



# December 2010



<b>CHRISTMAS OPENING TIMES</b>	
25th, 26th, 27th DECEMBER	CLOSED
28th, 29th & 30th DECEMBER	OPEN
31st December and 1st JANUARY	CLOSED
Sunday 2nd January 10 -12 children only recreational skiing 12 - 2 pm recreational skiing	
As normal from Monday 3rd January	

## MASTER CLASS

Are you looking to get your ski legs back before you go away? Or have you hit a plateau and are wondering how to take your skiing to the next level? If so why not try our Master Class?

Master Class is for intermediate (at the very least can make parallel turns) to advanced skiers who are looking to take that next step towards improving their skills. The class works on improving balance, stance and technique and includes video analysis for immediate feedback. It is taken by Neil Ravenscroft and Marc Clowes and is held every other Sunday evening between 5pm and 7pm and costs £5 per session (members only). For more information contact either of the instructors above, call the club on a Sunday afternoon or come down and give it a try!



## ARE YOU STILL LOOKING FOR THAT PERFECT PRESENT?



Why not encourage your friends and family to do something physical. We have a range of gift vouchers available for both Christmas and birthday presents at no extra cost. The gift vouchers can be for a course of lessons or a membership if required. Just ask at the ski desk.

## Can you Help? 16 - 23 January 2011

During the week of the ski club holiday many of our regular volunteers will be away. Instructors, boot room staff and kitchen staff will be experiencing the real thing (after all that is what learning to ski is for). If you can spare a little time during that week to fill in some of the spaces usually filled by the regular volunteers please have a word at the ski desk or the kitchen.

## ADVICE FOR SAFE SKIING, SNOWBOARDING AND SNOWBLADING

Skiing and snowboarding are much safer sports than most people believe. For every one thousand people on the slopes per day, less than 3 skiers, snowboarders or snowbladers will sustain an injury that requires medical attention. If this happens to be you though, it may not only bring your eagerly awaited holiday to an abrupt end, but could also prove to be very expensive. Some injuries may mean you never ski or board again. Thankfully, most people sustain avoidable minor soft tissue injuries - nevertheless these can interfere with the enjoyment of their holiday. Without spoiling your fun, here are a few simple tips that can help to significantly reduce your risk of injury.

### GENERAL ADVICE FOR EVERYONE



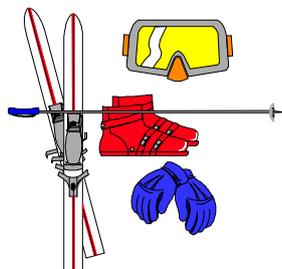
a. Follow the F.I.S. code on piste safety (see below) – the vast majority of injuries occur when someone loses control. Make sure you ski/board on a slope and at a speed appropriate for your level of skill. In this day and age, if you break the FIS code and injure someone else, chances are you'll be

liable to be sued for damages.

b. Don't be tempted to skip professional instruction - injuries are commoner in beginners and bad habits learnt early on are difficult to resolve later. Even if you have lessons, take time to learn your sport – don't try to do too much too soon! There is research data to suggest that taking lessons per se may lead to an increased risk of injury *unless* you combine lessons with experience. Reducing your injury risk means a combination of proper instruction and experience.



c. Have your own equipment checked regularly or use a reputable equipment hire company as advised by your tour rep or instructor. Don't be tempted to overstate your level of skill – longer skis are more difficult to turn and bindings set too high for your ability are more likely to cause injury. Boots should fit snugly without your ankle moving around inside.



If your skis, board, boots or bindings don't feel right, don't be afraid to go back to the hire shop.

d. Warm up and down properly – spend a few minutes gently stretching your hamstrings, thigh muscles, hips and calves before *and after* going on the slopes. Hold each stretch gently for 30 seconds – it shouldn't hurt!

e. Recognise when you need a rest – most injuries occur after lunchtime when tiredness can begin to set in.

f. Wear adequate clothing, preferably in layers. Don't forget good quality sunglasses, goggles and sun-screen.

g. Helmets make sense – how valuable is your brain?!

h. Avoid excess alcohol – not surprisingly it reduces your reaction time and has a greater effect at altitude.



i. Never ski or board off-piste alone. Be aware of the prevailing avalanche risk and, if in doubt, consult a

local guide before setting out. Carry an avalanche transceiver and know how to use it.

j. Never attempt to ski or board down a closed piste. Not only do you run the risk of serious injury or death, but you could be prosecuted and be held liable for the costs of any rescue

k. Be aware of the risk posed by tree wells. More information can be found on [www.treewelldeepsnowsafety.com](http://www.treewelldeepsnowsafety.com)

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### THE F.I.S. CODE OF CONDUCT



1. **Respect others:** behave in such a way that you do not endanger or prejudice others

2. **Ski/snowboard in control:** taking account of conditions, ability and terrain

3. **Choose a safe route:** take account of all mountain users around you

4. **Overtaking:** leave enough room to allow the person you are overtaking to make an unexpected manoeuvre

5. **Look both ways:** when starting a run, entering a run or setting off again after a stop to make sure it is safe

6. **Stopping on the piste:** avoid stopping in narrow places or where visibility is restricted. Always move to the side of a piste if you have to stop.

7. **Climbing and descending on foot:** keep to the side of the piste at all times

8. **Obey all signs and markers:** they are there for your safety – NEVER ski down a closed run

9. **At the scene of an accident:** you are duty bound to assist

10. **Witness:** should you witness an accident it is your duty to assist the ski patrol with any relevant information



## Club Holiday 2011 La Daille - Val d'Isere



In a few weeks time we will be on the snow in Val d'Isere for the Club holiday. The hotel will be exclusively for our party. There are 83 people going. Quite a few people are going for the first time and have been wondering what they need to take. These notes may be useful;

Check your passports and travel insurance. You will also need a European Health Insurance Card, you can get an application form from the Post Office which has to be sent away so if you haven't already got one you need to act quickly with the Christmas holidays looming.

Sunscreen and sun block are essential together with extra gloves, hats and socks. Layers of clothing under your ski jacket & trousers or ski suit are better than one thick item. Also remember sunglasses and goggles.

A supply of cereal and chocolate bars and other snacks is useful to top up with energy on the mountain. It is also a good idea to pack your usual medications for colds, headaches etc.

Use a small rucksack for hand luggage on the plane; this will be useful to take on the slopes with spare gloves, chocolate bars, drinks etc.

Those of you with internet access check out [www.valdinet.com](http://www.valdinet.com) for loads of information regarding the resort, weather conditions and some very useful ski tips.

Looking forward to seeing you on the 16<sup>th</sup> January 2011

**endon**  
SERVICES  
GROUP

### FIX FOR FIVE

**Fix your servicing costs for up to FIVE years!**

We are all now well used to paying our household expenses on a monthly plan – mobile phone, gas and electricity, rates etc. etc. Well, now you can do the same with your car service costs AND fix those costs for up to five years.

We are very pleased to announce a UNIQUE service to our Endon Rewards loyalty scheme members – a new fixed price servicing package – BUDGET PLAN.

Endon Rewards Budget Plan Service provides your regular manufacturer scheduled vehicle servicing for a single fixed monthly payment. You can fix your service costs with us at today's prices for up to FIVE years and the payments are simply based on your expected annual mileage NOT the car that you drive!

**See Schedule of Payments table on the right...**

For annual mileages above or below the figures shown, please ask for an individual quotation.



Our Budget Plan covers all the parts and labour (including VAT!) for your manufacturer scheduled service plans. You only have to pay for any wear and tear items which are required at the time of repair. You are also required to have your annual MOT carried out with us but we make a special price offer of £40 to all our Budget Plan customers, saving £14 against the normal MOT recommended price. The budget plan and its payments are completely transferrable if you change your car and you can cancel the scheme at any time **without any charge or hassle whatsoever.**

Miles per year	FIXED Monthly Payment
10,000	£10 + Vat
15,000	£15 + Vat
20,000	£20 + Vat
25,000	£25 + Vat
30,000	£30 + vat
Over 30,000	Ask for a quote

Please contact us if you require help or advice at any time

**Office hours 01782 50 50 50 - Evening and other times 07866 253869 or 07831 296982**

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