

Marsden High School
22A Winbourne Street
West Ryde, NSW 2114
Ph: 02 9874 6544
Email: marsden-h.school@det.nsw.edu.au
Web: <https://marsden-h.schools.nsw.gov.au>

MARSDEN HS SKI TRIP 2020

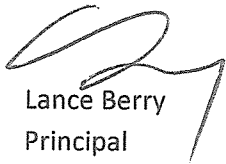
Dear Parents and Carers,


A Ski Trip has been organised for Marsden High School in conjunction with Action Learning Initiatives. The excursion will provide an opportunity for students to develop new movement skills or refine and improve previous skiing/snowboarding experience. This excursion is **NOT** compulsory. A **non-refundable deposit of \$200 is due by Friday 6th March, 2020**. Please be advised that if a student has outstanding school fees they must first complete that financial obligation before being allowed to attend the snow trip.

DATE:	Friday 4 th September to Monday 7 th September 2020
TIMES:	Start: Depart - Marsden High School on Friday 4 th September 2020 Time to be confirmed closer to departure. Finish: Return - Marsden High School approximately 11-11:30pm on Monday 2020
WHAT TO WEAR:	Students should wear warm casual clothes for travel on the coach and enclosed footwear.
WHAT TO BRING:	Students will be provided with a list of recommended items to pack. Students will need to bring enough money to purchase lunch on the way down, dinner on the way home and any other items they wish to purchase whilst on camp.
TRANSPORT:	Coach
SUPERVISING TEACHERS:	Mrs Sarah Maguire and other teachers
COST:	\$880.00 Clothing hire and snowboard hire is extra The cost includes: <ul style="list-style-type: none">• 3 day lift/lesson ticket• All ski equipment including: ski, stocks, ski boots, helmets• 3 nights accommodation with breakfast and dinner• Daily 2 hour lessons with professional instructors (<i>compulsory</i>)• Hot lunch and drink every day at the River Inn• Transport via private coach The cost does not include: <ul style="list-style-type: none">• Lunch on the way, dinner on the way home and any spending money required throughout the camp.• Snowboard equipment hire- approx. \$50.00• Clothing hire- approx. \$60.00• Goggles and gloves• Beanie or any other face mask protective warm clothing

If you would like your student to attend, please complete the attached Consent Form and return it to the Front Office by **FRIDAY 28 February 2020** with a **\$200 non-refundable deposit**. Please note that final payment must be made no later than **Friday 31 July 2020**. This is to account for the processing times required with the LMBR payment system at Marsden High School.

Please be aware that if your child is injured during this trip ski patrol will be contacted and students will be taken to the medical center. These visits are not bulk billed and parents are required to pay for any medical expenses over the phone via credit card.


Lance Berry
Principal


Mrs S Maguire
Head teacher PDHPE



MARSDEN HS SKI TRIP PERMISSION NOTE

I give permission for _____ of Roll Call Class _____
to attend the Marsden HS Ski Trip excursion on **Monday 7 September 2020**.

I have: enclosed cash Paid online, receipt no.: _____

My Child will be Snowboarding Skiing

My Child requires ski clothing (pants, jacket, boots) Yes No

My child has the following special needs or medical condition (please provide full details and any medication requirements) _____

Parent/Carer Signature _____ Date _____

Emergency Contact and telephone number on day of excursion



Marsden High School

Snow Sport Excursion Consent Form

1. Student Details (Please print clearly)

Student Full Name: _____ Date of Birth: _____

Parents/Caregiver Full Name: _____

Address: _____ Postcode: _____

Contact Phone Numbers : (H) _____ (W) _____ (M) _____

Other Contact for Emergency: _____ Ph: _____

Name of Students Doctor: _____ Ph: _____

2. Medical Details

Medicare Number: _____ Exp Date _____

Private Health Fund: _____ Membership No: _____

Ambulance Cover: _____

Current Medical conditions: (please tick if your child suffers from any of these)

Table with 5 columns of medical conditions: Allergies, Blood pressure, Epilepsy, Hayfever, Nose bleeds, Anaphylaxis, Diabetes, Fainting, Headaches, Sight/hearing problems, Asthma, Eczema, Fits or blackouts, Heart condition, Sunscreen sensitivity.

Please provide Emergency Treatment Plan for current medical condition

Other condition (not listed above): _____

Any medical details or special needs which the Supervising Staff might need to know:

Four horizontal lines for providing medical details or special needs.

Current Medications:

I consent to me child receiving paracetamol for temporary pain relief?

Yes No

Has your child suffered from any acute illness or injury or been treated by a Medical practitioner during the last 4 weeks?

Yes No

If yes please provide details:

Important Information: In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education and Communities for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child's involvement in the snow sport program offered by the school when deciding whether additional insurance cover is required. Personal accident insurance cover is available through normal retail insurance outlets.

Parents who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate.

3. Medical Assistance: I understand that the teacher in charge of the excursion will seek medical aid for my daughter/son/ward should he/she deems this necessary. I further understand that medical aid if it is considered necessary may be sought by a qualified ski patroller from a ski resort.

The personal information provided on this permission note, will be used by the Department of Education and Communities for general administration and communication and other matters of welfare relating to your child at this event. The provision of this information is voluntary but your child may not be able to participate if it is not provided. This information will be stored securely and may be amended at any time by contacting the team management.

4. Skiing/Snowboarding/Cross Country Skiing ability: (Please refer to the Evaluation Guide provided). The NSW Guidelines require morning and afternoon lessons for all beginner students, a total of 3 consecutive 2 hour lessons must be completed before they are no longer considered a beginner. All students will participate in a Morning & Afternoon Lesson, Day 1 and Morning Lesson Day 2. By lunchtime Day 2 no students should be considered a beginner by the resort.

The skiing / snowboarding ability of your child will be determined as a "beginner" unless otherwise notified by the parent in writing to the school – refer to evaluation guide following. (Please circle which statement below applies to your child)

- Yes my son / daughter is a beginner
- My son / daughter has skied/ snowboarded previously and has progressed from a “beginner” and as such I do not require them to have afternoon lessons.

All students will be assessed on Day 1 of their program by a Thredbo Snowsport Instructor during their 2 hour morning lesson

5. Excursion Conditions: I understand that his/her attendance on this excursion depends on:

1. Exemplary behaviour whilst on the excursion
2. Full payment for the excursion by the date shown above
3. Students are to comply with the school’s Welfare and Discipline Policy`
4. Full Understanding and Acceptance of the Alpine Responsibility Code

Name: Signature: Date:/...../.....

Home phone: Work phone:

RISK WARNING:

The school acknowledges that there is an inherent risk of personal injury including permanent disability and/or death in the physical activities that will be undertaken by the students and staff as part of this program. The school understands that whilst Action Learning Initiatives and its service providers attempt to minimise the risk of personal injury, incidents may still occur and all physical activities involve an element of risk. Risk Assessments for all activities that are conducted are available to the school via our web-site. Other safety information including the Alpine Responsibility Code and links to the Thredbo trail map and Snow Safe web-site are also available from our website for both teacher & student log-in. **The school acknowledges that it is their responsibility to communicate this risk warning to parents** (an electronic copy of this risk warning is available from our web-site for schools to cut and paste into their permission notes).

I have read and accept the information provided in the Risk Warning

Name: _____

Signature: _____

Date: _____

Evaluation guide of students skiing/snowboarding ability for a beginner:

Skier

Skier	Present Ability	Goal
Level 1	First time skier.	Learn basic skills; gliding on snow, turning & stopping, ride a beginner lift.
Level 2	Can stop and do basic turns.	Refine turning skills for speed control and learn how to ride a lift.
Level 3	Can ride a beginner lift and confidently control speed through snowplough turns.	Learn to skid skis parallel at the end of turn, gain confidence on steeper slopes.

Boarder

Boarder	Present Ability	Goal
Level 1	First time Snowboarder.	Learn how to stop, control direction and ride a beginner lift.
Level 2	You can stop on both heel and toe edges.	Learn to make basic turns in both directions and link turns.
Level 3	You can link skidded turns on green (easiest) terrain.	Build confidence and refine turning skills.

If you son / daughter has accomplished these skills they are not considered to be a beginner

It is anticipated these levels will be achieved during the first 3 x 2 hour lessons of a school program