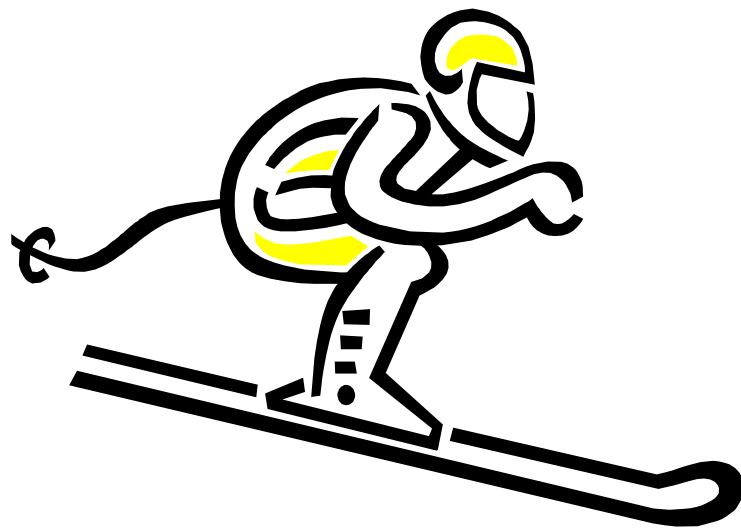


# FREMAN COLLEGE SKI Italy 2025

PARENT AND STUDENT  
INFORMATION BOOKLET



**Bormio 15<sup>th</sup> – 22<sup>nd</sup> February 25**

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## INFORMATION FOR PARENTS

### STAFF

The following members of staff will be supervising the trip:

Mr B Green (Ski Trip Organiser)

Mr M Shearn

Miss A Roach

Miss D Fort

Mr T Hamilton

Mr C Brickel

Miss E Norton

Mrs S King

Mrs S Andrews

Mrs C Shearn

### Emergency Contacts

In Britain, Ms Hebditch is contactable on [sh@freman.org.uk](mailto:sh@freman.org.uk)  
(please leave a contactable telephone number on the email)

Contact number will go to Ms Hebditch: 01763 2760876

Hotel Sant Anton

Via Leghe Grigie, 1, 23032 Bormio SO, Italy

Phone: +39 0342 901906 Website:

[www.hotelsantantonbormio.it](http://www.hotelsantantonbormio.it)

## FINAL REMINDERS

*Please ensure that you have dealt with the following items:*

**EHIC** handed in ASAP, if you had to order one.

**Spending Money (I would suggest around £15-£25 in English Money for the airport and £70-£120 worth of Euros)** which may be handed in when we arrive at resort for safe keeping. Most places will accept card now, there are plenty of cash machines in resort if cash is needed.

**Ski Hire is on the slopes so students will need waterproof shoes to get to it.**

**Final students' meeting for Ski Trip will be announced when we get the rooms. Usually the week before we go!**

- Ski helmets to be collected by students at this final meeting, these need to be packed in hand luggage.
- Hotel room allocation.
- Behavior policy for the trip given.
- Final reminders.
- Flight times are slightly earlier than the parents evening ones, to build in some leeway.

Bormio, Italy, February 2025

### Flight Information **Group 1**

Flight FR2757- Stansted to Milan  
05.55 -08.45

Meet time: 02.20am

### Flight Information **Group 2**

Flight FR2696 Stansted to Milan  
07.25-10.15

Meet time: 04:00am

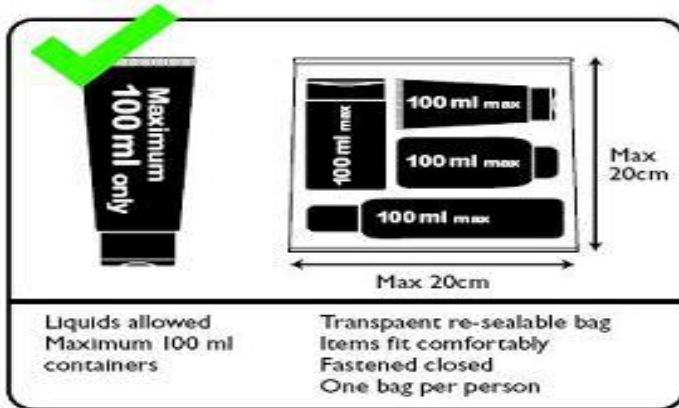
### **Return Flights**

Both groups are on the same flight back.

FR3673 Milan to Stansted  
19.15-20.20

## Baggage Information

**Hand Luggage;** Each passenger can carry on the plane **one piece of hand luggage** (measuring a maximum 40x 20 x 25cm) must fit underneath the seat in front. You can take **liquids** on board as hand baggage, provided they are stored in containers no bigger than 100ml, and brought to the airport in a clear, re-sealable plastic bag with maximum dimensions of 20 x 20cms. Each passenger can carry a maximum of 1000ml (e.g. 10 x 100ml).



### Hold Luggage

One piece of hold luggage with a maximum of 20kg in.

**Any extra will cost  
£12 per kg to be  
paid by the student  
at the airport**

## Bormio, Italy, February 2025

### CLOTHING/EQUIPMENT CHECKLIST

#### Ski Clothing

- |                       |                          |   |                          |
|-----------------------|--------------------------|---|--------------------------|
| Jacket                | <input type="checkbox"/> | High factor sun block                               | <input type="checkbox"/> |
| Salopettes            | <input type="checkbox"/> | Lip sun block                                       | <input type="checkbox"/> |
| Gloves                | <input type="checkbox"/> | Wash kit  | <input type="checkbox"/> |
| Hat                   | <input type="checkbox"/> | Nightwear   | <input type="checkbox"/> |
| Goggles               | <input type="checkbox"/> | After sun   | <input type="checkbox"/> |
| Sunglasses            | <input type="checkbox"/> | Continental Adapter                                 | <input type="checkbox"/> |
| Warm tops             | <input type="checkbox"/> | Camera  | <input type="checkbox"/> |
| Ski Socks x2          | <input type="checkbox"/> |   |                          |
| Jumper/s              | <input type="checkbox"/> | <b>Pack the following in<br/>your hand luggage:</b> |                          |
| Scarf/Snood           | <input type="checkbox"/> | pair of ski socks x1                                | <input type="checkbox"/> |
| Thermals/<br>Leggings | <input type="checkbox"/> | Snacks/sweets                                       | <input type="checkbox"/> |
| Ski Helmet            | <input type="checkbox"/> | Sterling for the airport                            | <input type="checkbox"/> |
|                       |                          | Euros   | <input type="checkbox"/> |

#### Après Ski

- |                        |                          |
|------------------------|--------------------------|
| Shoes/boots            | <input type="checkbox"/> |
| Training shoes         | <input type="checkbox"/> |
| Jeans/trousers         | <input type="checkbox"/> |
| Swimwear               | <input type="checkbox"/> |
| Socks/underwear        | <input type="checkbox"/> |
| Warm jumper/<br>Fleece | <input type="checkbox"/> |

**Bormio, Italy, February 2025**

## **ITINERARY/JOURNEY**

### ***Saturday 15<sup>th</sup> February***

#### **Group BG**

- 02:20 - Students arrive at Freman with luggage. (One suitcase with 20kg for the hold and one piece of hand luggage)
- 02:30 - Coach leaves Freman.
- 03:30 - Arrive at Stansted and Check in.
- 05:55 - Flight leaves for Milan.
- 08:45 - Arrive Milan.
- 09:45 - Leave Milan for Bormio.
- 12:45 - Arrive Bormio, go to boot fit.

#### **Group MJS**

- 04:00 - Students arrive at Freman with luggage. (One suitcase with 20kg for the hold and one piece of hand luggage)
- 04:15 - Coach leaves Freman.
- 05:15 - Arrive at Stansted and Check in.
- 07:25 - Flight leaves for Milan.
- 10:30 - Arrive Milan.
- 11:40 - Leave Milan for Bormio.
- 15:00 - Arrive Bormio, go to boot fit.

### **Sunday 16<sup>th</sup> -21<sup>st</sup> February (everyday routine)**

Breakfast - In hotel. Dressed in ski wear.

Take everything needed with you as we spend all day out of the hotel.

Morning Ski lessons (2 hours).

Lunch on the slopes.

Afternoon Ski lessons (3 hours).

Free time in and around hotel a chance to explore Bormio.

Dinner - In hotel.

Group Meeting in Dining Room.

Après Ski which could include: - bowling, swimming, disco, ice-skating and tobogganing

Bedtime!



## **Bormio, Italy, February 2025**

### **Saturday 22<sup>nd</sup> February**

#### **Both Groups**

- 11:00 - Group depart Bormio.
- 14:00 - Arrive Milan
- 19:15 - Group Flight Leaves Milan
- 20:20 - Flight arrives at Stansted
- 22:00 - Students arrive back at Freman

## GENTLE REMINDERS...!

### En Route

- All students are reminded that they must bring only one normal sized hold-hall and one small bag for the journey
- There will be no smoking/vaping or consumption of alcohol
- Students to follow staff instructions at all times and be punctual

### During the week

- ◆ There will be **no smoking/vaping** at all throughout the week
- ◆ There will be no consumption of **alcoholic drinks**
- ◆ On the slopes, students are answerable to Freman staff and their ski instructors
- ◆ **Students must at all times ski with their groups**
- ◆ If they get separated from their groups they must stay where they are
- ◆ All students must eat their breakfast, lunch and evening meal in the hotel restaurant
- ◆ Students must not buy alcohol to bring back as presents

**If the above rules are not adhered to, lift passes and privileges will be removed.**

## SKI SAFETY

It is easy to forget that the skiing environment is uncontrollable and potentially dangerous. The facilities we use may be human in origin but the mountains certainly are not. They are just as unpredictable as they were before we adopted them as our playground.

### **Cold**

The higher you go the colder it gets. For every 100m of ascent the temperature generally falls one degree Celsius. This means that at the bottom of the mountain the temperature could only be  $-5^{\circ}\text{C}$ , 1500m up the mountain the temperature could have dropped to a bitterly  $-20^{\circ}\text{C}$ .

Bormio can be a cold resort as it is very high and north facing which means that a lot of slopes are in the shade. Please bear this in mind when packing.

### **Wind**

The wind increases the rate at which the body loses heat. It is referred to as 'wind-chill'. Adequate clothing is essential even when it appears to be warm in the resort. Lots of thin (wicking) layers underneath your ski jacket will help to trap air and keep you warm.

### **Visibility**

'Flat Light' occurs in overcast conditions and makes it difficult to see the shape of the terrain.

'White Out' occurs when you are skiing within cloud or mist. The dividing line between the snow and cloud disappears and visibility is reduced to only a few meters.

### **Sun**

Due to the high altitude the sunrays are very strong. On clear days' sunburn can occur very quickly. The snow itself also reflects ultraviolet rays which increases the chance of burning as well as damage to the eyes. To protect your eyes and to aid visibility, it is essential that you wear goggles or sunglasses.

### **Change**

The only predictable thing about the mountains is that the conditions can change at any time. The weather can literally go from blue skies and sunshine to a howling blizzard in a matter of minutes. No matter how stable the weather conditions seem to be, always ensure that you are prepared for bad weather.

## SKI RUNS

Ski runs are known as Pistes (from the French word for trail). They consist of snow which has been tightly packed and prepared by a machine.

Pistes are normally graded for difficulty. They are patrolled, maintained and signposted making for a much safer environment than off-piste areas.

You will ski with your instructor and your group at all times throughout the week.

### Piste Grading

There is an internationally agreed colour coding of ski runs-

<b>Green</b>	Nursery slopes, suitable for beginners
<b>Blue</b>	Easy runs, suitable for inexperienced skiers
<b>Red</b>	Moderately difficult runs, suitable for intermediate skiers
<b>Black</b>	Very difficult runs, suitable only for advanced skiers.

These gradings only give an indication of the difficulty of the runs. The snow conditions can severely affect the difficulty of a run. Resorts also vary in their grading - a blue run in one resort might be graded red by another.

## UPHILL TRAVEL

At the beginning of the week you will all be given a lift pass which can cost over £100 (included in the price of the trip). This pass is swiped through the lifts to enable you to get to the top of the mountains. If this pass is lost, you will be unable to ski.

## Medical

You will also be issued with an emergency contact card, this must be kept in your ski jacket at all times, this will contain all your details, so please ensure that you fill out your consent form accurately. If you suffer from any re occurring injuries, please ensure that you bring your own supports/tape and painkillers because we will only have a small amount for the trip.

## SKI WAY CODE

The rules which govern the mountains are known as the 'Ski Way Code' and for safe and enjoyable skiing it is essential that they are understood and obeyed by all skiers.

1. Always aim to ski in control
2. The slower skier always has right of way - overtake carefully and with consideration
3. Always look up the hill before setting off to avoid another skier's path
4. Always stop at the side of a piste. After a fall, always move to the side quickly to stay out of the path of other skiers
5. Do not stop in narrow places, blind corners or below drop-offs where this a risk of being hit by other skiers
6. Do not walk on the piste
7. Keep well clear of other ski classes
8. Obey warning signs
9. Always stop downhill of other skiers in your group

## SKI FITNESS

In order to ensure that you have maximum enjoyment from your ski holiday, it is important to be physically fit.

Skiing requires high levels of Cardiovascular Endurance and in comparison to other sports it has the highest Energy Expenditure. Therefore, skiers need to be extra fit to cope with the demands of the activity. The altitude we will be skiing at also places demands on the body. At first when we exercise at high altitude our body is less efficient at transporting oxygen to the working muscles. However, you will find that when you get back from the trip, you will feel less tired when you are doing your everyday activities because your body has adapted and is able transport oxygen more efficiently.

As well as cardiovascular endurance, skiing also requires strength, particularly in the legs and torso. Increasing muscle size and strength will prevent injury and improve your skiing!

To develop and maintain a reasonable level of fitness, you need to take regular exercise. Taking part in all Physical Education lessons before we go is essential. In addition, you could follow a daily fitness programme which contains a well-balanced set of exercises, designed to improve strength and the efficiency of your heart and lungs.