



**NORTH STAFFS
SKI CLUB LTD**

December 2011



CHRISTMAS OPENING TIMES	
24th, 25th, 26th DECEMBER	CLOSED
27th, 28th & 29th DECEMBER	OPEN
31st December, 1st and 2nd JANUARY	CLOSED
As normal from Tuesday 3rd January	



If you have not seen this before
The North Staffs Ski Club Code of Conduct
is now included on the new membership forms.

1. Respect the rights, dignity and worth of all other slope users regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
2. Control your speed.
3. Give way to users below and choose a route that will not endanger or alarm them.
4. Leave plenty of room when overtaking.
5. If you have to stop do so at the side of the slope, the run out at the bottom should be clear at all times. This is not a spectator area or a place to store equipment.
6. Look up and down the slope before setting off.
7. You should not walk on the slope. If you have to do this it should be up or down the sides.
8. In the event of an accident all activity must stop. Everyone is duty bound to assist and witnesses must provide relevant information.
9. North Staffs Ski Club reserves the right to ask you to leave the slope if you are considered by a Club Official/Instructor not to be abiding by the above Code of Conduct or Slope Rules.



ARE YOU STILL LOOKING FOR THAT PERFECT PRESENT?

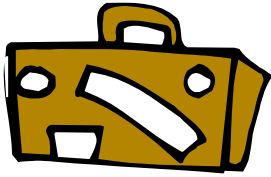
Why not encourage your friends and family to do something physical. We have a range of gift vouchers available for both Christmas and birthday presents at no extra cost. There are examples on the notice board which can be altered to fit any occasion. The gift vouchers can be for a course of lessons or a membership if required. Just ask at the ski desk.

Can you Help? 21 - 28 January 2012

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.

REMINDER

Membership Cards must be shown when asking for skis and boots. At busy times members showing their cards will be dealt with first.



GOING ON A SKIING HOLIDAY?

Check your passports and travel insurance. You will also need your European Health Insurance Card if skiing in Europe. You can get an application form from the Post Office which has to be sent away or you can apply online www.applyehic.org. **If you already have one check it hasn't expired it's easy to update on the website www.nhsehic.org.uk**

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. Don't forget your swimwear for the local pool.

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.

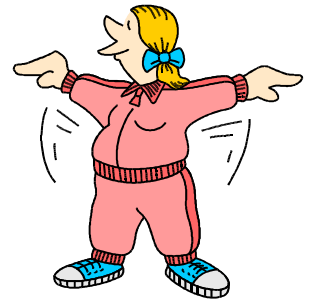
Use a small rucksack for hand luggage on the plane; this will be useful to take on the slopes with spare

gloves, chocolate bars, drinks etc.

If you are going on the club holiday this year, those of you with internet access check out www.serrechevalier.com for loads of information regarding the resort, and weather conditions.

GET READY TO SKI

You've been training hard for your ski trip (or is that wishful thinking) but one of the main contributors to injury in the recreational skier is the absence of a warm up routine. Some form of warm up should be done before making a single turn. Look at the walk to the ski lift as an opportunity to warm the body. Warming the body helps to prevent injuries that may be caused by going too hard, too fast, too soon with cold, muscles and joints. You should warm up slowly and increase the intensity and complexity. Leg and arm swings get the body going but don't forget to do some stretches.



Beginner's Skiing Tip: Learn to sideslip your skis.

Sideslipping (or 'sidesliding') is one of the most valuable manoeuvres you can learn, for once you start to ski the runs on the mountain you are sure at some point to encounter a pitch on a slope that you feel is too steep to ski safely or too narrow, or too icy to confidently make turns. If you know how to 'sideslip' you can get down these runs safely. In fact, no matter how advanced a skier you become, you will always encounter places where you must sideslip. Therefore learn to sideslip confidently and you will have a safety manoeuvre to use when needed.



Find a short, steep pitch on a hill and stand across the hill (so that your skis are on a perpendicular to the fall-line). Assume a proper traverse position with your arms held in front of your chest (as though you are carrying a dinner tray or riding a horse). Keep your weight on the instep of your downhill ski boot and roll your feet and ankles downhill. Your skis will begin to slide down the fall-line. Try to control the slide so that the skis remain perpendicular to the fall-line as they are sliding. When you decide to stop, roll your feet and ankles uphill again and your edges will begin to dig into the snow. Repeat these movements until you descend the hill. Then repeat in the other direction.

Special Tip: The keys to this manoeuvre are to constantly maintain contact with your shins against the front of your boots, and be sure to not over roll your feet and ankles down the fall-line - you don't want to put the skis totally flat on the snow or you might fall over the downhill ski.

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20000	£20 +Vat
30000	£30 +Vat

