GOOD SHEPHERD LUTHERAN COLLEGE

SKI TRIP - TOUR DETAILS

Departure Date: Saturday, 19th September, 2009
Return Date: Saturday, 26th September, 2009
Accommodation: Matterhorn Lodge, Perisher Valley.

Inclusions:

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return coach transport between Noosa and Perisher Valley</td>
<td></td>
</tr>
<tr>
<td>5 nights accommodation at Matterhorn</td>
<td></td>
</tr>
<tr>
<td>5 breakfasts</td>
<td></td>
</tr>
<tr>
<td>5 dinners</td>
<td></td>
</tr>
<tr>
<td>5½ days ski hire - boots, skis and poles or snowboard</td>
<td></td>
</tr>
<tr>
<td>Clothing hire: Parka &amp; Pants, plus helmets and wrist guards for snowboarders</td>
<td></td>
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<tr>
<td>5½ days lift and ability lesson passes at Perisher Blue Ski Resort</td>
<td></td>
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<tr>
<td>National Park entry fee</td>
<td></td>
</tr>
<tr>
<td>Free night skiing</td>
<td></td>
</tr>
<tr>
<td>Group photo and individual photo included</td>
<td></td>
</tr>
<tr>
<td>Free skiing Sunday afternoon</td>
<td></td>
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</tbody>
</table>
Costs and payments

Non-refundable deposit of $200 due 20th March

Payments can be made at the business office: See Mrs Naylor.

Approximate Costs: (final costs are dependent on the number of participants)
Cost have been calculated for 30 students, but may be reduced if the numbers reach 40:

<table>
<thead>
<tr>
<th>Student skiing:</th>
<th>Student snowboarding:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner: $1445</td>
<td>Beginner: $1495</td>
</tr>
<tr>
<td>Intermediate: $1501</td>
<td>Intermediate: $1551</td>
</tr>
</tbody>
</table>

Payment can be made in full at the time of booking, or in monthly instalments.

Full Payment due July 31st

If you choose to pay in instalments, the following schedule will apply:

<table>
<thead>
<tr>
<th>activity</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski beginner</td>
<td>Deposit $200</td>
<td>$345</td>
<td>$300</td>
<td>$300</td>
<td>$300</td>
</tr>
<tr>
<td>Ski all other levels</td>
<td>Deposit $200</td>
<td>$326</td>
<td>$325</td>
<td>$325</td>
<td>$325</td>
</tr>
<tr>
<td>Snowboard beginner</td>
<td>Deposit $200</td>
<td>$335</td>
<td>320</td>
<td>320</td>
<td>320</td>
</tr>
<tr>
<td>Snowboard All other levels</td>
<td>Deposit $200</td>
<td>$376</td>
<td>$325</td>
<td>$325</td>
<td>$325</td>
</tr>
</tbody>
</table>

Contact numbers: Mrs Mayer 0754558664
Mrs O’Brien 0754558624
Mr B. Hayes 0754558672
**Snowboarders**

A deposit of $200 is required for each student who is hiring a snowboard, due to an increasing number of snowboard thefts. The deposit is fully refundable upon return of all equipment undamaged.

**Suggested methods of leaving your deposit:**

We collect all the snowboard deposits prior to our departure for the snow and deliver them in a sealed envelope which, barring damage to, or loss of, your board, will be returned at the end of the week. This option saves students having to hand in and collect deposits individually.

**Cheque:**

Made out to Perisher Hire, and placed in an unsealed envelope with the students name clearly marked on the front.

**Credit Card:**

A credit card authorisation form can be signed and handed in prior to our departure.

Please contact Mrs Mayer or Mrs O’Brien if you require one of these.
What to Take

**On the slopes**
- Ski parka and pants (provided at Perisher, unless you prefer to take your own)
- Balaclava or beanie
- Sunglasses and/or goggles
- Ski gloves (water resistant)
- Polo neck skivvies or long sleeve tops (not cotton, as these absorb and retain perspiration and can lead to hypothermia in cold conditions)
- Socks, (several long pairs with woollen content - non ribbed)
- Snowboarders are required to wear a helmet. This is included in your hire costs.

**On the bus**

It’s likely to be quite warm when you leave, but it will get colder as we travel south.

Wear a tracksuit or something similar on the bus, with a t-shirt to start out, & have a skivvie or something similar to add layers as it gets colder. You’ll need a filled-in shoe, because you may have to walk through snow on arrival.

Dress standards are the same as they are for free dress days, so don’t wear strappy tops or thongs; don’t wear shorts, skirts or dresses – it will be COLD when we arrive & you won’t be able to get changed.

You will have no access to luggage holds on the coach whilst travelling. You will also need a small pillow and a light rug. Please note that you WILL NOT be permitted to take doonas or sleeping bags on the bus. In addition, skateboards are not permitted.

You should take a packed snack for at least the first part of the journey down to Perisher on Saturday, but please ensure that all packaging is disposable as space is short. Meal and toilet stops are frequent.
What will I wear in the lodge

Jeans, tracksuits, neat casual clothes, a light jacket or jumper, lightweight winter pyjamas (you’ll be too hot if you sleep in a track suit), casual shoes, thongs.

The lodge is quite warm, so don’t take too much thick clothing. A long-sleeved t-shirt is likely to be warm enough most of the time.

What else should I take?

- Sunscreen 30+ and a lip balm
- Toothbrush and toothpaste
- Shampoo and conditioner
- Deodorant, brush and comb
- Pain killers (eg paracetamol), cough lollies and any other medication you need (clearly labelled)
- Tissues
- Hair dryer (suggest one per room)
- Plastic bag for wet gear
- Snacks - energy food like muesli bars etc to take on the slopes each day
- Each room has a kettle, but no refrigerator. You might like to pack some milo/ coffee/ sugar/
You can access more information and beautiful daily photographs at the Perisher Blue website: http://www.perisherblue.com.au

Matterhorn Lodge

- Close to lifts
- Restaurant-style dining room
- Common room with
  - Fireplace
  - Pool table
  - Table tennis
  - Arcade games
  - Several flat-screen televisions
  - Dvds
  - Karaoke facilities
- Bedrooms for 3-5
  - Ensuite bathroom facilities
  - TV
  - Tea and coffee making
- Drying room for storage of skies and boards
Perisher Blue Resort Information
Stats and Facts from Perisher Blue:

Medical Centre
The Medical Centre at Perisher Blue is located in the Skitube Building. Ph: 02 6457 5266

Facilities
Perisher Blue features all the facilities of a small town - most of which are in the Perisher Blue Centre - restaurants, snack bars, ski hire, chemist, photo shop, newsagent, mini-market, information and help centre, gift shops, change rooms and lockers. Spreading out from the carpark are the churches, lodges, 24 hour medical centre, police and ski tube stations.

“Perisher Blue is the biggest and best with the most snow so you can have the most fun. Here’s why...”

7 Mountain Peaks:
- Mt Perisher (2,054m)
- Mt Back Perisher (2,014m)
- Mt Piper (1,830m)
- Mt Blue Cow (1,994m)
- Rocky Knob (1,900m)
- Guthega Peak (1,924m)
- Mt Blue Calf (1,905m)

Total Number of Lifts: 49
Total Skiable Terrain: 1,245ha; 12.45 sq kms; 3,076 acres

Highest Lifted Point: Mt Perisher
Double Chair (2,034m; 6,673ft)

Terrain:
- Beginner: 22%
- Intermediate: 60%
- Advanced: 18%

Longest Downhill Run: Approx. 3km.
Uphill Lift Capacity: 53,103 skiers lifted per hour
Snowmaking: 43.9ha; 108.5 acres
Snow Guns: 188 (with 34 new guns added in 2008)
Grooming Machines: 19

For the 2009 winter another massive $5.7 million has been invested in improving and expanding the resort’s snowmaking system to cover the Happy Valley area and Towers Run on Mt Perisher. The upgrade will include 68 new automated Techno Alpin snow guns, taking the resort’s total number of snow guns to 271. The expansion will deliver 10.86 hectares of new snowmaking area.
Perisher Blue is concerned about the safety of their guests. Please read the following information carefully, in particular the Alpine Responsibility Code. This code is an initiative of all Australian ski and board resorts implemented for the safety of everyone.

**Clothing**
Alpine weather is unpredictable and conditions can change quickly. Wear your clothing in layers with insulating clothes on the inside and wind and waterproof clothing on the outer. Several thin layers made of wool or synthetic fibres have insulating properties and are better than thick bulky layers. **Never wear jeans, cotton or nylon** as these materials will not provide enough protection. Body heat is lost from the head, feet and hands so it is important to wear beanies, warm long thin woollen socks and waterproof gloves.
TIP: Quality waterproof outer jackets and pants may be hired however due to health regulations you will need to purchase gloves and beanies.

**Skin and Eye Protection**
Eyes can be affected by the reflective glare off the snow, which in severe case can causing snow blindness. This can occur even on cloudy days and sunburn is just as serious.
TIP: Ensure you carry and frequently apply a very high SPF factor sunscreen, and wear a peak brim hat and good quality sunglasses or goggles.

**Food**
Food provides energy for movement and maintaining body temperature. Don't skip breakfast, eat a little more than usual, maintain consistent fluid intake and stop when you are tired. Do not consume alcohol when skiing or boarding.

**Helmets**
Perisher Blue supports the wearing of helmets by all persons undertaking recreational snow sports but recognises that the decision to wear a helmet is a matter of personal choice.

**Toboggans**
Toboggans can be dangerous and are prohibited on any Perisher Blue slope. However, the National Parks and Wildlife Service provide a toboggan slope beside Perisher Valley Carpark on Pipers Ridge. Use only moulded plastic toboggans in this designated toboggan area. Do not use plastic bags, have more than one person in a toboggan at any time, make toboggan trains or toboggan in areas with rocks and trees. Please take note of and obey all National Parks and Wildlife Service instructions and signage.

**Runaway Skis & Boards**
Runaway skis and boards are a danger to all. Please ensure that you use proper devices to prevent runaway equipment. Boards and Telemark skis without brakes need to be secured when they are left unattended or placed on racks. The leash can be used to prevent the equipment running away.
Signage
Perisher Blue has trail signage with symbols and colour codes indicating the relative degree of difficulty of terrain at this resort.

**Green** is easiest or beginner terrain.
**Blue** is more difficult or intermediate terrain and
**Black** is most difficult or advanced terrain.

However most interlinking trails are graded green for ease of moving between resort areas for all standards. Please read and respect all trail signage including SLOW signs, area closures and resort boundaries. These signs have been put in place for your safety.

A free trail guide detailing this information is available on request from ticket offices and guest services anywhere in Perisher Blue.

Terrain Parks and Freestyle Terrain
Perisher Blue is introducing new signage for terrain parks and features. "Smart Style" is a recent safety initiative in North America that is being promoted by the National Ski Area Association (NSAA) and Burton Boards.

Rather than use the existing Green, Blue and Black symbols for marking freestyle terrain, a new orange oval symbol is used.

The Smart Style initiative promotes that riders fully understand the feature and the prevailing conditions before attempting any manoeuvres. This means that persons using freestyle terrain need to examine all features before use and satisfy themselves that they have the knowledge, skills and ability to attempt the feature.

Concepts promoted by the initiative are:

1. **MAKE A PLAN** Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your manoeuvre and landing.
2. **LOOK BEFORE YOU LEAP** Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
3. **EASY STYLE IT** Start small and work your way up. (Inverted aerials not recommended).
4. **RESPECT GETS RESPECT** From the lift line through the park.
Regardless of how you enjoy your snow sport, always show courtesy to others and be aware that there are inherent risks in all snow recreational activities that common sense and personal awareness can reduce. These risks include rapid changes in the weather, visibility and surface conditions, as well as natural and artificial hazards such as, rocks, trees, stumps, vehicles, lift towers, snow fences and snowmaking equipment.

Observe the code and share with others the responsibility for a great experience.

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from qualified professional instructors, to learn and progress.
3. As you proceed downhill or overtake another person, you must avoid the people below and beside you.
4. Do not stop where you obstruct a trail or run, or are not visible from above.
5. When entering a trail or run or starting downhill, look uphill and give way to others.
6. When riding chairlifts always use the restraining devices. Always use suitable restraints to avoid runaway skiing/boarding equipment. Ensure your equipment is in good condition.
7. Observe and obey all signs and warnings. Keep off closed trails or runs and out of closed areas.
8. Before using any lift you must have the knowledge and ability to load, ride and unload safety.
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

KNOW THE CODE. IT’S YOUR RESPONSIBILITY.
FAILURE TO OBSERVE THE CODE MAY RESULT IN CANCELLATION OF YOUR TICKET OR PASS BY SKI PATROL OR OTHER AUTHORISED PERSONNEL.

‘RESPECT GETS RESPECT’
FROM THE LIFT LINE, TO THE SLOPES, THROUGH THE PARK AND THE RESORT.
Perisher Blue Pty. Limited
Lift Usage Policy

Persons who behave in an unacceptable manner when using a ski lift, who place themselves and other persons in danger, who ignore instructions from lift staff, or who ignore the Alpine Responsibility Code or Perisher Blue’s Lift Usage Policy when loading, riding and unloading a lift may have their mountain passes cancelled or suspended.

Before using any lift you must have the knowledge and ability to load, ride and unload safety.

All Lifts:

1. Obey all signage.
2. Do not load or attempt to load onto a lift when the Lift Operator is not in attendance at the loading point.
3. Obey all instructions from Lift Operators.
4. If you require assistance, speak to a Lift Operator.
5. Snowboarders, ensure your back foot has been released before loading.
6. Ensure your clothing and equipment are secured before loading and that it is free before unloading the lift.
7. Only load or unload at a designated load or unload station*.
8. Move to the loading point promptly.
9. Automatic Gates - be ready to move forward before the gate opens.
10. Move away from the unload area promptly.

Chair Lifts:

1. When loading, do not hang off or hold the back of the preceding chair.
2. Sit back in the chair properly.
3. Remove bulky backpacks and hold them on your lap in order to sit back in the chair properly.
4. Make sure you lower or fit the restraining device.
5. Do not:
   • Swing or bounce the chair.
   • Stand, kneel or lie on the chair.
   • Drop or throw anything including snow or snowballs from the chair.
6. If you fail to unload at the designated unload point, stay on the chair, and do not jump from the Chair.

T Bars and J Bars:

1. Always ensure your skis or board are pointing uphill at all times.
2. Do not:
   • Zigzag up the lift track.
   • Swing out of the lift track (this can cause the cable to fall).
   • Straddle the T Bar when riding.

Skier Conveyors (carpet rises):

1. Riders must have skis or board ON while riding the conveyor, unless otherwise directed by instructor.
2. Persons must not walk up the sideboards of the skier conveyor to help or offer advice to riders.
3. Remain standing at all times. Do not sit down on the conveyor.
4. No snow skates are allowed on skier conveyors.

*Persons participating in a Ski or Board Lesson, Instructors when conducting a lesson, and Ski Patrol Staff are authorised to unload prior to the designated unload.

KNOW THE POLICY. IT IS YOUR RESPONSIBILITY.
FAILURE TO COMPLY WITH THIS POLICY MAY RESULT IN CANCELLATION OF YOUR PASS BY SKI PATROL OR AUTHORISED PERSONNEL.

Consequences

First violation: Depending on the nature of the violation, either a verbal warning (First hole punched and a database entry recorded) or immediate suspension or cancellation of the Mountain Pass (Two holes punched and a database entry recorded).

Second violation: Second Hole punched and privileges suspended for the whole or part of the remainder of the period of the Mountain Pass (with a database entry recorded).
Get set to hit the slopes this winter

1. Pre-ski/board training should commence at least 8 weeks prior to your skiing holiday, due to the high risk of injury, and should include activities such as stair climbing, running, cycling, swimming and team sports. Start with 20 minutes, 3 times a week and build up to 40 minutes, 4 times a week.

2. Strengthening of muscles specific to skiing and boarding such as thigh, calf, stomach and arm muscles will reduce the risk of injury and increase enjoyment and endurance on the slopes.

3. Start each day at the slopes with some easy runs to warm up; this is also important after lunch or a break of more than 15 minutes.

4. Before putting on your skis or board, do at least 3 simple stretches of thigh, calf and arm muscles.

5. Stop skiing or boarding if you feel tired to avoid injury from loss of control.

6. Good back care is essential for skiers and boarders. A simple exercise to strengthen your back is to arch your back while standing with hands on hips.

Remember, skiing or snowboarding is exhilarating and challenging but can be hazardous if riders are careless or irresponsible. Natural and man-made obstacles are part of the snow sports environment and add to the hazards.

7. Starting and stopping: don’t stop where you are not visible from above or where you are obstructing a trail.

8. When entering a trail, be sure to look uphill and give way to uphill skiers.


10. Avoid skiing or boarding alone. A group of 3 or more is recommended. If one is injured, do not leave the patient alone. One member of the party should stay with the injured person whilst the other goes to the base of the nearest lift and asks the attendant to radio for assistance.
GET FIT TO SKI AND PREVENT INJURY

FITNESS PREVENTS FATIGUE. As fatigue is a major cause of injury when ski-ing. 
FITNESS therefore PREVENTS INJURIES. Being fit also means you can ski for longer 
and get better value out of your ski-ing holiday.

WARM—UP. Warm muscles work better. In snow, therefore, muscles are at risk. 
Warm up with a minute of RUNNING ON THE SPOT. Then...

S—T—R—E—T—C—H

Muscles work better when they’re FLEXIBLE. Tight muscles tear and cramp. Stretching 
is a vital part of your pre-ski fitness routine and you should always stretch 
before you put on your boots and skis.

Do each of these exercises slowly, sustain the stretch for 20 seconds, and repeat 5 times.

1. Sliding your hands towards your feet, try to touch your chest to your knee. Don’t bend your knees.
2. Bend your heel to your bottom, then push your knee back. Don’t bend forwards at the hip.
3. Leaning on a wall, bend your front leg, keeping your back foot pointing forward and flat on the ground. Feel the stretch in your back leg.
4. Keeping your front foot flat and pointing forward, push down on the front foot and feel that leg being stretched.
5. Keeping one leg straight with the foot pointing forward, lunge away with your other leg, keeping that foot pointing in line with your body.
6. Keeping your feet apart and pointing forward, lean to one side extending one arm over your head.
7. Now out your hands on your hips and turn as far as you can to look behind you.
8. Standing on one leg, hug your other knee to your chest and touch the knee with your forehead.
9. With your legs straight and feet slightly apart, put your hands in the hollow of your back and arch backwards.

WHEN YOU STRETCH FEEL A STRAIN NOT A PAIN
STRENGTH PREVENTS FATIGUE, PREVENTS INJURIES

STRENGTHEN YOUR LIMBS
Do each exercise 10 times, slowly and controlled. When it’s easy, do 2 sets of 10.

1. Keeping your thigh muscles tight and your leg locked straight, lift one foot off the ground and circle. Then the other leg.

2. Keeping your feet on the ground and not fixed under anything, slowly raise your hand and shoulders, slide your hand up your opposite leg to touch the outside of your knee.

3. Slide down a wall till your knees are at right angles, then push back up again straightway.

4. Keeping leg locked straight, lift leg up behind, out to the side, then back between and down. Then the other leg.

5. Keeping leg locked straight, stand on one leg and push up on toes. Then the other leg.

STRENGTHEN YOUR HEART AND LUNGS
Do each exercise rhythmically 10 times. When it’s easy, repeat the routine.

1. Run on the spot, bring your knee up to touch your hand.

2. With knees slightly bent and heels on the floor, jump sideways, landing on your toes. Then jump back in the same way.

3. Change legs with a jump.

4. Stand with your arms to the side, then twist and touch the floor beside the opposite foot, bending your knees to do so.

These exercises were compiled in the interests of better, safer ski-ing by THE VICTORIAN BRANCH OF THE AUSTRALIAN PHYSIOTHERAPY ASSOCIATION.