

MARK RUTHERFORD SKI/SNOWBOARD TRIP 2024



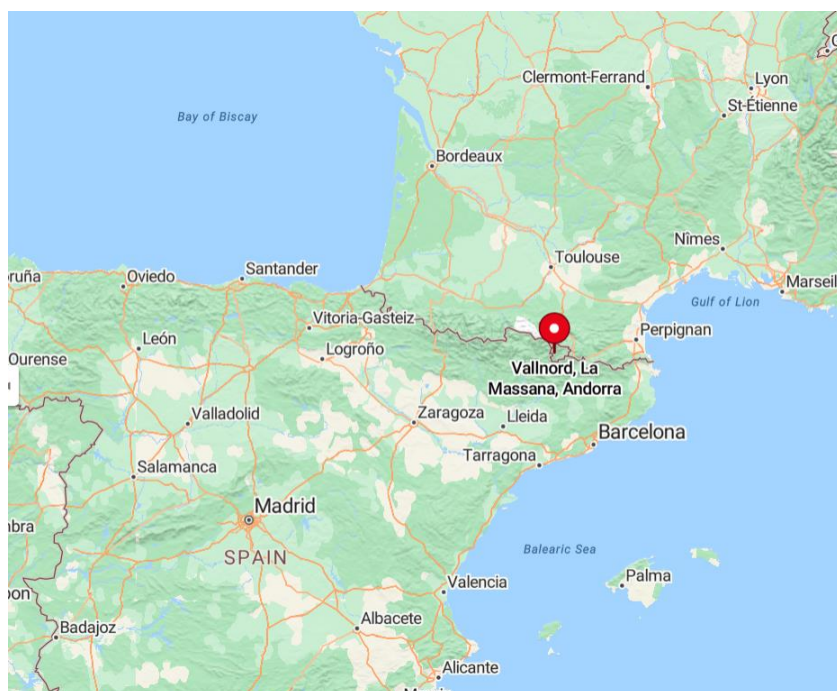
VALLNORD, ANDORRA

VALLNORD

Located in the Pyrenees Mountain range, the Vallnord ski resort is set amongst the picturesque valleys of the north-west of Andorra and includes the three main sectors of Arinsal, Pal and Ordino-Arcalis. Vallnord affords visitors the possibility of a great variety of skiing and snowboarding across the three resorts.

The Vallnord ski resort provides 93km of marked runs, efficiently served by a modern lift system of 45 lifts in total, as well as a free ski bus linking Ordino-Arcalis to Arinsal and Pal. There are several freeride areas, in fact, Ordino-Arcalis plays host to the Freeride World Tour which is just one of the significant events in its annual calendar. Vallnord has also emphasised its snow parks in recent years, the largest of which can be found in the Arinsal sector where freestyle riders, whether experts or beginners can enjoy the ever-expanding kickers, rails and boxes, as well as benefit from specialist freestyle tuition.

Beginners, families and aspiring intermediates will love the facilities on offer in Arinsal and Pal, where first-class ski schools and safe, family-friendly slopes eliminate any stress and offer a welcoming, fun mountain experience. More competent skiers and snowboarders may want to head across to Ordino-Arcalis, if you are lucky enough to land here on a powder day you are in for a real treat, it's a pretty special ski area that the locals try to keep to themselves!



SKI INFORMATION



The ski school instructors will patiently ensure that all students make the most of their ski holiday. The nursery area has plenty of gentle runs on which to gain confidence, with the inspiration of the stunning mountains in the background!

Those students with more experience, will be guided around the varied runs whilst receiving guidance from the qualified instructors.

The ski school instructors will have responsibility over students whilst on the mountain but a member of Mark Rutherford staff will be in attendance, whenever possible.

Resort height 1550m

Top station height 2625m

No of lifts 29 Drag, 16 chair, 3 Gondolas

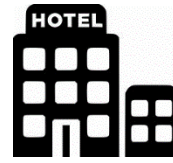
Snow cannons 350

Length of runs 44km Blue, 38km Red, 11km Black (Total 93km)

Link to our tour provider's website: [School Ski Trips to Vallnord, Andorra - SkiBound - SkiBound](#)



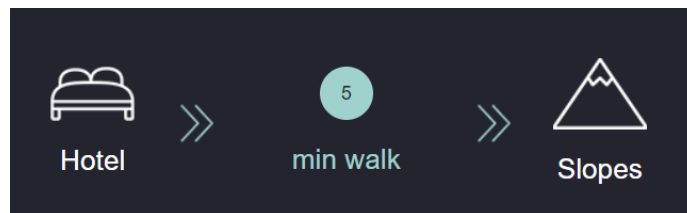
ACCOMODATION



ACCOMMODATION: Hotel Victoria

Contact details:

Carretera General d'Arinsal
AD400 Arinsal
Andorra



Rooming: Details will be confirmed in January.

Can each student please see Mr Snowdon with names of two people they would like to share a room with.

Meals: Student's will receive breakfast and dinner at the hotel. Lunch will be a hot meal in a restaurant on the slopes. This is included in the cost of the trip.





TRAVEL



Airport Transfers

We will meet at school at 3am (TBC) on Sunday 18th February. The drive will be approximately 2 hours in duration. This will provide us with ample time to manoeuvre 50 students and 5 staff through check in and security.

Upon arrival in Barcelona, we will board a coach for a 3 $\frac{1}{2}$ hour transfer to our resort.

I anticipate us returning to school at approximately 4pm on Sunday 25th February. I will ask students to update you when we have landed, when we depart Gatwick and when we are 30 minutes away from the school.

Flights

Outbound

VY7823 Sunday 18th February 2024

London Gatwick to Barcelona

09:50 - 12:55

Vueling Airlines

Inbound

VY7832 Sunday 25th February 2024

Barcelona to London Gatwick

11:10 - 12:25

Vueling Airlines

Luggage

To avoid any problems loading the coaches and when checking in at the airport, please ensure that all students take note of the luggage allowances:

1 suitcase. Maximum weight 23kg

1 hand luggage (under the seat). **Maximum** dimensions - 40cm X 20cm X 30cm

This needs to be a rucksack. Students will also require this when on the slopes.

There is a £45 surcharge (per flight) for luggage that does not meet these requirements. The school will not be covering any additional costs incurred.

Please check up to date rules and regulations for prohibited items on flights. The school will take no responsibility for items that are confiscated at security.

We recommend that students take their ski jacket onto the coach and plane with them as it will take up a large amount of room in their suitcase.

Can students please pack a pair of ski socks in their hand luggage. They may require access to them once we arrive in the hotel.



ITINERARY



DAY 1 - Sunday 18th February 2024

Meet at school at 3am. Load the luggage on to the coach and set off for Gatwick. Flight to Barcelona. 3 $\frac{1}{2}$ hour transfer from Barcelona airport to our hotel. Arrive in the resort in the evening. Settle in and collect ski/board equipment.

DAY 2 - 7 - Skiing and snowboarding in resort and après-ski activities.

DAY 8 - Sunday 25th February 2024

Transfer to Barcelona airport. Return flight to Gatwick. Coach back to school for approximately 4pm.

Apres-ski Activities:

Sunday - Arrive and settle in. Familiarise ourselves with Hotel facilities.

Monday - Mr Johnson's Quiz Night

Tuesday - Visit to the capital city -Andorra la Vella

Wednesday - Bowling

Thursday - TBC

Friday - Pizza night - visit a local pizzeria for more Carbs, later in the evening.

Saturday - Relax and pack ready to depart on Sunday



STAFF RESPONSIBILITIES



It is a good idea for party members to know which staff to approach with questions or problems.

MR J. SNOWDON (Party Leader)

Responsible for: Organisation of ski course, communication with outside agencies, parents, party members, payments, lessons in the resort, ski equipment, ski and snowboard supervision, group discipline, headcounts, First Aid.

MISS C. YOUNG (Deputy Party Leader)

Responsible for: Deputising for Party Leader, ski supervision, First Aid, headcounts, collecting in individual pupil passports and GHIC cards, their safe keeping and return at the end of the trip.

MRS A. DOUGAN

Responsible for: Ski bank account, headcounts, ski supervision.

MR P. GALE

Responsible for: First Aid, headcounts, ski supervision.

MR D. JOHNSON

Responsible for the safekeeping and distribution of medication, headcounts, snowboard supervision.



CODE OF CONDUCT



The code of conduct applies not only for the duration of the ski-course but also for all other sessions when the group meet together. (e.g. meetings, activity sessions).

Students will at all times:

1. Follow instructions given by the accompanying staff and adults.
 2. Follow instructions given by ski/board-instructors involved with the school party.
 3. Follow all instructions laid down by or given by the Hotel management.
 4. Behave sensibly and responsibly at all times during the ski/snowboard course.
 5. Obey the Ski-way code at all times when skiing/boarding or on the mountain
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DISCIPLINARY MEASURES

Any person breaking the Code of Conduct will be reprimanded and disciplinary action will be taken. Disciplinary measures will reflect the seriousness of the offence.

Students may have their lift pass confiscated for a short period of time, to prevent them using the slopes. This is not a measure that will be taken lightly and it will also result in a member of staff having to supervise the individual/s.

The ultimate measure will be sending home the person or persons involved on the first available flight, **the total cost of which will be paid for by the parents or guardians of the person(s) involved.** If your child is not willing to agree to these conditions, then I am afraid I will have to exclude him/her from this ski/board trip. I do hope you understand and I hope that I will not have to exclude any child at this late stage.

Mr J SNOWDON (Party leader)

SPENDING MONEY



IMPORTANT INFORMATION

Cash **MUST** be kept in the school bank and **NOT** left in suitcases or pockets etc. A holiday can be ruined if spending money is lost or stolen. Students can also bring a card, however, we do not know payment facilities at each vendor so please do not rely solely on cashless payments.

- All pupils **MUST** use the school bank if bringing cash. All money (notes only) must be handed in to **MRS DOUGAN before departing from school**. It must be handed in a strong envelope, unsealed as the money will be kept in this throughout the trip. Your name must be written clearly on the front of the envelope with the amount it contains.
- The first bank will not be open until Sunday evening. Pupils must ensure that they have sufficient money to last them for the journey. Meals will **NOT** be provided during the transfers to and from the airport and hotel. It is the student's responsibility to purchase their own food.
- Party members can withdraw money from the school bank via Mrs Dougan on the one occasion per day that the "bank" is open. This will most likely be between returning from the slopes and dinner. We will brief the students upon arrival at the Hotel to confirm this.
- Records will be kept of all payments and withdrawals.





LAST MINUTE CHECKLIST

HAND IN PASSPORT AND GHIC CARD TO MISS YOUNG BY FRIDAY 19th JANUARY 2024.

✓ **CLOTHING - SKIING/BOARDING:**

Ski Jacket
Salopettes/Trousers
Gloves
Ski Goggles
Thermal (ideally) base layer
Long sleeved T-shirt
Thin sweater
Snood
Ski socks (2 pairs recommended minimum)
High factor sunscreen and lip balm

✓ **CLOTHING CASUAL/HOTEL:**

Underwear and socks
Jeans/tracksuit bottoms
Sweaters
T-shirts
Trainers
Sturdy outdoor shoes - suitable for snow and ice
Toiletries - toothbrush and toothpaste, deodorant, shower gel, hair brush etc.
Towel
Chargers
Travel adapter

✓ **JOURNEY - THINGS YOU MIGHT NEED!**

Comfortable clothing
Books, cards, travel games, magazines, snacks, phone/tablet etc
Travel sickness pills/bands - all medication handed to Mr Johnson prior to departure.
MONEY for food and drink

✓ **FIRST AID:**

Prescribed medicines etc. to be named and packed safely in suitcases. Hand these to Mr Johnson upon arrival at the hotel.

CONTACT



DURING THE TRIP

In case of an Emergency, you can contact myself via the school mobile:
07355679468

I have created an Instagram account in order to share pictures and updates etc.
The account is @mrsskitrip24

BEFORE THE TRIP

If you have any questions, please contact me by email: j.snowdon@mrus.co.uk

FITNESS



It is important that students have a good level of fitness, for skiing/boarding, prior to the trip. The movements and muscle actions required will be different to what they are used to. Therefore, students will benefit from carrying out some simple exercises in preparation for the trip.

1. Squats

Your thighs (quads) are probably the hardest-working muscles when you are skiing or boarding.

- Try to do three to four sets of 20, giving yourself a 60-second rest between sets

Top tip: If you want to make this harder, do the exact same motion but with a weight in each hand.



2. Squat jumps

Take squats to the next level by turning them into squat jumps. This will come in handy when it comes to turning on the slopes.

- Try to do four sets of four with a short break to catch your breath between each set

Top tip: Try to land as softly as you can on your feet to minimise impact.



3. Wall squats

Wall squats are absolutely brilliant for building endurance which will help to prevent the burning feeling in your legs on long, tough ski runs.

- Hold the position for as long as you can handle it!
- Try to repeat two to four times with a short break in between each go

Top tip: Keep your knees at a 45-degree angle and feel the burn.



4. Lunges

Lunges are great not only for strength but for balance too.

- Try to do 20 repetitions four times with a short rest in between each set

Top tip: Keep your upper body straight, with your shoulders back and relaxed and chin up. Try to keep your core engaged at all times.



5. Planking

You use your core muscles around your lower back and abs a lot more than you would think when skiing and boarding, especially when you are turning or taking on more technical terrain. Rest your elbows in the floor, push up your hips and rest only on your elbows and toes

- Hold the position for 60 seconds
- Turn this into a 'side plank' by lifting yourself onto one elbow and the side of your foot. This will work your oblique muscles. Try it once on either side.

Top tip: Don't let your hips dip. Your body should form a relatively straight line when planking.



6. Press Ups

Beginners will find themselves on the floor a lot of the time! Being able to repeatedly push your body weight off the ground will be a huge benefit on the slopes.

- Complete as many as you can, rest for one minute then repeat. Complete 4 sets.

Top tip: Keep your body straight by engaging your core at all times. Put your knees on the ground if needed.

