



**NORTH STAFFS  
SKI CLUB LTD**

# Newsletter December 2014



## CHRISTMAS OPENING TIMES

SUNDAY 21st, MONDAY 22nd and Tuesday 23rd DECEMBER	OPEN
24th, 25th, 26th DECEMBER	CLOSED
27th, 28th, 29th, 30th DECEMBER	OPEN
31st DECEMBER, 1st JANUARY	CLOSED
As normal from Saturday 3rd January	

### SUNDAY 21nd DECEMBER - NOTE TIME CHANGE

#### **JUNIOR CLUB CHRISTMAS PARTY SKI WITH SANTA FROM 10.30**

#### **PARTY FROM 11.45**

As the club is run on a voluntary basis will parents contribute by donating items for the party such as: - Sandwiches, Crisps, Cakes, Sausage Rolls, Drinks, and Biscuits etc. Please complete the contribution list by the kitchen



Any offers of help are always greatly appreciated, especially on occasions like these. If anybody wishes to help out with the party, could you please leave your name with someone behind the ski or kitchen counter?

For further information please see Rob at the slope on Sunday mornings.



### **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 fixed amount, a course of lessons or a membership if required. Just ask at the ski desk.

### **Can you Help? 17 - 24 January 2015**

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.



**SNOWSPORT  
ENGLAND**

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## STAY SAFE and ENJOY!

It is that time of year again! Whether we are shopping for new kit or hoping we can still get into our old one many of us are looking forward to our coming ski trips.

Just as important as having the correct clothing and equipment is the awareness of the mountain environment. If this is your first holiday even if you have been having lessons before you go, consider going into Ski School.



**ECOLE DU SKI FRANÇAIS**  
*le plaisir ça s'apprend*

You will learn how to manage chair lifts and find your way around the resort, as well as extra skills to help you on the snow.

If you are skiing with your family or friends, decide on a meeting place on the mountain in case somebody gets separated from the group. Have



contact numbers on your mobile phone for the people that you are skiing with, your holiday rep and your hotel, also your Insurance company. It is advisable for

everyone to also carry this information in written form, together with your passport (or a photo copy).

***When you have children with you, make sure that clear arrangements are made as to who is the responsible person if their parents are not present. Throughout the day it is important to keep them fed & hydrated with regular stops. Also, regularly check their fingers, toes, nose as they freeze up quicker on children and they are more likely to carry on without noticing.***

### **Some do's and don'ts**

#### **Do—wear a helmet.**

People buy protective cases for their laptops and mobile phones, so why shouldn't you protect the most important computer of all—your brain?



**Do— be honest with yourself .** If this is your first (or even second) ski holiday you don't need to do the most dangerous slope. You may end up putting yourself (and others) in harms way for the sake of bragging rights. If you are not ready to ski down a scary slope stay off it.

**Do—practise correct slope etiquette.** Remember the

skier in front of you has right of way. If you are crossing a path, turning or stopping it is your responsibility to move.

**Do—wear layers.** Your body's temperature will go up when you are skiing and drop when you are riding chais and gondolas. By layering up you can add and shed garments as needed.

**Do—seek medical attention if you bang your head.** A minor bang can have a major impact. Many serious head injuries have delayed effects , so it is very important that you play safe.

**Don't—try jumps and tricks without precautions.**

If you do feel it's time to spice up your run don't go headlong into ramps without wearing a helmet and getting expert advice about where to hit a ramp and at what speed.



**Don't—mess around on the slopes.** A great holiday on the slopes can rapidly go downhill if you don't respect the elements and take your safety seriously.

**Don't—ski when tired, hung-over or worse—drunk.**



You need your wits about you when skiing or boarding. Not only could you be a danger to yourself you could also be a danger to others. Getting injured whilst under the influence of alcohol, is not only extremely dangerous due to the altitude, but you also won't be covered by your insurance.

**Don't—ski alone.** Never head out onto the slopes alone - this especially applies to more experienced and advanced skiers, who are prone to taking bigger risks. It's always best to ski with a friend who can look out for you in case something goes wrong - this is just good common safety practice.

**Don't—struggle when you fall.** There will always be wipe outs when skiing and snowboarding. It's as much a part of the fun as it is part of learning. When you fall (and you will!) don't fight it. Struggling against the speed and trying to stop yourself from sliding will only increase the chances of injury - mostly to your knees, arms and shoulders. Just go with the forward motion, laugh at yourself and enjoy the ride!

***If you have not yet been down to the slope this season we look forward to seeing you to wake your ski legs up.***

## Slope Matters.

**Helmets**— if you are going to have fun on the waves it is advisable to wear a ski helmet. One person has experienced some disorientation after banging his head as he lost control over a wave. Only ski helmets should be worn, other types of sport helmets do not offer the kind of protection skiers require.



**Left on the slope** — an increasing amount of rubbish is being left in various places around and on the slope. Cans and bottles are being left at the top and at the bottom both round the ski lift and the seat. Ski poles, are frequently found discarded at the top of the slope. Mostly people just put it down intending to collect it later and take it in but they either forget or can't be bothered to go and get it. Someone has to clear it all away. Please make sure you remove anything you have taken onto the slope.

**New carpet laid**—as you may have noticed 4 more rolls of new carpet have been laid on the freestyle park to enable those daring amongst us to get more speed on the approach to the big kicker.

**Landscaping**— a working party on 29th of November completed the planting of shrubs and trees to the inside and outside perimeter of the slope. All of the planning conditions laid down by Newcastle under Lyme Borough Council have now been met.

### Members skis boots and helmets.

Storage space at the club is very limited. Equipment left at the club is left entirely at your own risk and is not covered by the club's insurance. Equipment must be clearly marked with the owners name or we will use it for rental! Anyone not using their skis and boots for prolonged periods should remove them from the club house or they may disappear!!

**YOU HAVE BEEN WARNED**

### Identify Yourself

The club is often staffed by volunteers who cannot hope to know everyone.

Please bring your membership cards with you when you ski or you may be asked to wait at the end of the queue until there is time to check your membership against our records. If you do not have a card or it is lost, get another photo and we will issue another one.

### Your Committee

**Chair** Ann Loton

**Vice - Chair** Simon Jones

**Company Secretary and Treasurer** John Daines

**Treasurer** Craig Timmis

**Secretary** Jo Stackhouse

#### Committee members

Eric Hartley

Gerald Loton

Paul Knapper

Dave Dick

Terry Boulton

Ian Shakespeare

Cameron Stewart

Tony Williams

### Input from members

As the season is upon us and many of you will be off enjoying yourselves on the slopes, it would be fantastic if you could drop me a few lines to be published in the newsletter giving a short review of your holiday experiences. I would also welcome feedback, suggestions, jokes (printable), recipes, recommendations or ski related things you wish to sell. The newsletter is meant to be the voice of the club so please use it.

If anyone would like to become the editor of the newsletter—just let me know.

## Don't miss the skiing on



**Ski Sunday** returns to BBC2 on 10th January at 15.30 for a special on the Alps. Followed by a weekly programme on Sundays at 5pm starting on 24th January.

You might be interested in this advert sent to us.



NAVIONICS SKI is the most comprehensive app for ski or snowboard, and now it's **FREE!** We want everyone to enjoy it! Get:

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### Ski Holiday checklist



With all the preparations for Christmas it is easy to let your ski holiday creep up on you.

Many of our members have been on snow before, but here are a few important points to help those who have not.

\*Insurance – Always have details of your Insurance cover with you together with your EHIC card (check that it has not expired). See [www.nhs.uk/ehic](http://www.nhs.uk/ehic) for renewals. Some web sites charge £25 for EHIC, if you use the one above it's free.

\*Also make sure you carry your passport or a photocopy.

\* Check your baggage allowance, those new ski boots will probably weigh about 6 kilos and usually need to go in your main bag unless you are paying for ski carriage (check with your airline if taking your own skis).

\*Small back pack for taking up the mountain – useful for carrying emergency supplies including tissues, sun cream, spare goggles / sun glasses / gloves, a soft drink or water and a bar of chocolate for that energy boost.

\*Sun cream and lip block are essential – The sun can be very strong in the mountains as it bounces off the snow so use a high factor and top up during the day. It can also be useful on dull days to protect against the wind.

\*Small First Aid kit – In case you need treatment for aching muscles and blisters.

To help avoid these – If you have not already done so, try to visit the slope to wake your ski legs up. AND don't forget your feet, they work hard on a ski holiday so give them a little TLC before you go.

Last but not least, relax and enjoy your holiday.

*Thank you!*

We would like to say a very big thank you to all members who have helped at the club in the last year. Thanks to your efforts the club is going from strength to strength.

You know who you are, there are too many to name

individually and some do more than others, but every bit has helped and you have proved that the club's strength is the input of its members. Once again, thank you very much and here's to a Happy 2015.

*Happy  
New Year*

**Members—** If you receive this newsletter by post and would like to get a full colour version by email please email [ann.loton@ntlworld.com](mailto:ann.loton@ntlworld.com) contact me at the slope or leave a message. Ann Loton Editor