

Queen Elizabeth High School Ski trip 2022

rayburntours



Ski Footage

- Vallnord ski resort

Link:

<https://www.youtube.com/watch?v=HcGoqyuUo9s>

Composition of the party

Staff

Mr Day

Mr Seneque

Mrs Davies

Mr Bell

Miss Thomas

Mrs Sullivan

Mr Weighill

Miss Muirhead

Mr Young

Pupils

Total = 93

Year 8 = 30

Year 9 = 24

Year 10 = 17

Year 11 = 22

Aims

- Exhilaration and enjoyment
- Confronting anxiety and fear
- Developing confidence and self esteem
- Introduction to new leisure activity
- Greater tolerance, consideration and understanding of others
- Development of social skills
- Different/more mature relationships with teachers and other adults
- Personal organisational skills
- Knowledge and interest in curricular topics

The Rayburn Difference

They're an independent, family-run business that's dedicated to creating tailor-made international tours for groups.

Group travel specialists since 1965.

Specialising in Educational Trips, Ski Trips and Sports Tours for schools.

They aim to inspire groups to seek new adventures, embrace new cultures and learn new skills.

They send over 23,000 passengers around the world each year.

Right before Covid-19 hit, they were nominated as one of the 1,000 Companies to Inspire Britain by the London Stock Exchange Group.

rayburntours



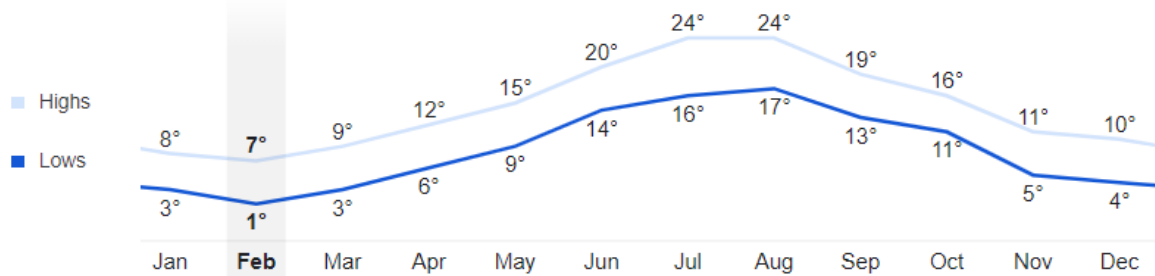
Andorra



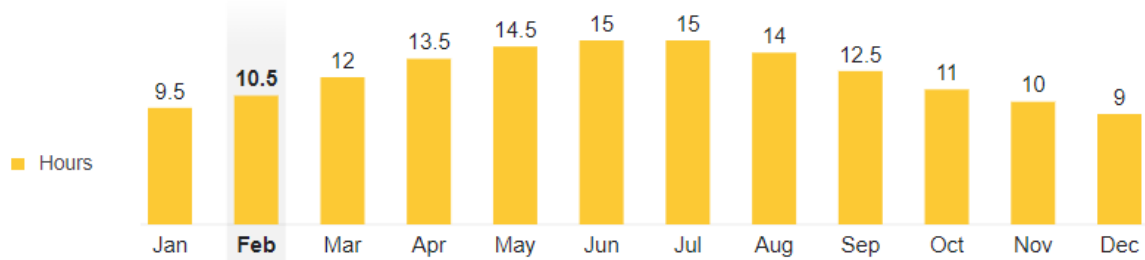
- Population: 77000
- Area: 468 km²
- Average height (above sea level): 1996m
- Capital: Andorra La Vella

What's it like in Feb/March?

Temperatures (°C)



Daylight



Average monthly snow in Vallnord-Arinsal

Month	Snow amount (week)	Snow days (week)
December	7 cm	1.8 days
January	16 cm	2.4 days
February	19 cm	3.0 days
March	17 cm	2.9 days
April	11 cm	2.0 days

Departure Details

Meet at school on Friday 25th February. Time 2pm. Arriving in Andorra at approx. 4.30pm.

Overnight coach journey.

Essential

- Comfortable casual clothes
- Drink
- Pounds sterling and Euros for journey.

Optional

- Travel pillow
- Travel sickness tablets
- Headphones (no speakers)

5 hour journey to Folkstone

Eurotunnel (35 minutes)

14 hour journey from Calais to Andorra

Return Details

Departing on the 4th March at 7pm.

Returning to school on the 5th March. Time: 5pm.

Overnight coach journey.

14 hour journey from Andorra to Calais
Eurotunnel (35 minutes)
5 hour journey from Folkstone to Bromyard

*Full itinerary will be confirmed and shared with parents prior to departure

Hotel Panorama

- 4* Hotel
- 6 nights accommodation in en-suite rooms
- Games room
- Walking distance to Andorra La Vella
- Wi-Fi









Food - Full Board

- Continental breakfast and evening meals at the hotel
- Hot lunches on every skiing day (piste side)
- Hot meal at the hotel before departure
- Water provided
- Students special dietary requirements such as nut allergy or vegetarian can be catered for.



Ski arrangements

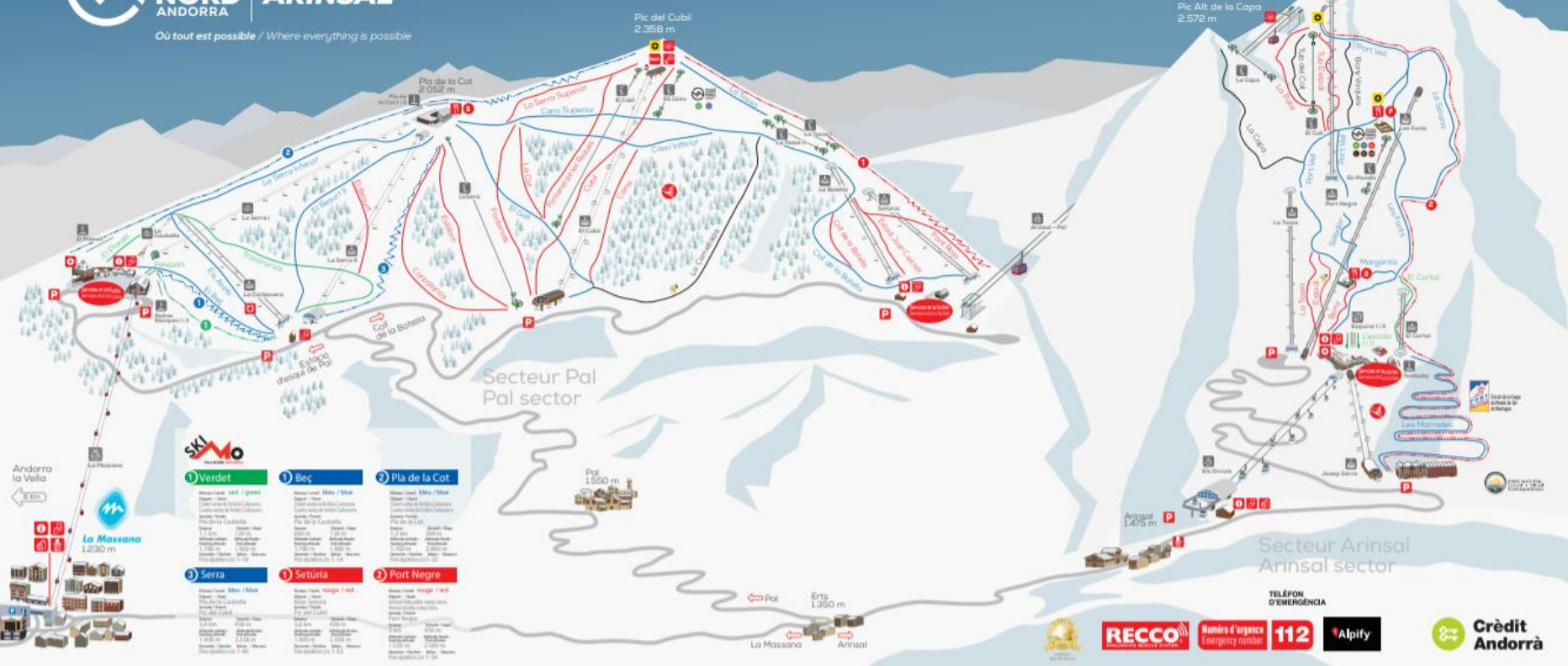
- 5 hours' ski instruction per day provided by local ski instructors
- Full area, 6 day ski pass with no limitations
- 6 days' quality equipment hire including helmet hire
- Convenient piste-side storage for your equipment
- Ski school presentation of certificates
- Ski pack including ski ties, luggage labels and emergency contact cards



Où tout est possible / Where everything is possible

Pic Negre
2.569 m

Pic de
Comapedrosa
2.942 m



Vertical:

Top: 2560m

1010m

Bot: 1550m

Best for:



Beginners/
Intermediates

Trails:

—

22% 64% 14%

Hectares of Ski:

706

Snowmaking:—

Vallnord-Arinsal Lifts:



Total lifts = 10









Après ski arrangements

- Rayburn Tours complimentary in-house après ski pack
- €20 out-of-house après ski budget
- At least 2 evening activities (i.e. pizza night, bowling)

Things You Will Need for Skiing



Getting kitted out

Buy – accessories (hats, gloves, ski socks, sunglasses, sun cream)

Improvise – inner clothing (underwear, t-shirts and sweaters)

Hire or Buy – the outer clothing (jacket and salopettes)

<https://www.rayburntours.com/discover-more-ski-links/kit-list>

<https://skitogshire.co.uk/>

Kit List

See kit list provided.

Weight limit of 20kg for suitcase/holdall
(your child must manage their own case)

Small rucksack for travelling/ski days

We advise everyone to mark all belongings, especially their bags/suitcase with their name and the name of the school.

Skis, boots, poles, helmets and towels are all provided.

Trip Hoodies

csk
CLUBSPORT



Handy Tips

- You might also want to pack some mini snacks in your suitcase as skiing uses a lot of calories and local shops don't always have your favourites.
- If possible take a large soft holdall rather than a hard suitcase as this packs easier and is also much better for storage in your room (Small/medium sized holdall)
- Pack a small bag to take on the slopes each day. Preferably without any hanging straps as these can get caught on anything and everything.

Valuables

- Maximum £100 spending money.
- For soft drinks, snacks, souvenirs and extra activities (such as tubing).
- Money or valuables you bring YOU will be responsible for. If you want to take these you need a separate insurance.
- Staff will run a bank service if you want to make use of it.





Mobile Phones



- We recommend students bring their mobiles to contact parents.
- We will be looking after phones over night to ensure students get a good nights rest.
- It is your decision whether or not to take your phone skiing.
- We recommend your son or daughter has adequate mobile phone insurance.
- Please be aware of the high cost of data roaming when abroad (£7 per megabyte, EuroTraveller).
- Need to bring charger and European adapter.

Safety on Tour

Safety is our Priority

- Every element of every tour is carefully assessed and monitored
- Founding member of the School Travel Forum (STF)
- Partnerships with external health and safety organisations and advisors

Our Robust Safety Management System includes:

- Accommodation and Coach Operator Audits
- Excursion and activity assessments
- Risk Management handbooks
- 24-hour on-tour emergency contact and Crisis Management Plan
- DBS checked staff, couriers and coach drivers

Your Child's Learning & Development Matters

- Educational experiences tailored to complement the National Curriculum, GCSE and A-Level specifications (or equivalent)
- Quality educational experiences reinforced by our Learning outside the Classroom Quality Badge



Insurance and EHIC

- School insurance covers full winter sports
- However it is important that you also have a valid European Health Insurance Card/Global Health Insurance Card



Supervision

- Direct supervision (groupings)
- Indirect supervision (4 pupils)
- Skiing supervision

Ski way Code

- [https://www.youtube.com/watch?v=NeS3ZRh
emP4](https://www.youtube.com/watch?v=NeS3ZRh
emP4)



Sun Safety



- The use of sunscreen is **compulsory**.
- You must never ski without eye protection.
- In the mountains the sun's rays are also reflected off the snow.
- Full UV protection is essential to prevent sunburn and sore eyes.
- Ensure you drink regularly to stay hydrated.

Cold injuries

- Frostbite
- Hypothermia
- Suitable clothing to provide protection from snow, wind and cold (e.g. ski suit or ski jacket, ski trousers or salopettes, gloves or mittens, goggles, hat, sun cream)
- Pupils clothing monitored by staff
- Judgements made in conjunction with ski school re skiing in bad weather

Fitness and Training

Ski trip circuits (SnowSport England)

January until February half term

Focus on fitness for skiing

SnowDome – Ski Lessons (£59 per junior (2 hours); Ski Fast Track Lessons (£81 per junior (3 hours of tuition)

COVID-19

- UK is on the French amber list
- Andorra is on the French green list
- Children aged 12 years old or over who are not fully vaccinated and travelling with a fully vaccinated adult are required to present a negative test result (PCR or antigen). However, they do not need to provide an essential reason for travel, nor do they need to self-isolate on arrival.

COVID-19 (The UK to Andorra)

Vaccinated

1. Sworn statement of honour
2. Proof of vaccination status for those 12 years old or over

Unvaccinated

1. Sworn statement of honour
2. Negative COVID tests (no more than 24 hours before travel)
3. Must transit through France in under 24hrs

- Passengers arriving from UK are not required to provide any health certification upon arrival in Andorra.
- All travellers are advised by the Andorran authorities to take preventive measures (including social distancing, hand sanitation and wearing masks) and to minimise social interactions.
- Under 12s are exempt from testing and sworn statement of honour

COVID-19 (Andorra to France)

Vaccinated

1. Proof of vaccination status for those 12 years old or over

Unvaccinated

1. Sworn statement of honour
2. Negative COVID test (within 72 hours of departure)

COVID-19 (France to the UK)

1. All children under 18 years, coming to England, will be treated as fully vaccinated at the border.
2. This means that children aged 17 and under will be exempt from quarantine and be exempt from day 8 testing.
3. Children aged 5 to 17 years will need to take a test on or before day 2 after arrival (arrival day is day 0) (parents responsibility).

*Due to come into force on Monday 22nd November

COVID-19

We depart on Friday 25th February, 7 days after breaking up for half term

Please encourage your child to be sensible over these 7 days

Take preventative measures – social distancing, hand washing/sanitation, wearing a mask, limiting social interactions

Keeping in Touch

- Follow us on Facebook
- Hotel phone number: [+376 873 400](tel:+376873400)
- UK contact: 07718 791371/01885 482230

Expectations and Code of Conduct

You will be representing the school on this trip.

We expect you to demonstrate excellent standards of behaviour.

Were in a country that is unfamiliar, it is essential that you listen to and follow all instructions to make sure you have a fun and safe time on the trip.

Pre-departure expectations

- A reminder....
 - We reserve the right to withdraw any student from the trip, up to the day of departure, should they demonstrate poor conduct within school that would pose a potential health and safety risk to themselves or compromise the safety of others.
 - This includes, but is not limited to,
 - refusal to comply with instructions from a member of staff
 - refusal to hand over confiscated electronic equipment
 - use of abusive language towards staff and/or students
 - defiance of staff, including walking away when being spoken to
 - harassment or bullying
 - violence of any kind
 - drug use, supply or glorification and smoking/vaping
- *Removal from the trip could result in a loss of all previous payments***

What next...

- **Essential Trip Information Sheet** – handed in by 9am Friday.
- **Hoody size** – by Friday 26th November (after which a size will be picked for the pupil)
- **Medical /information form and code of conduct-** hand in to reception before Friday 3rd December 2021.
- **Kit list-** make sure you have all items on the kit list.
- **Passport and EHIC/GHIC-** hand in to reception before Friday 4th February 2022.
- **Spending money-** handed in by Friday 11th February in a sealed envelope with your child's name, and amounts in pounds and Euros on the front.
- **Medication details-** given to reception in a named sealed plastic bag with instructions for use by Friday 11th February.
- **Final letter week before we leave-** confirmed itinerary, sleeping arrangements, emergency numbers and procedures.
- **Random spot checks of luggage-** before departure we will perform spot checks with parents of luggage to ensure your child has packed appropriate items.

Any questions?

