

COPPERFIELD SKIING PROGRAMME GUIDE

Copperfield International School (CIS) has partnered with Ecole Suisse de Ski (ESS) to develop a skiing programme for a broad range of abilities, ages and activities. The purpose of this programme is to encourage all young people to develop a lifelong passion for skiing as a sport and lifestyle activity.

SKIING ACTIVITIES

What	When	Nature of commitment	Cost
Skiing PE Lessons (SPE)	<ul style="list-style-type: none"> • Tuesday morning ski • Thursday afternoon ski 	Compulsory	Included in school fee
<p>Our regular ski programme, a part of our physical education curriculum, comprises two half-day sessions per week. Students are placed into groups according to experience and ability, and as their level progresses, are encouraged to train with higher ability groups.</p>			
Ski Development Team (SDT)	<p>As above and additionally:</p> <ul style="list-style-type: none"> • Wednesday evening (circuit training session) • Friday morning ski • Saturday morning ski • Sunday afternoon ski 	Optional	Indicatively CHF 5'000 per student
<p>In addition to the regular ski programme The Ski Development Team (SDT) is designed to give students direct access to racing infrastructure; more skiing days; and the ability to experience different types of skiing and to be instructed at a high level across all of them.</p> <p>The SDT is an intensive but not exclusive programme: training takes place five times per week and is open to all those willing to commit time and effort to improving each week. This is subject to safety, age and the ability level of each student. Special equipment is required – please see SDT equipment list below,</p>			
Free Ride Team (FRT)	<ul style="list-style-type: none"> • Sunday afternoon ski 	Optional	Indicatively CHF 1'000 per student
<p>In addition to the regular ski programme, or as an alternative to Sunday's SDT session, students also have the option to improve their Freeride skills on a Sunday afternoon with a specialist trainer. Special equipment is required – please see Freeride equipment list below.</p>			

WEEKLY OVERVIEW

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0830-1140	-	SPE ski, meeting at Savoleyres lift station car park	-	-	SDT ski, meeting at Savoleyres lift station car park	SDT ski, meeting point week specific	-
1300-1600	-	-	-	SPE ski, meeting at school	-	-	SDT ski FRT ski Meeting point for both: Top of Le Rouge lift
1700-1800	-	-	SDT circuits, meeting at Sports Centre / School - weekly alternating	-	-	-	

TEAM MEMBERSHIP PROTOCOLS

Due to CIS' inclusive philosophy, membership of each team is open to all. This is subject to safety and the skiing ability level of each student: a beginner will not be allowed to join an advanced activity. Each student's level will be assessed both by CIS staff and by ESS staff. As a rough guide, students should have the level of a 'Black King' following the Swiss Snowsports level system and be born in 2015 and before. This season the SDT involved gate skiing only. Gate skiing requires at least 2 years of intense skiing outside of gates, and students can only ski intensively from Year 2+. Hence the requirement of Year 4+ for SDT this year. Students in Year 2+ gained their experience this year by doing the SPE programme. From next year we will be offering an additional group within SDT that does intense skiing but without gates, which will be open to Years 2+.

<https://www.snowsports.ch/fr/services/galerie-de-photos-et-de-videos/videos/ski-swiss-snow-league-academy.html>

To join a team, a parent may simply write to the CIS staff responsible.

ORGANISATIONAL PROTOCOLS

For the regular ski programme on Tuesdays and Thursdays, each student will be grouped for instruction with approx. 4 other students. The names of the groups are as follows:

SPE
P-R – Group Emilien
T – Group Leo
R1 – Group Dylan
R2 – Group Sven
Esserts - Amanda/Damien
Esserts 3 – Group Antoine

COMMUNICATION PROTOCOLS

Communications will occur via Email, Threema and WhatsApp.

- A Threema group will be created for overall communications within each of the Ski Development Team and Freeride Team.
- A WhatsApp group will be created for each individual ski group.

In order to ensure the relevant adults get the right information in a timely and efficient manner, each WhatsApp group will contain:

- CIS staff responsible for the activity;
- ESS school staff responsible for the activity;
- The parents of the students in that group.

The majority of on-the-day communication should occur within each WhatsApp group. In the event of a safety incident, the staff concerned will first attend to the urgent needs of the incident and then, as soon as is practicable, contact the parent or guardian. During a ski lesson, to allow instructors to focus on the students, we ask parents to avoid contact except for in an emergency situation.

Contact details of ESS staff may be received from CIS staff. Contact details of CIS staff are as follows:

Name	Role	Email	Threema	Cellphone
Susanne Kick	i/c Activity	susanne@copperfield.education	58B48VA9	+41793704575
Nicola Ferronato	i/c Facilities	nicola@copperfield.education	S69SWF9T	+41798150515
Leo Ackerman	i/c Operations	leo@copperfield.education	ZPBUJUT	+41782393783
Hugh McCormick	Headteacher	hugh@copperfield.education	JK8SDKRU	+41782133882

SAFETY PROTOCOLS

All staff:

- All ESS staff are trained through Swiss Snowsports or hold an equivalent ski instructors license recognized by Swiss Snowsports. Depending on the ski groups they are working with, the instructors hold different licenses. To understand the levels, see here: <https://www.snowsports.ch/fr/formation.html>
- In accordance with Swiss law, all ski instructors must have a personal liability insurance covering any accident up to CHF 5,000,000.
- When ESS staff begin working with CIS, they receive a safety briefing regarding the safety protocols referenced in this document.

All students:

- All students must wear safety equipment appropriate to the activity. Participation in the activity will be stopped if this requirement is not met.
- Ski bindings must be adjusted by a sports shop.
- We recommend that students in the SDT service their skis regularly at Philippe Roux.

Younger students specifically:

- In accordance with Swiss law, children under the age of six years old are now allowed to use chairlifts by themselves. Ski instructors must accompany Copperfield children on all chair rides.
- In accordance with Ecole Suisse de Ski Verbiere regulations, children under 1.25m are not allowed to use chairlifts unaccompanied.
- The instructor must be prepared to undertake the care and supervision of children under his or her responsibility in the same manner as would a careful or prudent parent in similar circumstances.
- Chair safety is the sole responsibility of the ski instructors.
- Ski instructors are strongly encouraged to use chairlifts with safety restraints.
- There must be a maximum of three children per instructor on all chair rides. This ratio may be tightened to two children per instructor in the case of children aged 3 or 4 on lifts without crotch-restraints. The school provides specific instruction and guidance on this point to ski instructors working with the school, with particular lifts and modes of restraint being drawn to their attention as areas that require particular care.
- Ski instructors are strongly encouraged to stop where they perceive immediate potential danger to a student, and to avoid steep, icy or blind sections of slopes.

Freeride team specifically:

- Skiers in the Freeride team must bring an (avalanche) backpack including a shovel, probe and a functioning avalanche transceiver.

SKIING DISCIPLINES (IN BRIEF)

We recognise that many families arrive without years of knowledge of ski racing, freeriding or any form of snowsports. Below we offer an overview of the skiing disciplines we offer at Copperfield.

Relevant for all skiers

Freeski:

- Freeskiing is to ski everywhere: on the piste, off the piste and in the snowpark.
- The objective of freeskiing is simply to have fun, improve technique and celebrate the mountain.
- According to Swiss law, skiing 50 metres beside the piste markers is still considered 'on-piste', with insurance covering a skier in the case of an accident. Therefore, no special safety equipment is required.
- Recommended skis: All-mountain or Slalom (SL).

Freestyle:

- Freestyle skiing gives more freedom to the skier to be creative. There are different forms of freestyle skiing including Aerial Skiing, Mogul Skiing, Ski Ballet (Acroski), Ski Cross, Half-Pipe Skiing, Slopestyle Skiing.
- Recommended skis: All-mountain, Twin-tips or Slalom (SL)

Freeride:

- Freeriding is a form of skiing or snowboarding on open terrain, away from groomed slopes. Strictly speaking, this means that the very first skiers were freeride skiers, however, powder skiing was only formally recognised as a sport in the 70's. Since then, freeriding has become more and more popular, particularly in recent years, and it continues to evolve with the help of new and innovative skiing equipment.
- Freeride skiing is similar to freeskiing, with the exception that skiing takes place further than 50 metres from the piste markers.
- Recommended skis: All-mountain, powder skis or Slalom skis.
- Mandatory equipment: backpack with shovel, probe, and a functioning avalanche transceiver (minimum 60% battery remaining). More detailed information can be found here: https://www.snowsports.ch/fileadmin/autoren/files/services/academy/49_Academy_2019_33_fr.pdf

Relevant for Ski Development Team and Race groups of PE lessons.

Giant Slalom (GS):

- Altitude difference between start and finish: maximum 300 metres.
- 22 metres (+- 5 metres) between gates

Slalom (Slalom (SL)

- Altitude difference between start and finish: 80 metres to 200 metres.
- Minimum 11 to 15 metre distance between gates.

Super-G (SG)

- Altitude difference between start and finish: 250 metres to 450 metres.

- Minimum 25 metre distance between gates.

Parallel Slalom (Parallel SL)

- Altitude difference between start and finish: 35 metres.
- Minimum 12 metre distance between gates.

Combi-Race (CR)

- GS gates with minimum distance 10m and max. 20m, including a jump.
- A slalom section with GS gates or “Stubbies” (knee high slalom gates).

Please find detailed information here: https://www.swiss-ski-kwo.ch/docs/WR2022_Alpin_marked.pdf

SKIING EQUIPMENT

Skiing is an equipment-intensive activity. Our goal here is to help you prepare everything ahead of the season, so that you and your children can focus completely on the enjoyment of the mountain.

Essential items:

- Ski pass
- Skis
- Ski boots
- Helmet
- Goggles
- Gloves
- Poles
- Appropriate clothing
 - Thermal
 - Ski jacket
 - Ski trousers
 - Ski socks
- Back protector – non-compulsory but highly recommended

You will need special equipment if you want to participate in either the SDT, the race groups, or the freeride team. Please see the chart below for details.

EQUIPMENT LIST

Equipment item	Where to buy / rent	Recommended for which activity	Notes	Hyperlink example and description
Applicable for regular ski programme, Ski Development Team and Freeride team.				
Helmet	No1 Or Philippe Roux	All disciplines	A helmet must fit – we strongly recommend trying it on.	https://en.wikipedia.org/wiki/Ski_helmet
Gloves	No1 Or Philippe Roux	All disciplines		https://wiki.ezvid.com/best-ski-gloves

Ski boots	No1 Or Philippe Roux	All disciplines	Best is to try, if you rent them you can always exchange the model/size during the year	https://en.wikipedia.org/wiki/Ski_boot
All-mounta in skis	No1 Or Philippe Roux	All disciplines		
Regular poles	No1 Or Philippe Roux			
Back protector	No1 Or Philippe Roux	All disciplines	All skiers should wear a well-fitting back protector	https://www.pierentopproducts.ch/stoecke-protectoren/protectoren-nierengurte/rueckenprotector/1978/ortema-rueckenprotector-ortho-max-light-nettopreis
Applicable for Ski Development Team and Race groups of PE lessons only				
Helmets	Philippe Roux	Racing (GS/SL)	Usually one helmet is enough as long as it has the "FIS" sign (saying: it is safe to use in a race) - for giant slalom it needs to have the "hard shell" around the ears. For slalom you need to have a "chin bar". You can either buy it separately and screw it on and off for each giant slalom/slalom training session. To make it easier, we recommend that you buy a second slalom helmet which has the mouth guard on.	Giant Slalom: https://www.pierentopproducts.ch/helme-brillen/helme/rennhelme/589/uvex-race?number=P2876.XS Slalom: https://www.pierentopproducts.ch/helme-brillen/helme/slalomhelme/184/uvex-hlmt-5-race?number=A17-2861.L Chin bar: https://www.pierentopproducts.ch/helme-brillen/helme/kinnbuegel/595/uvex-kinnbuegel-race?number=P2890
Goggles	Philippe Roux	Racing	Depending on the brand of the helmet buy the matching goggles - if you go for a different brand there will always be a gap between the helmet and the goggles, which is super annoying once it snows. For lenses, if you buy a	Goggles: https://www.pierentopproducts.ch/helme-brillen/skibrillen/einheitsgroessen/2688/uvex-downhill-2100-cv?number=P2570 Lenses: https://www.pierentopproducts.ch/helme-brillen/skibrillen/ersatzscheiben-ersatzglaeser/2253/uve

			<p>race helmet you normally have the option to buy the race goggles with different lenses. An alternative option is to go for UVEX. They make high quality VARIO lenses which adjust to the light.</p>	<p>x-ersatzscheibe-downhill-2000-s-nettopreis?number=I18-2552.1</p>
Racing poles	Philippe Roux	Racing	<p>For racing, need two sets of poles - the aerodynamics for GS / Super-G races and a pair of SL poles (straight)</p> <p>We recommend LEKI 'trigger' poles, since they protect from hurting a thumb after a fall.</p> <p>For the slalom poles you need shock guards, which you screw on yourself. They need to be from the same company as the poles, otherwise they won't fit together</p>	<p>Slalom poles https://www.pierentopproducts.ch/stoecke-protektoren/skistoecke/junior-en-kinderskistoecke/2398/leki-junior-worldcup-lite-racing-s-sl-3d?c=19</p> <p>Giant Slalom / Super-G poles https://www.pierentopproducts.ch/stoecke-protektoren/skistoecke/junior-en-kinderskistoecke/2399/leki-junior-worldcup-lite-racing-s-pro-g-gs-3d?c=19</p> <p>Shock guards: https://www.pierentopproducts.ch/stoecke-protektoren/schlagschuetzer/hand-schlagschuetzer-fuer-skistoecke/516/leki-hand-schlagschutz-integral-wc-fuer-trigger-system-s?number=P4290</p>
Shin Protectors	Philippe Roux	Racing	<p>These are obligatory, and any well-fitting pair will do.</p>	<p>https://www.pierentopproducts.ch/stoecke-protektoren/schlagschuetzer/schienbeinschuetzer/512/leki-schienbeinschuetzer-wc-pro-junior?number=P4275</p>
Bootbag	Philippe Roux	Racing	<p>Buy a boot bag which can carry all your gear (back protector, helmet, guards, ski boots, extra miscellaneous items)</p>	<p>https://www.pierentopproducts.ch/rucksaecke-taschen/rucksaecke/2124/energiapura-racer-junior-63-l-spezialpreis?number=P7031</p>
Race suit	Philippe Roux	Racing	<p>We recommend a</p>	<p>https://www.pierentopproducts.ch/rucksaecke-taschen/rucksaecke/2124/energiapura-racer-junior-63-l-spezialpreis?number=P7031</p>

			<p>padded race suit, since it is warmer and already possesses protection for shoulders, arms and legs.</p>	<p>oducts.ch/kleider-handsc huhe/rennanzuege/kinder-rennanzuege/1594/spyder-kid-s-comp-gs-suit-performance?number=A19-3832.140</p> <p>or: https://wintersport.tv/shop/boys/race-suits-boys/spyder-boys-performance-gs-race-suit-frontier-red/</p>
Training shorts	Philippe Roux	Racing	<p>These are mandatory. We recommend buying race shorts with a zipper for easy removal before a race.</p>	<p>https://wintersport.tv/shop/girls/trainings-pants/phenix-kids-norway-team-shorts-black/</p> <p>or: https://www.pierentopproducts.ch/kleider-handsc huhe/bekleidung/waermehosen-shorts/shorts-kinder/1654/spyder-softshell-training-short?number=P3629.116</p>
Skis	Philippe Roux	<p>Racing - We recommend a minimum of 3 pairs of skis: one pair of slalom, one pair of giant slalom and one Allround ski.</p> <p>As you improve, we advise you to have 2 identical slalom and 2 identical giant slalom skis. One pair for warming up and track reconnaissance, and one pair for the race itself.</p>	<p><i>Training:</i></p> <ul style="list-style-type: none"> After each training session, we recommend taking the edges off and making sure that they are on 88° or 87°. This can be done at either Philippe Roux or No.1 Sports. This is not absolutely necessary after every session however. We support the idea that children learn how to sharpen their skis themselves and might be able to teach them, upon the condition we find an instructor. <p><i>Races:</i></p> <ul style="list-style-type: none"> On the day before: prepare the equipment in the 	

			<p>boot bag. In addition to the ski equipment mentioned above, we recommend bringing a warm drink in a flask, a snack, an extra layer, and a rescue blanket.</p> <ul style="list-style-type: none"> · On race day: <ul style="list-style-type: none"> o Parents accompany and drive children to the races (or the school provides transport). o Parents can help with putting on race suits, storing bags, and other personal preparation. <p>Trainers provide bibs, lift tickets for racers, warm up runs and reconnaissance, and are at the start to make sure racers are totally ready.</p>	
Applicable for Freeride Team only				
Poles	No1 Or Philippe Roux	Freeride	We recommend pair of poles where you can adjust the length and have a big basket	https://www.salomon.com/fr-ch/shop-emea/product/mtn-carbon-s4-19.html#color=32892
Avalanche backpack	No1 Or Philippe Roux	Freeride	We recommend Mammut avalanche backpacks.	https://www.mammut.com/ch/de/category/5883-10/lawinenrucksacke
Avalanche shovel	No1 Or Philippe Roux	Freeride	We recommend a metal rather than plastic shovel.	https://www.bergzeit.ch/bca-dozer-2t-lawinenschaufel-grey/
Probe	No1 Or Philippe Roux	Freeride		https://www.bergzeit.ch/lacd-probe-express-2-0-lawinensonde-001/
Avalanche transceiver	No1 Or Philippe Roux	Freeride	We recommend the Mammut transceiver.	https://www.bergzeit.ch/mammut-barryvox-s-lvs-geraet-graphite/

NB: One can rent equipment for the full season at a reasonable price from Philippe Roux.

CALENDAR OF ACTIVITIES, WHAT TO BRING, AND WHERE TO MEET

Skiing plans are always subject to the weather, piste conditions and the physical condition of the students, but our objective is to inform parents of plans in good time and with as much detail as possible.

In the event of a change to the training schedule, the school will communicate via the dedicated Threema parents group for your child's ski group, or with the Copperfield Parents Threema if appropriate.

To bring – Ski Development Team and groups of PE lessons :

If slalom (SL) is planned, please bring:

- SL skis
- Shin protection
- Slalom poles
- Race helmet with chin bar

If Giant Slalom (GS) is planned, please bring:

- GS skis
- GS poles
- Race helmet

To bring – Freeride Team:

- Backpack or avalanche backpack
- Shovel
- Probe
- Functioning avalanche transceiver

Date	SPE	SDT	FRT
8 March 2022	SL Training	Combi Race (SL)	-
9 March 2022	-	School gym	-
10 March 2022	GS Training	Combi Race (SL)	-
11 March 2022	-	Combi Race (SL)	-
12 March 2022	-	GS race (Philippe Roux) ALL / SL race FMV, 2011-2013, Champéry	-
13 March 2022	-	Freeski	Top of "Le Rouge"
15 March 2022	GS Training	Combi Race (SL)	-
16 March 2022	-	School gym	-

17 March 2022	GS Training	Combi Race (SL)	-
18 March 2022	-	Combi Race (SL)	-
19 March 2022	-	Combi Race (SL) speed, girls, 2006-2010, Zinal	-
20 March 2022	-	Freeski / Combi Race speed, boys, 2006-2010, Zinal	Top of "Le Rouge"
22 March 2022	GS Training	GS Training	-
23 March 2022	-	Sports Center	-
24 March 2022	Kids-Parents Race GS	GS Training / Kids-Parents Race GS	-
25 March 2022	-	GS Training	-
26 March 2022	-	Freeski	-
27 March 2022	-	Freeski	Top of "Le Rouge"
29 March 2022	GS Training	GS Training	-
30 March 2022	-	School gym	-
31 March 2022	GS Training	SL Training	-
1 April 2022	-	SL Training	-
2 April 2022	-	GS Race (Philippe Roux), ALL	-
3 April 2022	-	Freeski	Top of "Le Rouge"
5 April 2022	SL Training	SL Training	-
6 April 2022	-	Sports Center	-
7 April 2022	SL Training	SL Training	-
8 April 2022	-	SL Training	-
9 April 2022	-	SL Race day, girls, 2006-2010, Veysonnaz	-
10 April 2022	-	CR Race day, FMV Finales, 2011-2013, Veysonnaz / Freeski	Top of "Le Rouge"
12 April 2022	GS Training	SL Training	-
13 April 2022	-	School gym	-

14 April 2022	SL Training	SL Training	-
15 April 2022	-	SL Training	-

These arrangements are subject to change in particular in light of skiing being a weather-dependent activity. Changes will be communicated via Threema and the school aims for this information to be provided in good time.

WHERE TO MEET

TUESDAYS (ALL):

- 08.30 behind the Savoleyres lift station next to the parking area
 - Google map coordinates: 46.104044980926446, 7.224724394281203
- We ask students to drop school item and boot bags in the school minibus, and everything will be transported to school by CIS staff.

WEDNESDAYS (SDT):

- 17.00 alternating – one week in the Verbier Sports' Centre followed by one week in the Copperfield gym.
 - Verbier Sports' Centre Google map coordinates: 46.0990133,7.2200198
 - Copperfield gym is located in the Hameau car park
- A Threema message will be sent to the concerning group where to meet each week.

THURSDAYS (ALL):

- 16.00 pick-up at the bottom of Les Esserts lift station

FRIDAYS (SDT):

- 08.30 behind the Savoleyres lift station next to the parking area
 - Google map coordinates: 46.104044980926446, 7.224724394281203
- We ask students to please take care of bags themselves and bring them to school.

SATURDAYS (SDT):

- 08.30 behind the Savoleyres lift station next to the parking area
 - Google map coordinates: 46.104044980926446, 7.224724394281203

SUNDAYS (SDT/FREERIDE GROUP):

- 13.00, at the top of "Le Rouge" button lift, by 'Le Carrefour' restaurant.
 - Google map coordinates: 46.1015918,7.2416125

Thank you for taking the time to read this document – we are grateful for all the time, effort, and sacrifices that parents put into their children's enjoyment and experiences. We strive in all that we do to honor that effort, enthusiasm and care. If you note any potential improvements to this document please contact hugh@copperfield.education.

THE COPPERFIELD TEAM