



Welcome to your school ski trip!

You're about to enjoy an unforgettable trip
to the mountains.



Halsbury
SKI

DO YOU KNOW THAT SKIING IS 8,000 YEARS OLD?



The earliest archaeological evidence shows that people were skiing in Russia around 6,000 BCE.

The modern sport began in the mid-19th century, inspired by the Scandinavians' use of skis as transportation.

In fact, the word 'ski' comes from the Old Norse 'skið', which means 'stick of wood' or 'ski'!

The Scandinavians began holding ski and ski jumping competitions in 1843.

Western Europeans began to take notice of the sport in 1878 when the Norwegian Pavilion at the Exposition Universelle hosted a display of skis that ended up selling very well and inspired mountaineers like Henry Duhamel to learn to ski.

KEY DATES IN THE HISTORY OF SKIING

- 1924** Formation of the International Ski Federation and the first Winter Olympics
- 1904** First ski race in Italy, at Bardonecchia
- 1893** Franz Reisch makes first descent on skis at Kitzbuhel
- 1879** At the Exposition Universelle in Paris, the Norwegian pavilion displays skis. Henry Duhamel experiments with them at Chamrousse, before later starting the first ski club in France
- 1843** First public skiing competition held in Norway



SKI FASHION

Ski fashion has, historically, been driven by two factors, the first being the obvious need to move easily and stay warm.

The second is that skiing has traditionally been a sport of the wealthy, particularly in the early days. This has attracted high-end designers,

many of whom are themselves keen skiers, to design outfits for skiing.

And this has allowed investment in the innovation of new fabrics that are warmer and more waterproof, proving that style and practicality can go hand-in-hand.

A



C



B



D



Take a look at some of the photos above.
Can you guess which decade they come from?

A

B

C

D

Answers: A 1940s B 1930s
C 1980s D 1950s



BIG NAMES IN THE WORLD OF SKIING



**FRANZ
KLAMMER**

Considered by some to be the best downhill ski racer of all time, Austrian Franz Klammer holds the record for the most victories (four) on the full Hahnenkamm course at Kitzbühel.

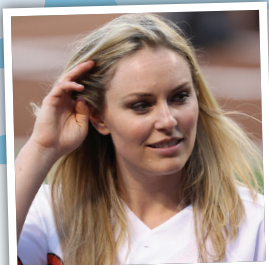
He also dominated the downhill event at the World Cup for four whole seasons from 1975-78. And he won a gold medal at the 1976 Winter Olympics at Innsbruck.



**JEAN-CLAUDE
KILLY**

Jean-Claude Killy was the first ever winner of the FIS Alpine Ski World Cup. In fact, he won the first two editions of the competition, racking up 18 victories.

And he won three gold medals at the 1968 Winter Olympics in Grenoble, in the downhill, slalom and giant slalom events.



**LINDSEY
VONN**

Lindsey Vonn is one of the most successful female ski racers of all time and the most successful American ski racer, male or female.

The American is one of just six women to have won World Cup races in all five disciplines of Alpine skiing – downhill, super-G, slalom, giant slalom and super combined. She has also racked up more World Cup victories than any other female ski racer. And she's won Olympic gold and two bronze medals, two World Championship gold medals and four overall World Cup titles.



OLYMPICS



The very first Winter Olympic Games took place in Chamonix in France in 1924.

4

The Winter Olympics are held every four years but were not held in 1940 and 1944 because of the Second World War.

5

The original five Winter Olympic sports were bobsleigh, curling, ice hockey, skating and Nordic skiing.

12

The Winter Olympics have so far been held in twelve different countries across three continents.



The United States is the only country to win a gold medal at every Winter Olympics.



Norway is the most successful country at the Winter Olympics in terms of both the number of gold and overall medals won.



COACH GAMES

One of the best ways to break up a boring journey is to play some coach games!

Here are some of our favourites:



CHAIN GAME

Pick a category, such as 'famous sportspeople'.

Now say the name of a famous sportsperson (i.e. Lindsey Vonn) and take it in turns to find another whose name begins with the last letter of the previous name (i.e. Neymar).



20 QUESTIONS

Chose someone to be the answerer.

Now, the answerer needs to think of a person, place or thing – but don't tell anyone what it is!

The rest of the players now have 20 questions to work out what the answerer is thinking of – but you can only ask questions that can be answered with a simple 'yes' or 'no'.

If a questioner guesses the object before the 20 questions are up, they get to be the answerer for the next round.

But if they don't, the answerer wins and they get to stay on for another round.



WHEN I GO ON HOLIDAY...

Think of a rule that everyone needs to guess (i.e. things beginning with the letter 's').

Then begin the game by saying 'when I go on holiday I will bring my sunglasses'.

Go around the group, with each person trying to guess the rule by saying what they would bring on holiday.

If they guess right (i.e. by saying something that begins with an 's') then say 'yes, you can come on holiday with me'.

If they guess incorrectly (i.e. by saying something that doesn't begin with an 's') then say 'no, you can't come on holiday with me'.

Don't reveal the rule until you've been around the group at least once!



WORDSEARCH

M	K	B	I	N	D	I	N	G	S
O	H	E	L	K	J	B	M	E	N
U	S	A	K	C	L	P	V	D	O
N	N	K	Q	R	N	O	D	M	W
T	O	H	I	T	L	L	K	L	B
A	W	F	P	G	C	E	O	H	O
I	A	P	M	O	K	S	T	E	A
N	G	L	A	C	I	E	R	L	R
I	L	O	M	T	G	J	H	M	D
J	A	C	K	E	T	D	N	E	F
R	S	E	S	O	P	I	S	T	E
G	B	R	H	B	A	S	F	I	M
D	O	J	Q	I	R	I	E	R	C
F	O	G	N	F	L	E	A	V	W
S	T	B	O	R	E	S	O	R	T
A	S	K	I	I	N	G	B	P	G
S	I	A	U	Q	V	E	H	U	L
T	H	P	F	C	T	B	D	C	J
C	A	P	R	E	S	S	K	I	N

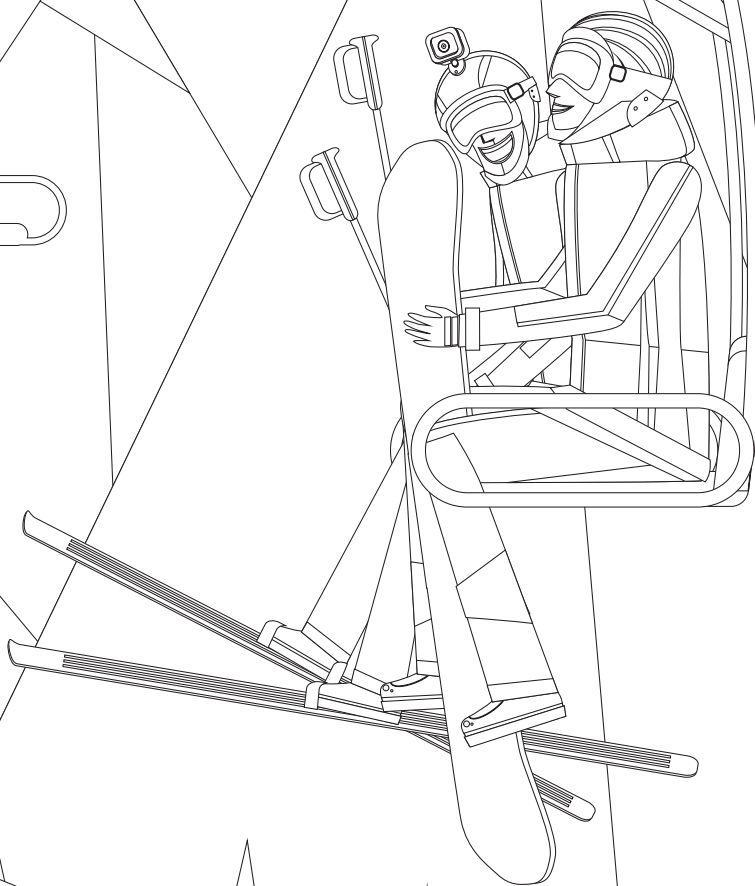
- Apres-ski
- Bindings
- Boots
- Chairlift
- Glacier

- Gloves
- Jacket
- Mountain
- Piste
- Poles

- Resort
- Ski
- Skiing
- Snow
- Snowboard



COLOUR ME IN!



SUDOKU

6				8			5	
				7		4		
		2			1	8		
1		9			4			2
				6	7		3	
8				9				6
4		5				1		
		1		2			9	

			6		4			
						3	1	
6	7	9						2
2		7			3	9		
3	4				5			
		1		9		4		
	5			3	2			
		6	1					3

Each 3x3 subgrid must contain every number from 1 to 9. Sounds simple, right?

Wrong! You must ensure that the same number does not appear twice in the same row, column or any of the nine subgrids on the board.

SPOT THE DIFFERENCE

Spot 10 differences between these two snowy scenes.



ANSWERS: 1. The flag is green 2. 1 ski is missing from the crossed skis 3. 1 tree is missing 4. Cloud near sun has gone 5. Snowboarder has orange hat 6. Additional skier in mountain 7. Lift on right hand side is missing 8. Smoke missing from medical building 9. Cross above middle building is a star 10. Additional snowman



SKI LINGO

Skiing has a language all of its own.
By learning the lingo, you'll soon sound like a real pro!

- **Après-ski** – post-skiing entertainment, which for you will likely involve bowling, a disco or a pizza night.
- **Carving** – A series of clean turns using the edge of your skis or snowboard. For piste skiers, this is what you are aiming for.
- **Dump** – An epic snowfall.
- **Edge** – The sharp metal strip on the side of your skis or snowboard. You can use this to gain control by biting into the snow for smoother carving or cutting. The key to a good turn is holding an edge.
- **First tracks** – This is when you strike gold and are the first skier out after a fresh snowfall, leaving your trail behind you.
- **Gnarly** – Slang term meaning difficult, dangerous or challenging.
- **Line** – The proposed route down the mountain.
- **Magic carpet** – A surface lift that resembles a conveyor belt. Usually found in beginners' ski areas.
- **Rail** – A bar, usually made out of metal, which is often found in snow parks. Skiers and snowboarders use them to slide along.
- **Schussing** – Skiing straight downhill without turning.
- **Scissoring** – Crossing your ski tips with edge-to-edge contact – not advisable!
- **Shredder** – An accomplished snowboarder.
- **Snow plough** – Beginner's technique for slowing down on skis. You just bring the front tips of your skis together, push the tails apart and apply pressure on the inside edges of the skis.
- **Tracked out** – A slope once covered in fresh snow that has been ridden over repeatedly. Not ideal.
- **Traverse** – Skiing across a slope as opposed to straight down. Often done in a zigzag pattern. Usually done to keep speed down on a steep surface or to reach a fresh line of powder.
- **White out** – When visibility is pretty much zero, usually caused by heavy snowfall, fog, or both.
- **Wipe out** – A pretty embarrassing fall.



SKI TRIVIA

Here are 10 questions about skiing, snow and mountains. Can you answer them all?

1. What is the largest ski area in Europe?
2. What colour is snow?
3. What is the highest mountain in Europe?
4. What is a mountain?
5. How many sides does a snowflake have?
6. What's the highest ski resort in Europe?
7. What's a 'snurfer'?
8. Where is the largest indoor ski facility?
9. What is the highest mountain in the Alps?
10. What events make up the FIS Alpine Ski World Cup?

ANSWERS: 1. Les Portes Du Soleil, France and Switzerland. 2. It's actually translucent. It looks white because it reflects about 90% of the light that reaches it - but it can also appear blue! 3. Mount Elbrus, Russia. 4. Any land mass that rises 1,000ft or more above the surrounding area. 5. Six. 6. Vail Thorens 7. One of the first snowboards, or a surfboard to use on the snow! 8. China 9. Mont Blanc 10. Slalom, giant slalom, super G, downhill and combined (combination of downhill and slalom).



CAN YOU SPOT THESE OBJECTS ON YOUR JOURNEY TO THE SLOPES



Pair of skis
15 points



Green arrow
12 points



Train
12 points



Viaduct
10 points



Entering village road sign
10 points



Leaving village road sign
10 points



Someone in a Hi-Vis jacket
5 points



Windmill
8 points



Wind turbine
8 points



River
8 points



Tree
1 point



European number plates
1 point



Camper van
3 points



Church
3 points



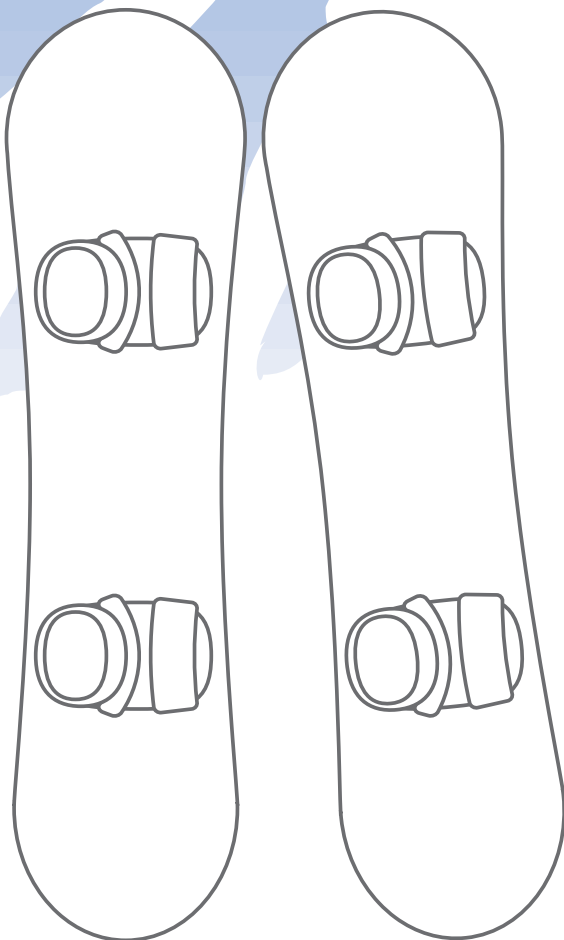
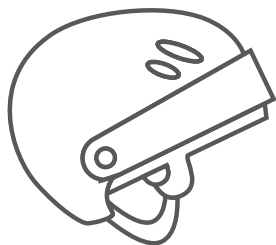
Mountain
3 points

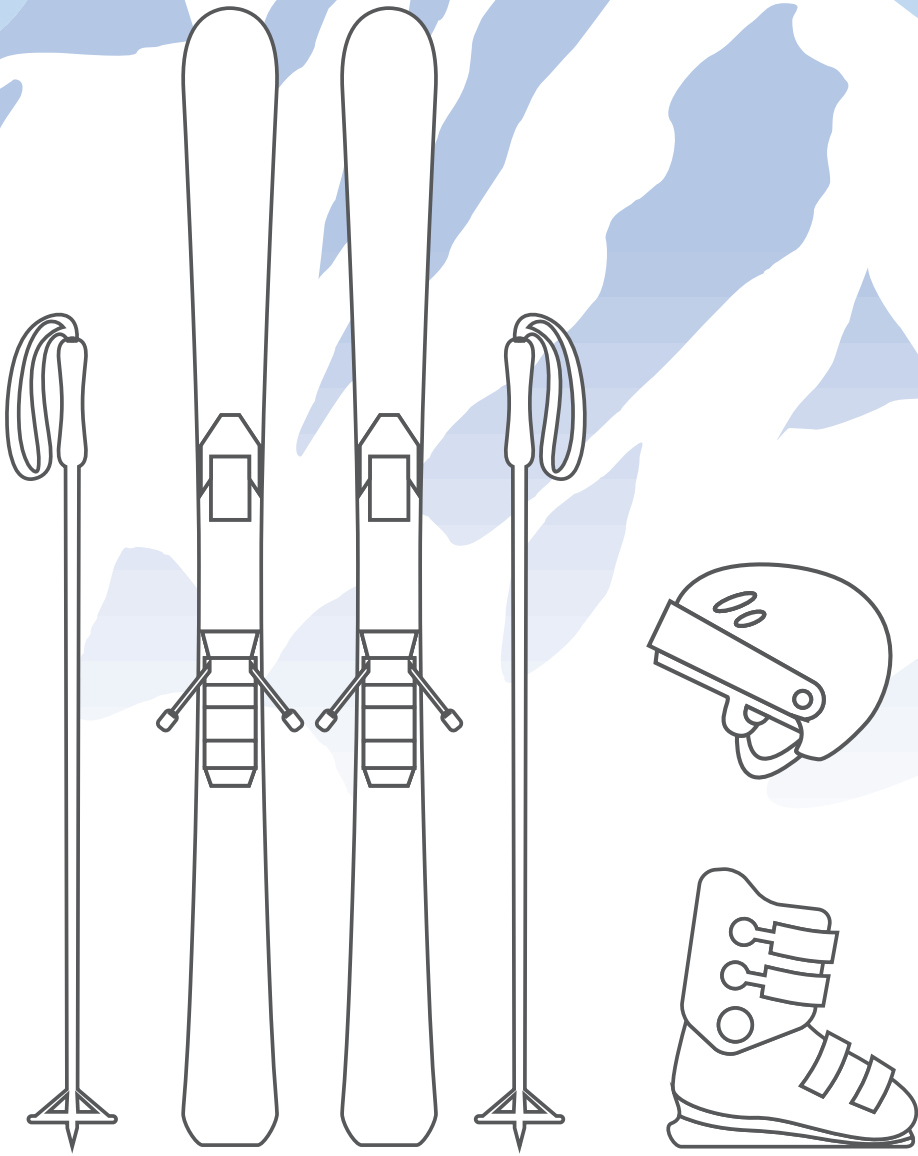
TOTAL POINTS



DESIGN YOUR OWN SKI KIT

STAND OUT
ON THE
SLOPES –
DESIGN YOUR
OWN KIT!





SAFETY ON THE SLOPES

We strongly recommend that all skiers follow the FIS (International Ski Federation) Rules of Conduct:

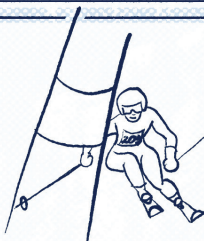
RESPECT

Do not endanger others.



CONTROL

Adapt the manner and speed of your skiing to your ability and the general conditions on the mountain.



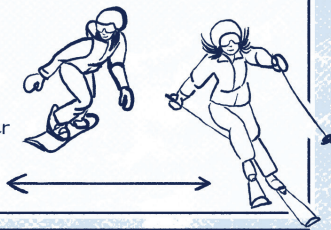
CHOICE OF ROUTE

The skier/snowboarder in front of you has priority – always leave enough space.



OVERTAKING

Leave plenty of space when overtaking a slower skier/snowboarder.



STARTING

Look up and down the mountain each time before starting or entering a marked run.



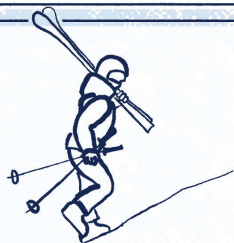
STOPPING

Only stop at the edge of the piste or where you can be easily seen.



CLIMBING

When climbing up or down, always keep to the side of the piste.



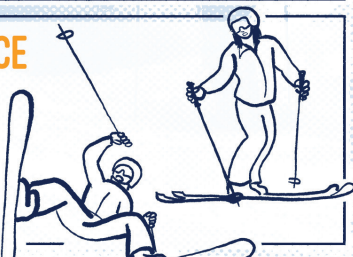
SIGNS

Obey all signs and markings – they are there for your safety.



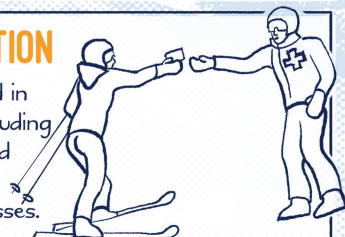
ASSISTANCE

In case of accidents provide help and alert the rescue service.



IDENTIFICATION

All those involved in an accident, including witnesses, should exchange names & addresses.



CLOTHING & EQUIPMENT ON THE SLOPES



THE BASE LAYER

Thermal trousers & a long sleeved thermal top. Thermals provide warmth and draw moisture away from the body.



THE MID-LAYER

A fleece mid-layer adds extra warmth between the base layer and ski jacket. This may not be needed on sunnier, warmer days.



THE OUTER LAYER

Salopettes are a good option for ski trousers, they have a high back and shoulder straps. Ski trousers and ski jackets should be windproof and waterproof.



Windproof waterproof



Wear items made of cotton or polypropylene because they are more effective at moving moisture away from the body.



Make sure you use a high factor sun cream and lip balm.



Make sure that you take a bottle of water out with you.

IN YOUR RUCKSACK

SKI EQUIPMENT

HOW TO CARRY YOUR SKIS/SNOWBOARD

The easiest way to carry your skis is on your shoulder:

- Put the skis together
- Slide the higher ski down until the brakes lock together
- Put the skis on your preferred shoulder, resting them just in front of the binding
- Be very careful not to hit anyone or anything

WHAT TO EXPECT DURING A SKI BOOT FITTING

It's important that your ski boots fit well – after all, you'll be wearing them for many hours each day!

First of all, it's a good idea to wear your ski socks to the fitting as, of course, you'll be wearing these while you ski. Secondly, it's worth mentioning that your ski boots will never be as comfortable as normal shoes – ski boots are designed to be fairly tight so that you can control your skis.

Here's what to expect and look out for at the fitting:

- The ski hire technicians will ask for your shoe size – remember they will probably want the EU shoe size rather than UK size.
- You should then try on the boot:
 - » Unbuckle the boot completely.
 - » Pull the loop on the top of the boot tongue while you step into the boot.
 - » Fasten the two calf buckles loosely.
 - » Now sit back down and gently stamp your heel to the back of the boot by firmly tapping the heel of the boot on the ground.
 - » Now fasten the remaining buckles and straps snugly but not to the point of discomfort.

WATCH THE VIDEO!



UK	EURO	US
3	35½	5
4	37	6
5	38	7
6	39	8
7	41	9
8	42	10
9	43	11
10	44.5	12
11	46	13
12	47	14



- How the boots should feel:
 - » The boots should feel like they're hugging your feet, leaving just enough room for you to wiggle your toes.
 - » If you stand up and push your toes forward until they touch the end of the shell, there should be just enough room to slip one or two fingers between your heel and the back of the boot.
 - » The upper cuff should feel like a pair of hands are holding your lower legs.
 - » There should be no pressure points or areas where it pinches.
- When you're happy with the fit of your boots you'll have to take them off again so the technician can adjust them to fit your skis.

HOW TO PUT YOUR SKIS ON/TAKE THEM OFF

To put your skis on:

- If on a slope, make sure your skis are at a right angle
- Always put the downhill ski on first
- Remove the snow from the bottom of your boots
- Slide the front lip in first and then push down on your heel
- Repeat with your other ski

To take your skis off:

- Make sure you are in a steady position
- Use a ski pole to push down on the heel lever on the back of the binding
- And repeat to remove your other foot!

MORE SKI TIPS!

Check out our ski tips video series on YouTube



MY SKI TRIP

diary

Write a little in your ski trip diary each day, to remind you of what you got up to on your school ski trip!

Day 1

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...



Day 2

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...

Day 3

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...

Day 4

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...

Day 5

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...



Day 6

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...

Day 7

The highlights of today were...

What I learnt today...

I only fell over...

The weather was...



notes:





WANT TO CARRY ON SKIING EVEN AFTER THE TRIP ENDS?

SKI FILMS TO WATCH AT HOME



Lindsey Vonn: The
Climb (2015)



Eddie the Eagle
(2016)



Spectre
(2015)

ACTIVITIES THAT WILL IMPROVE YOUR SKI FITNESS

There are a number of other sports and activities you can try throughout the year to improve your ski fitness, including:



Swimming

You really can't beat swimming for an overall body workout. Plus, you'll improve your endurance, flexibility and general strength.



Roller skating/blading

When roller skating/blading you use very similar muscles to those that you use when skiing. So you'll work your legs and your glutes and yet it's easy on the joints and barely even feels like a workout!



Yoga

Improves strength, flexibility and breathing. Also great for mental health and wellbeing.



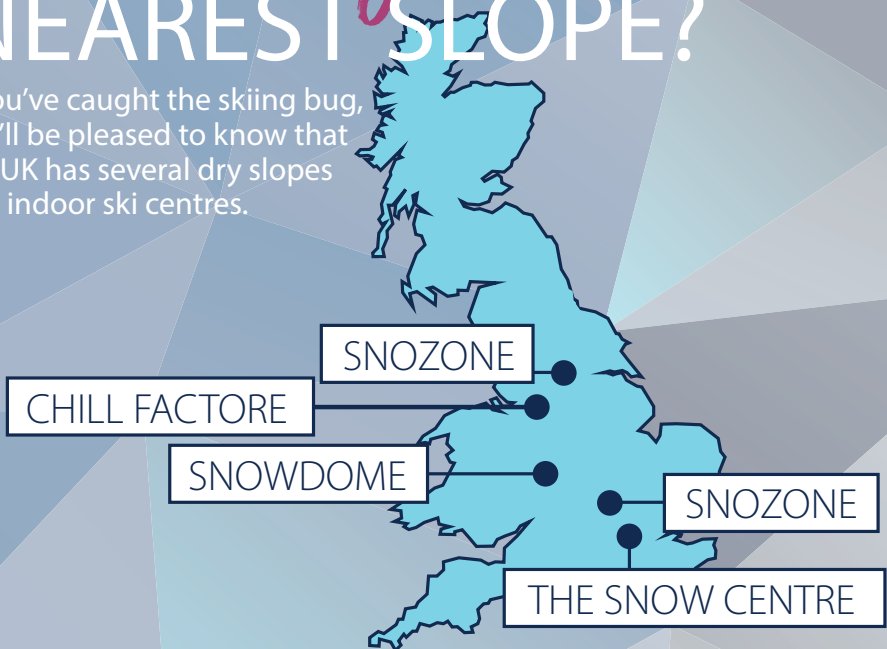
Ice skating

Ice skating will build your stamina and leg muscles, and improve your balance, joint flexibility and endurance.



WHERE'S *your* NEAREST SLOPE?

If you've caught the skiing bug, you'll be pleased to know that the UK has several dry slopes and indoor ski centres.



Indoor ski centres:

Snozone, Milton Keynes • Snozone, Castleford • The Snow Centre, Hemel Hempstead • SnowDome, Tamworth • Chill Factore, Manchester



Dry ski slopes:

Chatham Ski Centre, Kent • Norfolk Snowsports, Norfolk • Suffolk Ski Centre, Suffolk • Alpine Snow Sports Southampton, Hampshire • Calshot Activities, Hampshire • Alpine Snowsports Aldershot, Hampshire • Knockhatch Ski & Board, East Sussex • Guildford Ski Slope, Surrey • Sandown Sports Club, Surrey • Folkestone Sports Centre, Kent • Bromley Ski Centre, Kent • Bowles Outdoor, Kent • Brentwood Ski Centre, Essex • Bracknell Ski & Snowboard, Berkshire • Gosling Ski and Snowboard Centre, Hertfordshire • Snowtrax, Dorset • Stoke Ski Centre, Stoke-on-Trent • Tallington Ski & Snowboard Centre, Tallington • Telford Ski & Snowboard, Telford • Ski Kidsgrove, Stoke-on-Trent • Ackers Adventure, Birmingham • Runcorn Snowsports Centre, Cheshire • Swadlincote Ski & Board, Derbyshire • Ski Rossendale, Lancashire • Oval Sports Centre, Merseyside • Silksworth Sports Centre, Tyne and Wear • Kendal Ski Club, Cumbria • Carlisle Snowsports, Cumbria • Halifax Ski and Snowboard Centre, West Yorkshire • Pendle Ski Club, Lancashire • Glasgow Ski & Board, Glasgow • Newmilns Ski Slope, Scotland • Bearsden Ski Club, Scotland • Firpark Ski Centre, Scotland • Polmonthill Ski Centre, Scotland • Midlothian Snow Sports, Scotland • Aberdeen Snowsports, Scotland • Craigavon Golf Ski Centre, Northern Ireland



#HALSBURYTRIPS

We'd love to see some photos and videos of your trip – even the tumbles!

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-  [@HalsburySki](#)
-  [@halsburytravel](#)

