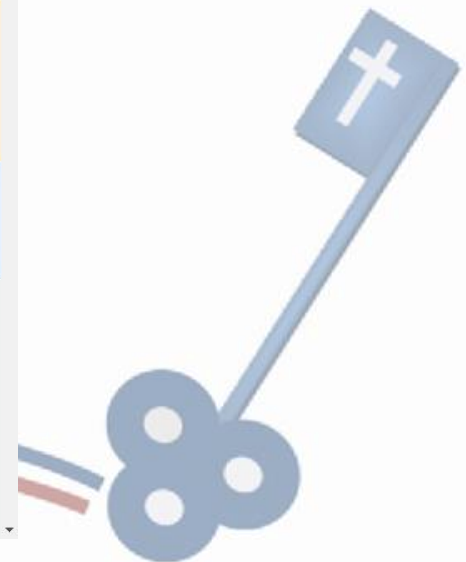
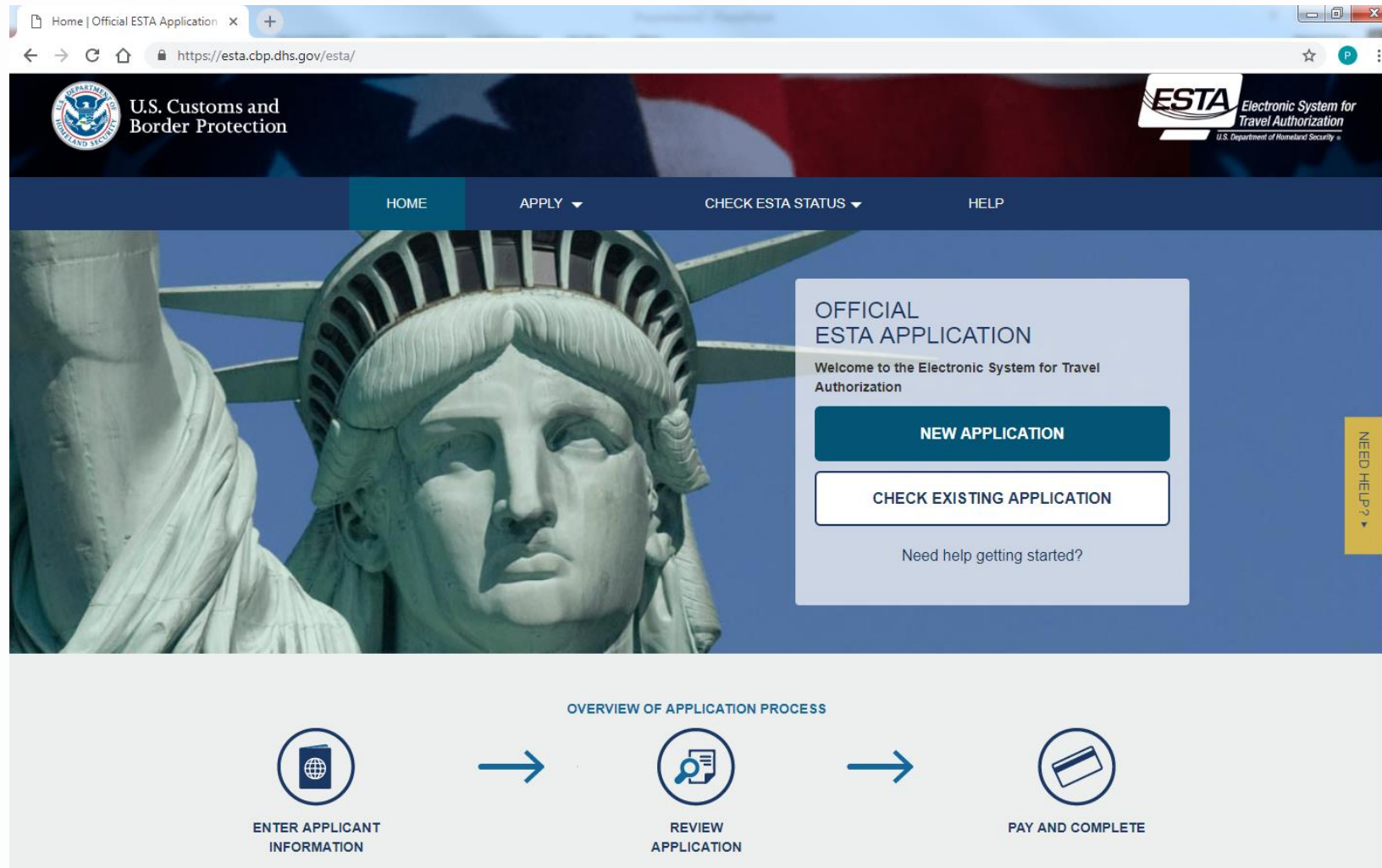
So that you are reminded of our expectations on this trip.

- **Safety is a matter of alertness, common sense and putting others first.**
- **Look out for each other and consider their needs at all times.**
- Courtesy, common-sense, helpfulness and enthusiasm will be insisted upon at all times.
- Any instruction by an adult (teacher, parent, driver, instructor, hotel staff, etc) connected with the trip must be obeyed and listened to with attention.
- No one has or will be given permission to wander off alone or with a stranger at any time during the trip. (This includes skiing on the slopes.)
- Alcohol, and smoking implements of any sort are forbidden by all students.
- Meal times are a communal time. Phones will be left in the bedrooms.
- Sharing rooms on a ski trip is so much easier when personal hygiene is looked after, so please be considerate of others.
- Punctuality is important: "If you're not early, you're late".
- Distracting the driver of the coach is a serious matter as it concerns the safety of all the trip party.
- All major belongings and bags should be clearly marked with the students name and initials.
- Students are responsible for the care of their own property including money. This includes money and electronic devices.
- Accident can happen, so please look after kit and property. Students will be responsible for the costs of damage to hotel property, the coach, ski equipment and the property of others, if this is the result of lack of due care and consideration.
- Students must not enter any bedroom other than their own, nor any area explained by staff as 'off limits'. It includes jumping between balconies if the hotels have them with the rooms.
- Suitable clothing and footwear is vital (see skier's needs). Instructions given by staff and ski instructors must be followed. The conditions on the mountain can change rapidly, or can be very different to the hotel in the valley. Students will only ski wearing the correct clothing.
- Bring travel sickness tablets and plastic bags if prone to this, plus a blister kit!
- Be proactive and helpful when asked.



US Visa — ESTA

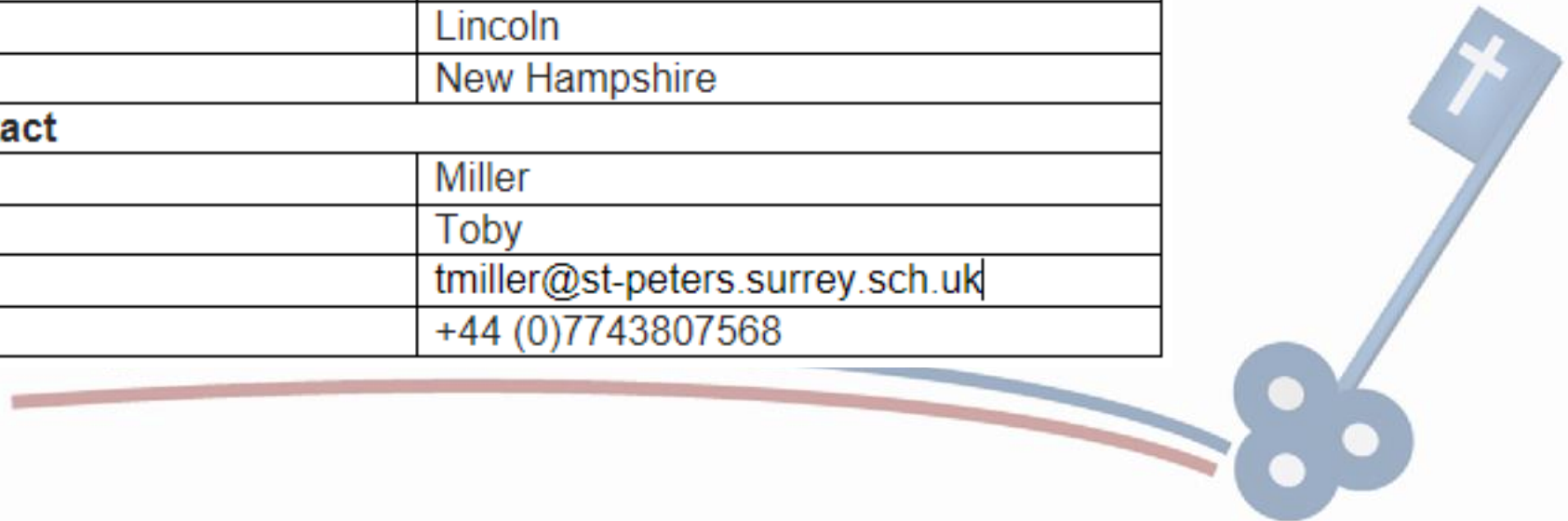
\$21



US Visa – ESTA

Please wait for our letter that will include the link to the official website.

| US Point of Contact | |
|---------------------|---------------------------------|
| Name | Indian Head Resort |
| Address Line 1 | 664 US Route 3 |
| City | Lincoln |
| State | New Hampshire |
| Phone: USA | 800-343-8000 |
| Address Line 1 | Indian Head Resort |
| Address Line 2 | 664 US Route 3 |
| City | Lincoln |
| State | New Hampshire |
| Emergency contact | |
| Family Name | Miller |
| First Name | Toby |
| Email address | tmiller@st-peters.surrey.sch.uk |
| Phone (UK) | +44 (0)7743807568 |



Some information for you

Kit List – Ski America 2023

Below is a check list of clothing and kit which your child will need to bring with them. Please be aware that those items with an asterisk next to them are essential and must be worn on the slopes to ski.

- ☐ Goggles *
- ☐ Waterproof ski jacket *
- ☐ Waterproof ski trousers *
- ☐ Waterproof gloves or mittens *
- ☐ 2 or 3 pairs of ski/board socks *
- ☐ 2x thermal tops *
- ☐ 2x fleeces *
- ☐ Sunscreen - high SPF *
- ☐ Lip balm with SPF *
- ☐ Warm hat/beanie *
- ☐ Trip Hoodie
- ☐ Sunglasses (optional and not instead of goggles)
- ☐ Neck warmer
- ☐ Thermal bottoms
- ☐ Day back pack
- ☐ Jeans/long trousers
- ☐ T-shirts/tops
- ☐ Jumper or fleece
- ☐ Underwear including socks
- ☐ Comfy trousers/jogging bottoms
- ☐ Shoes/boots with a good grip
- ☐ Shoes for indoor
- ☐ Sleepwear
- ☐ Toiletries including toothbrush
- ☐ Towel
- ☐ Swimming costume/trunks
- ☐ Any medication that is normally taken (enough for more than a week) P

aware of any changes to previous information prior to departure

Ski fitness: How to get fit for the slopes

Injuries are common on the slopes – not least because skiing uses completely different muscle groups to other more conventional types of cardiovascular exercise. Doing some simple preparation in the weeks leading up to a ski trip as well as [doing exercises while on your holiday](#) can help improve your ski performance and help avoid strains and aching joints. (However, it's worth noting that if you experience any form of discomfort or pain during any of the following exercises, stop the exercise and [see a physiotherapist for help](#).)

Work out your biomechanics

You can become your own body's mechanic by training it to move in the most efficient way. Start by standing in front of the mirror in shorts with feet parallel in a skiing position and check the following:

Knees

Look at how your knees line up. Draw an imaginary dot on the centre of your knee cap and make a vertical line down to the floor. This line should land in a central position between your second and third toe. In most people the line will drop closer to the big toe or even onto the floor between the feet. This means you won't be able to carve properly on the slopes, in particular the uphill ski will not hold an edge, and it can cause problems with the knee cap joint.

Code of Conduct – Family copy

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ards – this is



Between now and February

- Get your documents in order — including your ESTA Visa Waiver



- Get saving
- Get ski fit
- Get ski clothing
- Get excited





