



Snowsports Programme 2023

Information Booklet for
Parents and Students

Snowsports Programme 2023

It is with great pleasure that we prepare for the Winter Ski season with a complete Snowsports programme.

Snowsports at Macarthur is now in its sixteenth year and it is a wonderful opportunity for our students. The programme is designed to meet students' individual needs and caters to all levels of ability, from first-timers to advanced.

The Macarthur Snowsports Programme is a fantastic opportunity for all our students in Years 5 – 12. Students who participate in this programme are involved with a residential camp from 3 - 10 days during the June/July School holidays with the focus on fun and participation. The main purpose of the programme is to enable students to develop their snowsports skills and/or provide the opportunity to compete in the NSW Interschools Snowsports Competition.

Interschools is a series of school-age competitions in Alpine, Cross Country, Ski Cross, Moguls, Snowboard Cross and Snowboard GS. It is organised by the Interschools Snowsports Committee. Students who are competent on Blue runs and above are encouraged to enter, with the emphasis being on fun and participation at the regional level. Even if students have never competed before or are first-time skiers, the Macarthur Snowsports Programme enables you to learn and develop all the skills that are required to participate in these fantastic events.

Parent support is always encouraged, but Macarthur staff will have duty of care on and off the snow, unless they are directly in your care. If you are at the snow, please feel free to take your child skiing or out for dinner.

The Macarthur Snowsports Programme has gone from strength to strength each year and many people have contributed to that success.

While all students are provided with lessons to assist with their boarding and skiing, there is also an option to purchase private lessons and these can be organised at the snow.

Generous parents and supporters in past years have also allowed for the hiring of race coaches at a cost of around \$800.00 per day. Coaching enables students to not only ski and board but to race. However race coaching is only available if we have additional financial donations.

Would you consider becoming a financial sponsor of Macarthur's Snowsports Program and sharing your love of the snow with others? Sponsorship can help with race coaches or even just helping a talented student get to the Interschools' competition who might otherwise not be able to.

Please email me at rdarcy@macarthur.nsw.edu.au or by phoning the School and quoting my extension, 328, if this is something that interests you.

Years 5-12 Snowsports Camp

The perfect introduction to learn to ski or board and gain confidence whether you have been to the snow before or if this will be your first time.

All students enjoy a two-hour morning lesson each day with qualified Perisher Instructors in a fun and relaxed setting at Mount Blue Cow. Students will be placed into groups commensurate with their ability: Beginner, Intermediate and Advanced. There will be an additional afternoon lesson for all Years 5-12 students with a Perisher instructor on day one on the snow. Lessons provide time to ensure the development of proper and safe techniques, which leads to the development of good habits to enjoy snowsports for life.

Why do we offer this?

Apart from the obvious, that concentrated practise is essential for developing skills, the NSW Department of Education has released guidelines for Snowsports in Schools. We follow these guidelines to enhance the experience of students and provide a safe environment for them whilst on the snow.

Dept. of Education Snowsports Guidelines:

'It is mandatory for all students to have an assessment lesson by qualified instructor(s) at the commencement of the program. It is also mandatory that all students have a two hour lesson each morning of the program. Schools are to include afternoon lessons in the program for at least beginner level students.'

Payments: [Snowsports Camp](#)

Should be all paid, last payment was by by Friday 19 May

After the due date for Payment 2 any monies paid are NON-refundable unless your child's place in the programme can be filled by an alternative student.

Snowsports Camp Programme Details

Dates	Thursday 13 July to Sunday 16 July 2023
Leader	Dr Rachel D'Arcy rdarcy@macarthur.nsw.edu.au or by phoning the School and quoting my extension, 328.
Departure time	10.00am - Thursday 13 July - at the School Please ensure that students are ready at the appropriate time
Return time	11.00pm - Sunday 16 July - to the School Please ensure that someone is available to pick them up at this time. <i>Should we be running late students will be requested to use their mobile phones to ring to inform parents.</i>
Ski Resort	Perisher <ul style="list-style-type: none"> ● 3 days Lesson & Lift Pass (4 x 2-hour lessons) - Blue Cow
Itinerary	Please see below.
Accommodation	3 nights at Bungarra Alpine Centre - Firmin Lodge, Jindabyne
Meals	Breakfast, lunch and dinner will be provided for students while at the resort. Students will need to have money to purchase <ul style="list-style-type: none"> ● lunch on the way to Jindabyne and ● dinner on the way home <p>However, if they wish to purchase extra food or drinks, they will need money for this.</p>
<i>Programme details continued on next page</i>	

<p>Equipment</p>	<p>3 days of ski hire (skis/poles/boots/helmet) are included in the cost of the programme. Snowboard and waterproof clothing hire is an optional extra. All equipment will be hired through our accommodation provider ALI. The price list for hire of additional snowboarding gear is attached. Please note any equipment that is lost or damaged must be paid for.</p> <p>Students may bring money to purchase additional items (including gloves and goggles).</p>
<p>General Packing List</p>	<p>Please refer to the packing list</p>
<p>Response and forms to be completed:</p>	<p>1. Event/Excursion in your Parent Lounge: response is required to this event in the Parent Lounge - this should have already been done.</p> <p>Medication/Asthma Management Plan - If applicable, form is available on School website below the camp booklets (link below), print, complete and hand in with medication to the supervising teacher on the morning of departure.</p> <p>Snowsports » Macarthur Anglican School</p>
<p>Please read the Student Conduct- Overnight Excursions Guidelines included in this booklet, discuss the responsible behaviour expected during the camp with your child and the understanding also that any unreasonable damage to camp property will need to be paid for.</p>	

Numbers: students / staff / drivers

TIME	Thursday 13 July
9.30am	Meet coach at school & load bags
10.00am	Depart for Jindabyne Lunch on way at own cost
4.30pm	Arrive Bungarra Alpine Centre – Firmin lodge. Unload gear
4.45pm	Fit out of snowsports gear onsite
6.00pm	Dinner –1 st sitting Firmin dining room
7.00pm	Safety Briefing – On Snow Conduct & Responsibilities
7.30pm	Self-run evening activity
10.00pm	Self-serve supper & bed

TIME	Friday 14 July	Saturday 15 July	Sunday 16 July
6.00am	Wake & dress in snow gear	Wake & dress in snow gear	Wake & dress in snow gear
6.15am	Breakfast -1 st sitting	Breakfast -1 st sitting	Breakfast -1 st sitting . Pack bags, tidy rooms and stack luggage outside lodge
7.30am	Depart for Skitube	Depart for Skitube	Depart for Skitube
9.15am	Meet at Blue Cow Ski School	Meet at Blue Cow Ski School	Meet at Blue Cow Ski School
9.30-11.30am	MORNING LESSON	MORNING LESSON	MORNING LESSON
11.45am	Lunch –Bistro	Lunch –Bistro	Lunch Bistro
12.30pm	On snow in buddy groups	On snow in buddy groups	On snow in buddy groups
1.45pm	Meet at Blue Cow Ski School	On snow in buddy groups	On snow in buddy groups
2.00-4.00pm	AFTERNOON LESSON		
4.15pm	Meet at Skitube terminal and depart for BAC - Lodge showers & relax Duty group to dining room	Meet at Skitube terminal and depart for BAC - Lodge showers & relax Duty group to dining room	Meet at Skitube & depart for BAC
5.45pm	Dinner – 1 st sitting	Dinner – 1 st sitting	Return hire gear & quick change into fresh clothes. Collect luggage and prepare to depart
6.00pm	Dinner – 1 st sitting	Dinner – 1 st sitting	Depart for school
7.00pm	Self-run activity	Self-run activity	Dinner on way at own cost
10.00pm	Self-serve supper & bed	Self-serve supper & bed	Arrive at school

Regional Interschools Competition 2023

This year, our school will be competing at the ACT & Regional NSW Interschools Competition.

Interschools skiing & boarding is a series of competitions in Alpine, Cross Country, Ski Cross, Moguls, Snowboard Grand Slalom and Snow Board Cross. It is organised by the NSW Interschools Snowsports Committee. The schedule for all events by division can be found online at <http://www.interschools.com.au/home-nsw-act-qld-sa/>

Detailed event times will not be known until mid-June.

While there is an emphasis on fun and participation in the initial regional series of championships, only students who are confident on Blue runs (Intermediate) are encouraged to enter. Participants must be able to do link turns and be confident on lifts and T-Bars. Students who have nominated to attend the week-long Interschools Competition are required to participate in a minimum of two events.

Payments: [Representative Snowsports Programme](#)

The initial deposit may be refundable prior to the due date of Payment 2. After the due date for Payment 2 any monies paid are NON-refundable unless your child's place in the programme can be filled by an alternative student.

Payment 3 by Friday 2 June \$450.00

Reminder: *It is mandatory in 2023 that students buy their own EpicPass*

Epic Pass - students must purchase a pass to attend

Students competing at the Regional Interschools Competition this year, **MUST purchase their own EPIC PASS** to ensure they have lift passes for the Interschools Competition.

Purchase should be done as soon as possible to get the best price.

Passes must be purchased at <https://www.epicaustraliapass.com.au/>

Please be advised that the School is unable to purchase EPIC PASSES for students, as these must be purchased by a parent/guardian.

Online Waiver Instructions

This waiver MUST be completed as soon as possible.

Please note: The Waiver is Case Sensitive, therefore all the same fields must be typed in the same way.

1. Go to <https://waivers.entryinterschools.com.au/#/participant-waiver>
2. Fill in the Waiver, entering the Participant and the Parent/Guardian's full name (including last name) into relevant boxes, and select your relevant school
3. Once completed, click on submit waiver located on the bottom of the screen
Please note: If the waiver is not filled in correctly, the screen will flick back detailing the error. Fill the box in with the required information and click submit waiver again.
The waiver will not be saved until it has been filled in correctly
4. Once the waiver is successfully submitted, the screen will display 'Thank you, your submission has been received'

Snowracer SnowID Instructions

All Participants need to have an active Snowracer SnowID.

If you have entered the Championships before, you will have a SnowID already but it will need to be renewed and activated for upcoming year. New participants will need to sign up for Snowracer to receive a SnowID.

To renew or register now, go to <https://www.snowracer.com.au/registration/>

You can look up your SnowID status to check if you are registered and renewed.

Interschools Snowsport Championships NSW/ACT/QLD/SA/AUS Event Schedule

[2023 Provisional Event Schedule](#)

Regional Interschools Competition (The ACT & Southern NSW Regional)
Programme Details

Dates	Sunday 16 July to Friday 21 July 2023
Leader	Dr Rachel D'Arcy rdarcy@macarthur.nsw.edu.au or by phoning the School and quoting my extension, 328.
Departure time	9.00am - Sunday 16 July - at the School Please ensure that students are ready at the appropriate time.
Return time	11.00pm - Friday 21 July - to the School Please ensure that someone is available to pick them up at this time. <i>Should we be running late students will be requested to use their mobile phones to ring to inform parents.</i>
Ski Resort	Perisher
Accommodation	Bungarra Alpine Centre - Junction Lodge, Jindabyne
Meals	Breakfast, cold snack lunch and dinner will be provided for students while at the resort. Students will need to have money to purchase <ul style="list-style-type: none"> ● lunch on the way to Jindabyne and ● dinner on the way home However, if they wish to purchase extra food or drinks, they will need money for this.
<i>Programme details continued on next page</i>	

Equipment	<p>If necessary, students may hire equipment. All equipment will be hired through our accommodation provider ALI. The price list for hire of additional snowboarding gear or any equipment if something is lost or damaged, is attached below.</p>
General Packing List	<p>Please see in last pages</p>
Response and forms to be completed:	<p>1. Event/Excursion in your Parent Lounge: response is required to this event in the Parent Lounge - this should have already been done.</p> <p>Medication/Asthma Management Plan - If applicable, form is available on School website below the camp booklets (link below), print, complete and hand in with medication to the supervising teacher on the morning of departure.</p> <p>Snowsports » Macarthur Anglican School</p>
<p>Please read the Student Conduct- Overnight Excursions Guidelines included in this booklet, discuss the responsible behaviour expected during the camp with your child and the understanding also that any unreasonable damage to camp property will need to be paid for.</p>	
<p>Snowsports Programme Expectations of Students:</p> <p>Macarthur Snowsports Camp Programme descriptors - see in last pages</p> <p>Interschools Code of Conduct - Interschools Code of Conduct Alpine Responsibility Code on page 3 Competitor's Code of Conduct on page 4</p>	

General Packing List

There are some pieces of equipment each student **must** bring to ensure their time on the snow is an enjoyable, **warm** and **dry** one.

- outer **waterproof jacket and pants**
- **waterproof** snow gloves or mittens if boarding (can bring an extra pair of gloves)
- beanie
- neck warmer or scarf
- warm socks x 3 pairs
- long thin socks for ski boots x 3 pairs
- thermals: top & bottom (polypropylene is best)
- snow goggles &/or sunglasses
- apre ski boots

Students can hire waterproof jackets and pants if necessary. In addition to your Snowsport Equipment, students should pack the items listed below.

Be sure that your name is clearly marked on **all** items that you take with you.

- Sleepwear
- Sleeping bag or sheet/s with blanket
- Pillow and pillow case
- Personal toiletries
- Towel
- Sunscreen SPF30+ / lip balm with sunscreen

Comfortable warm clothing for the lodge and snow fields

- Long pants, track pants
- Long-sleeved shirts
- Jumpers - polar fleece or wool
- T-shirts with sleeves
- Long Socks (pack plenty)
- Underwear
- Joggers/ Ugg boots / Slides
- Garbage bags for dirty/wet clothes
- Personal medicines (eg. Ventolin)

Extra & Upgrade Prices for ALI Groups Winter 2023

- All packages include supply of **SKIS, POLES, BOOTS & HELMETS** for all students.
- Students can pay to upgrade to Snowboards, including helmet, boots and wrist guards. For students who are snowboarding, this has been pre-paid to the school prior to departure for Snowcamp.
- Clothing can be hired, if needed. Your student will be required to wear waterproof boots, pants and jacket on-slope every day.
- For Snowcamp 2023, money for these extra items will be collected by the ALI Staff Member working with your group after your first day on program.
- It would be most appreciated if your child had the correct money with them, if your child needs to hire or replace gear.

Clothing & General Gear	1 day	2 day	3 day	4 day	5 day
Clothing pants or jacket, add...	\$10	\$15	\$20	\$25	\$25
Clothing pants and jacket, add...	\$15	\$30	\$40	\$45	\$45
Aprés Boots	\$8	\$10	\$12	\$15	\$15



Enter to Learn, Go out to Serve

Student Conduct: Overnight Excursions Guidelines (M)

Introduction

Tours/Camps conducted by the School provide an opportunity for students to represent the School to the wider community, and in the case of international tours the world. All tours/camps provide the opportunity to experience the wider world and other cultures in a safe and supervised manner.

Participation on school tours and camps is a privilege. Students participating in Tours are selected on the basis of their ability to represent the School in their chosen field and to behave in an appropriate manner so as to bring credit to themselves, their family and the School. Not all students who wish to participate in tours are permitted to attend. Very high expectations are placed on students as to their behaviour whilst on tour and the School expects students to act at all times in a manner consistent with the position of trust given to them in allowing them to participate in a tour. Students attending Camp are expected to behave within the same expectations when attending on school campus.

General

All students are expected to abide by all school rules. For example the normal rules regarding smoking, the consumption of alcohol, illegal drugs, bullying and harassment apply. While students are in school uniform or attending Camp, the rules covering the wearing of hair, makeup and jewellery apply. These Guidelines for student conduct should be read in conjunction with the School rules as set out in the School Diary.

Students that are involved in serious breaches of these guidelines should expect to be the subject of disciplinary action that is likely to lead to suspension of the student from school.

Serious breaches of the School rules or these Guidelines may result in the student being escorted home with the additional costs incurred payable by the parents.

Students are expected to follow the directions given to them by supervising teachers. This is essential for the success of the tour and the student's own safety.

It is expected that students will notify the supervising teachers immediately upon them becoming aware of any breaches of the School rules or these Guidelines.

Amorous behaviour between students is forbidden. Such behaviour is disruptive to the overall functioning of the tour party or Camp organisation.

Students are expected to behave in a manner that puts the interests and overall success of the tour/camp above their own personal interests.

Students will be required to respect the personal privacy and property of other students.

Students will be required to be on time on all occasions as required by the tour or camp leaders.

It is vital that students respect the customs, languages and beliefs of all peoples and show the appropriate respect and courtesy to all.

Students are not to borrow from or lend money to other students. Any matters concerning money should be discussed with the accompanying teachers.

Students shall not access or distribute via mobile phones, TV, the internet or print media any inappropriate or offensive material.

Sanctions and punishment for inappropriate student behaviour on tour may be delayed until a return to school to allow the smooth functioning of the tour/camp.

Accommodation

Students should inspect all accommodation for damage and broken equipment upon arrival and notify supervising staff of such damage.

Students should always attend toilet, showers and laundry facilities in pairs when these facilities are away from the sleeping areas.

Students should never visit any other room at any time without the express permission of a supervising teacher.

Students should never leave their room after lights out except in case of fire or other emergency.

Students should make themselves aware of the emergency evacuation procedures for the accommodation in which they are staying immediately upon arrival.

The last textual change to these guidelines was March 2022.



Enter to Learn, Go out to Serve

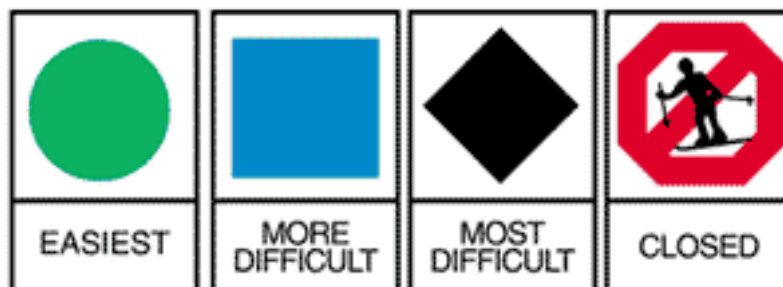
MACARTHUR SNOWSPORTS CAMP PROGRAMME DESCRIPTORS

Outlined below is a brief description of the activities students may undertake during their camp as well as other important safety information. The activities are planned in such a way so that students begin or further develop their skills as they progress through the Snowsports Programme.

- Alpine Skiing – Alpine skiing, also called downhill skiing is a popular alpine recreational activity. Students will be instructed by Perisher Blue Cow staff on the skills required to ski or improve their skiing and then given an opportunity to practice these skills. Students in Years 5-12 will have four supervised sessions. Helmets are compulsory.

Safety Information (students will be instructed on the following):

In Australia, most skiing accidents occur on sunny days when the slopes and trails are more crowded and people ski faster. You can reduce the risk of injury by skiing in control, watching for other skiers and staying on slopes and trails that are within your ability. Most resorts now have standardised trail markers (below), which are colour coded to indicate the degree of difficulty. Free maps of runs and trails are also available from resort information offices. Be careful in the morning and the late afternoon as the snow may be frozen. Do not assume that you will be able to ski as well as you were skiing the previous afternoon and always adjust your skiing to the conditions.



- Snow Boarding – Students will be instructed by Perisher Blue Cow staff on the skills required to board or improve their boarding and then given an opportunity to practice these skills. Students in Years 5-12 will have four supervised sessions. Students will be required to wear a helmet and wrist guards at all times.

Safety Information (students will be instructed on the following):

Snowboards can be ridden on most lifts in any snow condition. However, resorts are still monitoring the sport and, although accepted, restrictions may be placed upon snowboarders if resort rules are not observed. Almost all ski resorts in Australia allow snowboarding. Do not try to ride on a slope that is beyond your ability as you will endanger yourself and other ski users.

- Lift & T-Bar Riding – Students will be given the opportunity to ride lifts/T-Bars to develop their skills.

Safety Information (students will be instructed on the following):

There are two types of lifts: chair lifts for two, three or four people; and drag lifts, i.e. T-bars. If you are unsure how to use these lifts, ask the lift attendant. Swinging or bouncing on the lift is dangerous. Always unload smoothly and ski away from the unloading area. Always use the safety bar on chairs. Never drop litter from lifts (or anywhere else). If the chairlift breaks down while you are on it, don't jump off but wait for the lift attendants to evacuate you safely with assistance from the Ski Patrol.