

Ramsey Grammar School

Ski Trip – France

Sat 05th April – Friday 11th April
2025

The Staff

- ◆ Mr Eyres- Trip Leader
- ◆ Mrs Bullock- PE Teacher, HOY11
- ◆ Mr Ideson- Head of Boys PE
- ◆ Mrs Mooney- Head of Girls PE
- ◆ Mrs Bowden- PE teacher

First Aid Qualifications

- ◆ Mr Eyres has- First Aid at Work.
- ◆ Mrs Mooney has- First Aid at Work.
- ◆ Mr Ideson has- First Aid at Work.
- ◆ Mrs Bullock has- First Aid at Work.
- ◆ Mrs Bowden has- First Aid at Work.

The Company

True North

- ◆ This is the second time we have used the company.
- ◆ Fully insured and ABTA member.

Trip Details - Departure

The flight will be a chartered plane. Only for RGS, Buchan and CRHS pupils.

IOM to Geneva (Switzerland) 10:00-13:00

Geneva to IOM 13:00-14:00

Please meet at the airport for 07:45



Les Carroz



Piste Map



Hotel Les Folcons Verts



- ◆ 1 hours transfer from Geneva
- ◆ 100m to the slopes.
- ◆ Comfortable rooms- all ensuite.
- ◆ All meals will be eaten at the hotel
- ◆ Large restaurant area.
- ◆ Ski/boot room



Rooms

- ◆ We will know the room numbers closer to our departure date.
- ◆ Rooms will be single sex.
- ◆ Rooms will be with friendship groups as far as possible.

- ◆ Please try and keep rooms tidy
- ◆ Things don't get stolen- but.....



Skiing

- ◆ There will be 5 hours of instructed skiing per day, for the 5 days of our lift pass.
- ◆ Students will not be allowed to ski unless they are accompanied by the instructors.
- ◆ Pupils will be split into ability groups, to allow progression at a similar rate. The ski ability has been collected by the ski company.

What is included?

- ◆ Ski, pole and boot hire
- ◆ Helmet- you must wear this
- ◆ Lift pass (don't lose it though)
- ◆ 3 hot meals per day
- ◆ Insurance
- ◆ Evening activities
- ◆ **What is not included**
- ◆ Jacket
- ◆ Trousers
- ◆ Hat, gloves, goggles and sunglasses.

What is not included

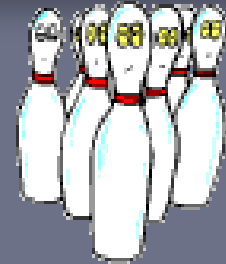
◆ Jacket

◆ Trousers

◆ Hat, gloves, goggles and sunglasses.



Evening Activities



- ◆ We will work with the tour provider to put together a plan for evening activities
- ◆ The resort is small and traditional.
- ◆ The hotel does have a games room and film screen.

Fitness

- ◆ This is an action packed holiday.
- ◆ Every night pupils will go to bed shattered.
- ◆ Each session will be very demanding, especially for beginners.
- ◆ We will run a fitness session for pupils on a Tuesday lunch in the East Gym
- ◆ You cannot be fit enough!

Climate.

- ◆ In April temperatures will be cold but should not be freezing.
- ◆ Warm clothes will be needed. The secret is layers. Thermals are highly recommended.
- ◆ Ski Jacket and Ski trousers will be needed.
- ◆ Good gloves are a life saver.
- ◆ TK Max often has ski wear in store.
- ◆ Millets and Mountain Warehouse also have good quality ski wear.

On the slopes

- ◆ Thermals and thick ski socks
- ◆ Waterproof ski trousers and ski jacket
- ◆ Sun screen/ SPF Lip balm
- ◆ Gloves
- ◆ A buff can be useful, especially if it starts to snow
- ◆ Goggles are a must- sunglasses also an option, unless it is snowing.

Other Clothing

- ◆ Casual clothes can be worn for the journey.
- ◆ Jeans, tracksuits
- ◆ sweat top / jumper, t shirts
- ◆ bring your swimwear- just in case we can get to a pool.

True North Web Page

- ◆ Personal details to be uploaded
- ◆ Information about the flights, resort and hotel
- ◆ Discount for Dare 2b clothing

Baggage Allowance

Check in luggage.

- ◆ Weight limit of 20kg per bag.
- ◆ 1 Bag per pupil has been pre-paid
- ◆ Don't go overboard with equipment.
- ◆ If you have your own skis, please let Mr Eyres know a.s.a.p. so that they can be booked on the plane.

Hand Luggage

- ◆ Should be kept to a minimum- the current dimensions equate to the size of a laptop holdall.
- ◆ No sharp objects e.g. darts.
- ◆ No liquids in containers over 100ml, all in a clear plastic bag.

Passports

- ◆ Pupils must hand their passports in to the West office on Friday 28th March. Your designated teacher will then return them to you on the plane on the return journey.
- ◆ **Make sure you have 6 months left on your passport.**

Pocket Money

- ◆ Approximately £80 sterling in Euros.
- ◆ £10 for the airport, but we will not have much time.
- ◆ These are guidelines only.
- ◆ As the accommodation is full board then pupils will only have to buy snacks and drinks (and gifts for parents)
- ◆ Please hand spending money into your teacher at the airport. This must be in an envelope with your child's name on it.
- ◆ Each evening pupils will be given the chance to withdraw money from their envelope.
- ◆ **THE PUPILS WILL BE RESPONSIBLE FOR ANY MONEY NOT HANDED IN TO THE TEACHERS AND TAKEN BY THEMSELVES**

Medication

- ◆ The children are responsible for their own medication (inhalers, sickness pills etc).
- ◆ However, if you wish us to carry their medication and look after it then it must be labelled and given to Mrs Bullock at school by Friday 28th March.

Insurance

- ◆ Our insurance is through AIG, under The Department of Education, Sport and Culture. This is a policy that is used for all school trips across the Island.
- ◆ Valuables e.g. mobile phones, AirPods, portable consoles etc. should be kept to a minimum.

Emergency contact details

- ◆ Mr Eyres will have a master copy of all pupil's emergency contact details.
- ◆ In addition, each teacher will have a list of contacts and medical details for their group.
- ◆ When we get to the airport, we will give pupils an emergency contact slip with Mr Eyres' phone number on it.
- ◆ Mr Eyres contact number- 07510623417

Behaviour

- ◆ We will have an amazing trip, but there are some ground rules.
- ◆ Be organised.
- ◆ Be on time and give it your best effort every session.
- ◆ Think of others and be polite
- ◆ We are representing the school and the Isle of Man.

Common Questions?

- ◆ Yes, the hotel has Wi-Fi.
- ◆ Students can bring mobile phones.
- ◆ We don't know what the food will be.
- ◆ Skiing outside of lesson time- Our insurance policy will not cover us for this

- ◆ Any questions?