



***Birchwood High School
6th Form Ski and City Break 2020***



Bretton Woods



Dear Parents/Carers

Hello and welcome to the information booklet for parents/carers whose children will be participating in this year's ski holiday to North Conway, New Hampshire and New York, USA.

As I'm sure you are aware, all of the students are very excited to go away but before the fun begins I urge you to go through this entire booklet to ensure that your child is fully prepared for a week away skiing on the other side of the world! This document will give you plenty of information and guidance regarding the arrangements and requirements for the trip. Hopefully, the information contained in these pages will answer any additional questions that you may have about the trip since the information evening held during Y12. If not, please contact me directly and I will endeavour to get back to you as soon as I can.

Finally, Dry slope skiing practice is available to all students in November/December; letters have been distributed for this and sessions will take place on 27 November and 4 December from 1.30 – 6.00pm. We will be providing transport to and from Warley Ski centre and it is essential for all those who are skiing for the first time to attend these sessions.

Kind regards

Mr Torrance

Head of Sixth Form & Party Leader

itorrance@birchwoodhigh.org.uk



Key Information

Tour Operator:	SkiBound ABTA No. V378X ATOL No. 2165
Resort:	North Conway, New Hampshire, USA
Hotel:	North Conway Grand North Conway, New Hampshire 03860 Phone ++1 603-356-9300 Holiday Inn Express Midtown West 538 West 48th Street NYC 10036 Phone+212 582 0692
Departure Date:	Thursday 13 February 2020 London Heathrow. Meet at Birchwood High School 5:00am for morning coach transfer to London Heathrow
Return Date:	Friday 21 February 2019 London Heathrow (lands 21st 07:00am) and return to BHS for 10:30am
Flight Details:	Outbound – Delta Flight No. DL59 (LHR-Boston) Return – Delta Flight No. DL1 (JFK-LHR)
Baggage Allowance:	1 bag of 23kgs per person maximum Extra bags/skis/boards \$100 per item
Which includes:	Transatlantic flights to and from USA by scheduled airline Coach transfers to and from airports 5 nights half board accommodation in North Conway NH 5 day ski lift pass 5 days hire of helmets, skis, boots and poles 4 hours ski lessons each day Outlet shopping all evening entertainments 2 night stay in New York, 3*Accommodation Local SkiBound representative Comprehensive winter sports travel insurance Air passenger duty
Not included in cost:	Passport Lunches Spending money Some evening entertainment Dry slope tuition prior to holiday (approx. £65 inc.transport) Clothing ESTA (approx. £8)

Flight and Transfer Details

OUTBOUND JOURNEY

Outbound Flight DL59 Departs from Heathrow at 09:20am and lands at 12:09pm (local time) in Boston Massachusetts. We expect to leave Birchwood High school early on Thursday 13 05:00am in order to be at Heathrow 3 hours before check in.

Our transfer to North Conway from Boston is via coach and will take roughly 2 hours 40mins to get to the resort. We expect to arrive in North Conway at around 5:00pm at which point we will get checked in and have a welcome meeting followed by a relaxing evening to get settled and an early night after a long days travelling.

RETURN JOURNEY

We depart North Conway for New York after skiing lessons on Tuesday 18 February and will arrive at the Hell's Kitchen NYC at around 6:00pm. After our arrival, students will be off exploring in the Time Square area and getting their first glimpse of Manhattan by night.

The next day, we will visit New York City and take in the sites and experience the culture of the 'Big Apple'.

The following day, after shopping at Woodbury Common Premium outlets, we will make our way to JFK airport at 14.00pm to be in time to catch our flight home. Flight **DL1** departs at 19.00pm (local time) and is due to arrive at London Heathrow at 07.00am the next day on Friday 21 February.

We expect to be back at Birchwood High School by 10:00am on Friday 21 February.



*Woodbury Common Premium Outlet,
New York*



Time Square, Manhattan

Killington, Vermont, USA

We will be flying into Boston, Massachusetts where we will then transfer to North Conway which is situated in New Hampshire, above Massachusetts. This transfer will take roughly 2 hours 40 mins.



Accommodation and Meals

With four hours of lessons and one hour supervised lunch on the mountain daily, students will maximise their time on the slopes and, therefore, progress faster to the higher runs in the resort. There is a short transfer to the ski resort each day due to the convenient location of the Hotel in North Conway, this allows extra time and ease of access onto the slopes.

The food on offer to the students is impeccable, there is always something for everyone ranging from fresh fruit and vegetables to hot food served daily, morning and night as part of the students' package. Students always take full advantage of the buffet style breakfast and I am yet to hear of anyone going hungry!

The only meals not included in the package are the lunches which amount to roughly \$15-20 per day over 5 days. Lunch is eaten in the mountain restaurant, where once again there is a wide range of options to suit everyone.



North Conway Grand, North Conway



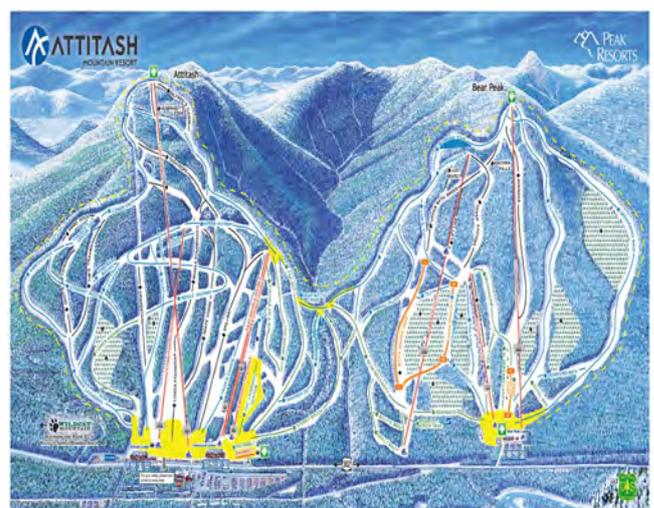
Both Bretton Woods & Attitash Mountain Resort has a deserved reputation as one of the finest purpose built Ski resorts on the East Coast. They provide skiers and riders of all ability levels a choice of wide-open groomed cruisers, narrow classic New England runs, moguls steeps and trees all serviced by excellent lift networks. Both resorts offer multiple terrain features for snowboarders and free skiers in a range of terrain parks; there's a little something for everyone across both mountain ranges that all the students will have the opportunity to explore.



SNOWBOARDING

In recent years some students have expressed an interest in snowboarding as an alternative to skiing in the holiday. To arrange this, we do need to have sufficient demand and good numbers to make this happen (at least 6-8).

ANY STUDENTS THAT WISH TO SNOWBOARD please contact Mr Torrance as soon as possible so that we can make arrangements to create a snowboard group. Unfortunately, we cannot offer snowboarding as a Dry slope option.



Bretton Woods

Bretton Woods & Attitash Mountain Resort
Trail maps



GENERAL HINTS AND SUGGESTIONS ON CLOTHING



One of our main aims is to keep costs down but still have the students dressed correctly and safely for the conditions they will experience in a mountainous environment. These suggestions can be divided into two categories as shown. There may, however, be some overlap.

SKIING CLOTHING

- Jacket** An essential item for warmth on the slopes. These should have elasticated cuffs and waistband and an attached hood.
- Salopettes** These are essential and can be purchased or hired locally.
- Hats** Heat is lost through the head and hats are a must for evenings. One which covers the ears and forehead is best.
- Ski helmet** **This is a compulsory item that must be worn in order for students to be able to ski in both resorts. Helmets are included in their Ski Fit (already paid for).**
- Gloves/Mittens** Must be worn. Mittens tend to be the warmer of the two but either will do. If you find some gloves that are really cheap, this is usually for a reason!
- Underwear** Sufficient for several changes as underwear sometimes gets wet from the snow. Light weight 'base layers' and long johns or 'skins' are ideal.
- Sweaters** 2-3 lightweight; 'V'-necked, round necked or polo necked.
- Shirts** 5-6 T-shirts or cotton polo necks.
- Socks** Loop stitch ski socks are best; about 3-4 pairs are necessary, 5-6 pairs are recommended.
- Goggles** ANTI –MIST is highly recommended! The glare from the snow can cause great discomfort, especially if the weather is warm and sunny. A pair of goggles is, therefore, essential (most come with unbreakable lenses). Sunglasses are an alternative but only for more experienced skiers as they tend to fly off in the event of a fall and can be uncomfortable when wearing a ski helmet.
- Face Mask** Due to the extremes of temperature experienced in the USA and Canada this will be an essential item. The wind-chill can make the exposed areas of the face painful. I have some examples of these types of masks if students would like to get an idea of what to buy.

GENERAL WEAR

Needless to say we will not be wearing business dress on the trip but I would expect students to dress casually but smartly for our journeys. Jeans are acceptable if they are clean and 'hole free!' (joke, apparently jeans with holes are fashionable?).

In the resort most students manage with just the one jacket for both skiing and evening wear although it should be noted that should you choose to buy a one-piece suit and jacket, they will also be needed for use in the evenings. Footwear is important and shoes with a good grip are recommended for the resort and I must emphasise the importance of students not relying on flat bottomed trainers to get around the resort for evening entertainments. The hazards on the mountain are just as dangerous off the slopes as they are on them, so I ask this to be taken into consideration. Items of clothing, other than those listed, are as one would expect for any other week away.

Swimming costumes / Swimming shorts will be required for the indoor pool in the hotel.

We would recommend that when rooming arrangements are finalised the students get together to compile a small repair kit for clothes and a first aid kit including protective sun creams.

Where to buy ski clothing from

www.surfanic-schools.co.uk your exclusive schools website code is **BIRCHWOODSKITRIP**.

DECATHLON LAKESIDE RETAIL PARK

SPORTS DIRECT (SEVERAL STORES ACROSS THE COUNTY)

TK MAXX BRAINTREE OR LAKESIDE RETAIL PARK

SNOW CENTRAL, WOODCROFT FARM, FOLKES LANE, UPMINSTER, ESSEX.

SKII –TEX DISCOUNT SKI STORE, BATTLESBRIDGE, ESSEX

NORTH FACE DISCOUNT STORE, BRAINTREE, ESSEX



RULES AND GUIDELINES WHEN ON THE SKI SLOPES

- 1 Use the lifts correctly:
 - a) Do not fool around.
 - b) On chairlifts sit quietly and keep skis parallel on ski rest.
 - c) If a safety bar is provided it must be used.
 - d) When leaving the lift move away quickly. Be aware of others who may not have done so.
- 2 Remember instructions from your instructor as to where to re-join your group should you fall off a lift.
- 3 Never ski off the marked piste unless directed to do so by your instructor.
- 4 Always wear your helmet when skiing or boarding.
- 5 Be aware of other skiers, especially those ahead of you.
- 6 Always ski under control. American and Canadian slopes are patrolled and careless skiers can have their lift passes confiscated.
- 7 Overtake wide and with care. Remember if you crash into someone else you will be considered responsible.
- 8 If you stop, move to the side of the piste as soon as possible.
- 9 Always check up the slope before moving off.
- 10 Avoid walking on the piste if at all possible.
- 11 Avoid skiing too close to ski classes.



Never ski alone. Skiing is only allowed under the guidance of the ski instructors.



RULES AND GENERAL GUIDELINES ON BEHAVIOUR

- 1 There will be no smoking.
- 2 There will be no drinking of alcoholic beverages (USA law is over 21's only!)
- 3 No outside visitors are allowed in your room.
- 4 No boys will be allowed into girls' rooms, vice / versa.
- 5 All rooms are to be checked for damage on arrival. Any damage found must be reported to staff immediately.
- 6 Any damage, whether accidental or otherwise, must be reported to staff as soon as possible.
- 7 There is to be no running or unnecessary noise in the hotel.
- 8 All meal times must be strictly adhered to, particularly breakfast.
- 9 Any loss or damage to ski equipment has to be reported as soon as possible.
- 10 Ski equipment must be stored in the correct areas and kept tidy.
- 11 Everyone will attend ski lessons. Nobody is too good for lessons and this is why we have ability groups.
- 12 On shopping trips we do not want to upset any shopkeepers. To this end there should be no more than 6 per group and everyone must conduct themselves in a polite and courteous manner. Nobody should be alone whilst shopping.
- 13 If anyone has a problem or feels ill or is injured they must see one of the members of staff as soon as possible.
- 14 On coaches and aircraft it is important that, as far as possible, students remain in their seats. This is for their own and others' safety.

Looking after Valuables

We will look after only: pocket money & passports,

all other items are the student responsibility!



Pocket Money – This will be handed into the Birchwood staff and stored in the Hotel Safe once we have arrived in the resort. Each day, a 'Bank' will be held where students will be able to take out money for the next day or two (for lunch or evening snacks). At the end of the trip, before we go shopping, all money will be handed back to students in full.

Passports – These will be taken from students on the plane, after customs and during our stay in America. These will also be kept safe for the week in the hotel safe. After landing at Heathrow, the students' passports become their responsibility once again!



Dehydration

Students will get bored of us asking them to drink water but it is for their own benefit. Dehydration is a huge contributing factor towards altitude sickness which can be a big spoiler on

these trips. We will be on the mountain for 6 days straight so the risk is even greater seeing as we are staying at 1,165 feet! We will be asking students to drink water in the morning, at lunch and throughout their skiing lessons.



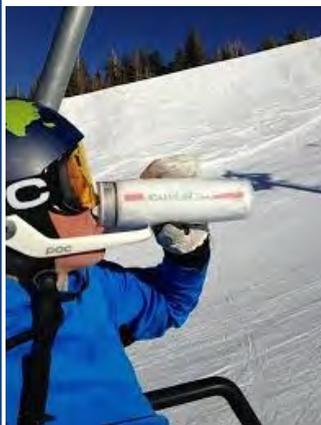
JUST A FEW FINAL THINGS...

Any outstanding documents such as all personal details, consent forms, ski waivers Passports, ESTA's, medical information or **special dietary requirements** that haven't been forwarded to us must be sent to Mr Torrance before Friday 11 October to avoid complications.

Only pack what you need and try to pack efficiently!! You have a limit of 23kgs and you will be fined heavily by the airline for being overweight. If you plan

to shop then you must allocate space for your purchases.

Use a suitcase that is durable! Your cases don't get treated with any special consideration and if you don't want your dirty laundry making its way around the baggage reclaim then I recommend that you use a good quality suitcase.



WHAT HAPPENS NEXT?

Dry Ski lessons take place in November to prepare all learners.

Rooming lists – this happens around November time. Please note that we will do our best to room as many students as we can with their friends but we do need to consider everyone. We do the rooming list in a very diplomatic way and students get to choose their own rooms providing that we have no behaviour concerns.

Final checks and a final meeting with all students the week before we leave for the trip, ensures that everything is accounted for and students are ready.

