

The Sir Bernard Lovell Ski Course

Cortina Italy

13th to 19th February 2010

Name.....

Contents

2. Contents and "The Staff Team"
3. Geographical and piste maps
4. Group Responsibilities
5. Group Responsibilities & useful phrases
6. More useful phrases
7. Facts and figures
8. Do's and Don'ts
9. Piste classification and travel itinerary
10. The Ski-Way Code
11. Ski exercises & Emergency Contact Details

Please note that insurance details are available on request.

"The Staff Team"

- **John Sweet** - Ski Party Leader - Qualified Alpine Ski Leader & First Aider with 34 weeks experience on snow.
(This is the 7th trip organised at SBL).
- **Kirstie Sanders** - Ski Party Deputy Leader - 2 weeks experience on snow.
(This is her 2nd trip with SBL).
- **Mark Beswetherick** - Qualified Alpine Ski Leader & First Aider with 24 weeks experience on snow.
(This is his 4th trip with SBL).
- **Matt Sheills** - 2 weeks experience on snow.
(This is his 2nd trip with SBL).
- **Vicky Piper** - 5 weeks experience on snow.
(This will be her 1st trip with SBL).
- **Helen Sharp** - 2 weeks experience on snow.
(This will be her 1st trip with SBL).

Geographical location of the ski area.

We travel by coach, SBL to Cortina in the Italian Dolomites, door to door.



Cortina piste map



Cortina Ski Trip - February 2010 - Revised Group Responsibilities

Mark Beswetherick

	Surname	Forename	TG	Age on 1/2/10	M or F	Register	Details	Signed
1	Dando	Alexander	12P	17	M			
2	Knight	Ashley	12L	17	M			
3	Adams	Louis	11L	15	M			
4	Carter	Ben	11E	15	M			
5	Collins	Sean	11S	15	M			
6	George	Lewis	11L	15	M			
7	Harris	Andrew	11E	15	M			
8	Hignett	Christopher	11L	15	M			
9	Hippesley	Thomas	11L	16	M			
10	Hoddinott	Thomas	11N	15	M			

Matt Sheills

11	Jones	William	11L	15	M			
12	Mulready	James	11E	15	M			
13	Ollis	Matthew	11E	16	M			
14	Parsons	Ryan	11E	16	M			
15	Pinker	Elliot	11E	15	M			
16	Searle	Edward	11T	16	M			
17	Sheppard	Matthew	11N	15	M			
18	Tilley	Matthew	11L	15	M			
19	White	Jakob	11A	16	M			

Helen Sharp

1	Boulton	Sophie	11E	15	F			
2	Foster	Amy	11T	15	F			
3	Poll	Emma	11E	16	F			
4	Pople	Abigail	11S	15	F			
5	Ross	Ella	11A	15	F			
6	Thomas	Harriet	11T	16	F			
7	Wring	Laura	11T	16	F			

Kirstie Sanders

1	Bilner	Jacob	10L	14	M			
2	Hardman	Jonathan	10O	14	M			
3	Hendy	Ehlana	10S	14	F			
4	McCombe	William	10L	15	M			
5	Newman	Lydia	10P	14	F			
6	Pearson	Lee	10E	14	M			
7	Royall	Benjamin	10L	15	M			
8	Tizzard	Eleanor	10T	14	F			
9	Wilcox	Alex	10L	15	M			

Vicky Piper

1	Cox	Joshua	9N	14	M			
2	Hignett	James	9N	13	M			
3	Nichols	Robin	9T	13	M			
4	Ollis	Ashley	9A	13	M			

1	Cook	Jack	8T	13	M			
2	Davies	Emily	8P	12	F			
3	Lippiatt	Kira	8P	12	F			
4	Mittins	Louis	8N	12	M			

Please note that the groups listed on the previous page are purely for administrative and registration purposes. They are not ski groups. You will be put in ski groups according to your experience and ability when we get to the resort and may change again once the ski instructors have seen you all ski.

Useful Italian words & phrases:

hello	ciao	let's go	andiamo
goodbye	ciao	sunglasses	gli occhiali da sole
please	per favore	gloves	i guanti
thank you	grazie	hat	il cappello
yes	sì	thank you very much	mille grazie
no	no	accident	un incidente
green	verde	closed	chiuso
blue	blu	stop	alt
red	rosso	please all get out	per favore scendete
black	nero	entrance forbidden	vietato l'entrata
snow	la neve	not for beginners	per principianti
sun	il sole	only for expert/ good skiers	per buoni sciatori
ski	lo sci	last lift 16:00hrs	l'ultima seggiovia/funivia
boot	lo stivale	insurance card	carta d'assicurazione
ski-pole	il bastone	a coffee please	un caffè/un cappuccino
help!	AIUTO!	a portion of chips please	delle patatine
goggles	gli occhiali	how much does that cost?	Quanto costa?

Please add some more useful words and phrases before you go (speak to your Italian teacher if you do Italian). You could also add to this list while you are on the trip.

Facts and Figures

Our hotel: Hotel Al Pelmo, Pieve di Cadore, Near Cortina, Italy



Cortina Cortina d' Ampezzo is a town and municipality in the southern (Dolomitic) Alps and the province of Belluno, Veneto, northern Italy. Located in the heart of the Dolomites in an alpine valley, it is a popular winter sport resort known for its ski-ranges, scenery, accommodations, shops and après-ski scene. After the scheduled 1944 Olympics had been canceled because of WWII, it hosted the 1956 Winter Olympics as well as various world cup events and motion pictures. Much of 1963 classic *The Pink Panther*, the progenitor of the series, was filmed in Cortina. One of the memorable James Bond stunt sequences in 1981's *For Your Eyes Only*, gunners on spike-wheeled motorcycles chasing Roger Moore on skis, was filmed on its slopes, as were several scenes in the film *Cliffhanger*.

Cortina d' Ampezzo is Italy's most fashionable luxury resort, known as the Pearl of the Dolomites. Cortina is nestled in the Ampezzo valley near Italy's north eastern border with Austria. The resort is a fashionable, trendy, après-ski haven for partiers yet it is thrilling for skiers and offers some unique experiences not found anywhere else. The town is surrounded by soaring cathedrals of dolomitic limestone that rise to over 3000m and these distinctive mountains turn a surreal shade of pink in the final rays of the setting sun. The area hosts some of the most awesome scenery anywhere in the ski world, with great ambience in a classically Italian context and there are an abundance of shops, cafés, restaurants and hotels to rival the very best. Cortina is also a genuinely pretty town, with lots of activities for non-skiers. It was the venue for the 1956 Winter Olympics.



Do's and Don'ts

Essential things to do:

- Remember to bring any medication necessary, clearly labelled with name and instructions. These should be handed to Ms Allison before we depart from the school on Friday.
- Please take any travel sickness pills as appropriate.
- Please bring Swiss Francs which are available from major banks or travel agents. They can also be changed locally at First Choice in Asda at Longwell Green. Prices in Switzerland are slightly more expensive than here, but we suggest that £50.00 to £80.00 in Swiss Francs should be sufficient.
- Please bring some English currency for the outward and return journeys. A maximum of £10.00 should be perfectly adequate for this purpose.
- Please bring all luggage in **one** large suitcase or holdall with a named luggage label attached to it.
- Please bring one piece of hand luggage for the journey.
- Please ensure that games, video players, mp3 players, books etc are packed in your hand luggage.
- Please note that personal stereos must have headphones and **not** speakers. Likewise hand-held computer games must be able to be used without sound.
- Please ensure that you pack all skiing equipment and that it is checked before departure. You should have: jacket, salopettes, gloves, goggles, lipsalve, sun cream, ski hat, ski socks, waterproof boots.
- If you require a hair dryer or electric shaver to use whilst abroad please remember to bring a continental adaptor plug.
- Remember to pack swimming gear in case we are able to go swimming.
- Please bring all toiletries.
- Please keep the coach tidy. This is essential. All litter must be placed in the bags provided. **STRICTLY NO CHEWING GUM.**
- Please check everything before departure well in advance, especially items such as money, skiing equipment, cameras etc..

Essential things not to do:

- Do not travel in your salopettes or your moon boots (if you have any). You will find them too hot. You can travel in your ski jacket as this leaves more room in your suitcase.
- Do not bring any portable sound systems, other than a personal stereo - either for the coach journey or in rooms.
- Personal CD players must be used on the coach and in hotel rooms **only** with headphones.
- Valuable items should not be taken as their security cannot be guaranteed. Students may bring mobile phones but the school accepts no responsibility for loss or damage. There will be telephones available for student use at the hotel and in the resort.
- Alcohol, tobacco, knives, fireworks etc. must not be bought during the trip. This and any other misbehaviour will be treated **very seriously** as it may put others at risk and will certainly spoil the enjoyment for others. ***Remember that you and your parents signed a behaviour agreement in this respect.***
- Be aware that any damage to rooms will have to be paid for by the individuals responsible.

We expect students to show an awareness of and respect for differences which they will undoubtedly encounter during their trip aboard.

We expect all students to practice speaking the locally spoken Italian language (and lessons will be given to support this).

Piste classification:

All ski runs, known as "pistes", are colour coded to indicate the degree of difficulty (or steepness).

After the nursery slopes that you will begin on initially, you will move on to the **Green** runs and then the **Blue** runs. These can be thought of as *beginners* slopes.

The next degree of difficulty are the **Red** runs. These can be thought of as *intermediate* slopes.

The most difficult runs are the **Black** runs. These can be thought of as slopes for the more *advanced* skiers. It should be borne in mind that these classifications are only for rough guidance. Sometimes you may find a run that is designated as a red run which is actually more like a black run. Conversely, some black runs are no more difficult than some challenging red runs.

You may also be taken off-piste by your instructor. These are areas that have not been flattened by the *piste-bashers*, large caterpillar-tracked vehicles that groom the runs overnight.

You must never ski anywhere without an instructor or a member of staff!

Travel Itinerary

Please note that these times are provisional. More accurate times will be given as soon as they are confirmed. Please watch out for e-mails and refer to the school website, www.sblonline.org.uk. (You will find the skiing section under the heading of "Internationalism").

Thursday 11 February

- Leave school at approximately 13:00
- Channel crossing (Dover to Calais)
- Arrive at Hotel Al Pelmo at approximately 14:00 on Friday 12 Feb.
(Ski & boot fitting in the afternoon, followed by an evening meal).

Saturday 13 - Thursday 18 February

- Six complete days skiing.

Thursday 18 February

- Leave hotel after the evening meal (approximately 19:00)

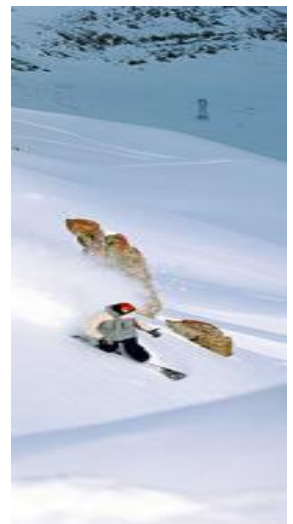
Friday 19 February

- Coach arrives back at SBL at around 16:00

THE SKIWAY CODE

The following rules have been formulated for all practitioners of this wonderful sport for the same reason as the highway code. If we all do it the same way, we will all know what to expect in given situations, and we will all be happier, more relaxed and safer.

- ☑ Respect for others. All slope users must behave in such a way that they do not endanger others nor harm them by their behaviour or their equipment.
- ☑ Control of speed and behaviour. All slope users must adapt their speed and behaviour to their personal capabilities as well as to the general conditions of the slope, weather, snow conditions, and density of other slope users at the time.
- ☑ Choice of the direction by the slope user above. The slope users who are higher up the slope are in a position which enables them to choose their trajectory. They must always make this choice in a way that they do not endanger the slope users below.
- ☑ Overtaking. Overtaking may take place above or below, but must always be effected with sufficient space to take into account the movement of the slope user being overtaken.
- ☑ Entering, starting off from and crossing slopes. When entering and starting off from or crossing slopes, all slope users must visually check uphill and down to ensure that they can do so without endangering themselves or other slope users.
- ☑ Stopping. All slope users must avoid stopping in narrow places or areas of restricted visibility. In the event of a fall, they should remove themselves from the slope as quickly as possible.
- ☑ Walking up or downhill. Any slope user who is obliged to move up or downhill on foot must keep to the side of the slope and ensure that neither he nor his equipment endangers other slope users.
- ☑ Respect for information, signs and sign-posting. All slope users must respect slope information, concerning weather conditions, the conditions of the slopes, and of the snow. They must respect signs and sign posting at all times.
- ☑ Assistance. Any person who is a witness or instigator of an accident must give assistance, in particular by raising the alarm. Should the need arise, and at the request of the mountain rescue service, he must place himself at their disposal.
- ☑ Identification. Any person who is involved in, or witness to, an accident must identify themselves to the Piste Patrol, as well as to any others involved in the accident.



Ski Exercises

Skiing is physically a very demanding sport. If you are to enjoy the trip to the full it is important that you are fit. General fitness is obviously important, but there are some simple additional exercises that will help you to get "ski fit". It is recommended that you do these exercises regularly from now until the trip departs:

- ✳ "Sit" with your back against a wall as if you were on a chair with your knees bent at 90°. Hold this position for as long as you can, then relax. Repeat 5 times. (You could try building up to 10 times as the trip approaches).
- ✳ Place a scarf on the floor in a straight line. Stand with your feet together on one side of the scarf. Jump over the scarf sideways and then back, keeping your feet and knees together and your knees bent. Repeat 30 times.
- ✳ Lie on your back with your arms out to your sides, so your body is in the shape of a cross. Rotate your legs and torso to one side, keeping your shoulders on the floor. Hold for a few seconds, then swap sides. Repeat 20 times.
- ✳ Stand sideways-on to a bench (or step), with one foot resting on top of it. Push yourself up and touch the top of the bench (or step) with the foot that started on the ground, then step back down. Repeat 20 times on each side.
- ✳ Sit on the floor with your legs in front of you. Reach forwards as far as possible and grab your legs with both hands. Count to ten, then release. Repeat five times.

Emergency contact numbers:

Please do not use unless essential, thank you.

Skiing Europe (our tour operator) 01404 871500

SBL contact: Mr D Clompus 0117 9429119/07914 586446

Our Hotel: Hotel Al Pelmo,
Via Nazionale 60
Pieve di Cadore,
Near Cortina,
Italy
Tel: 0039 0435500900

**Our next SBL Ski Trip is being planned for February 2011.
Watch this space.**

Have a great trip: Mr Sweet, Ms Sanders, Mr Beswetherick, Mr Sheills,
Ms Piper and Ms Sharp