

Welcome

Welcome to the Peak Leaders Ski and Snowboard Instructor programme!

In this pack you will find important information about coming on a Peak Leaders course.

Please read and retain this copy for easy future reference.

You can look forward to regular updates between now and the start of your course.

Please like us on Facebook, www.facebook.com/PeakLeader and follow us on Twitter and Instagram

Feel free also to get in touch if you have any questions at all – we are more than happy to answer them for you!

(Please remember too that due to local conditions, final details of the course can change)

Payment

PLEASE FOLLOW PAYMENT ADVICE ON YOUR INVOICE

You can make payments by cheque, bank transfer or credit/debit card (2.5% charge on credits cards, 3.35% for American Express) Call the office for details +44 (0) 1337 860079

Flights/Travel

You are very welcome to book your flights independently. However, we have partnered with STA travel who will be able to offer you some great deals and assistance for your travel arrangements. They will be in touch to assist or if you want to contact them directly please feel free. **The dedicated Peak Leaders representative is Rhys Davies** Rhys.Davies@statravel.co.uk Tel: 0161 6670078 .

If you are a UK resident, you do not require a visa to participate on any of our courses. You may however need one if you plan to work at all either during or after the course. If you are not from the UK, it is your responsibility to find out from your embassy what visa or permit you may require. Remember that during the course, you are not in employment – you are taking part in a training program. If you then gain employment after the course, this may alter your visa status.

Job Opportunities

If you're planning on working after the course, you'll need to start thinking about jobs. Before you come away on the course, have an idea in mind of where you want to work – Switzerland, Andorra, Canada or America? Think about resorts. REMEMBER that if you want to work in Canada or America, you will need to obtain a VISA, and we recommend applying for this before the course starts to allow plenty of time. Please refer to the separate document within your welcome pack and also our Jobs page on the website to help you out and the jobs section of our website <http://www.peakleaders.com/jobs/>

Your course leader can also help you with your plans and to that end will have a chat with everyone in the first couple of weeks of the course. Ask your trainers for advice, and remember – the course is a great opportunity to impress potential employers!

Kit List

The following advice is not a compulsory purchase list (except for helmets), but rather an ideal overview. Some of you will have already have most of your gear and this section is aimed at being a supplementary aid about gear and the kind of conditions you must be prepared for. If you haven't already got the kit, most of the bigger high street shops should have most of what you need and we would advise buying as much as you can before you go. Important items are listed below:

Skis/ Snowboard

You should buy your own skis or snowboard for the course – this will work out cheaper than hiring kit.

Skiers

We do not recommend the use of TWIN TIPS during training and exams. In order to get the most from your instructor training you should purchase a piste performance ski. An 'All Mountain' ski is the most ideal for the course, so not too stiff (i.e. a race ski) or narrow under foot. Ideally around 70 – 80mm under foot is great with around a 15m radius. For example the Salomon Enduro, Rossignol Pursuit, and Atomic Nomad are all great skis for a GAP course. There is a huge selection of these types of skis available. If you are unsure, just call us and we'll be happy to advise you. You may like to have a 2nd pair of skis for park/freeskiing, but it isn't compulsory.

You will need poles, bindings and boots too. Be very careful when buying boots not to buy them too big or too stiff. People regularly have boots one size too big. This is a result of the boots feeling comfortable in the shop. By the end of a week's skiing, however, these types of boots are usually like Wellingtons. Also around 90 – 100 flex is ideal for this level, a boot too stiff will put you in the back seat constantly.

Take your time and don't rush buying your kit. If you're planning ahead – buying kit at the end of a season is a great way to potentially pick up some bargains. There may not be much availability though.

Snowboarders

Look for an 'all-mountain freestyle deck'. You want one that isn't too flexible because it will need it to carve and perform well in variable conditions, and you don't want it too stiff because a lot of the course involves being able to do demonstrations at low speeds. We advise you to stay away from freeride specific decks and jib specific decks. This website is great for advice www.snowboard-review.com use the 'board selecta' function.

You will also need bindings - look for a stiff set of strap bindings, these will probably cost over £150.....but they're very important and will far outlast the rigidity provided by snowboard boots. Good manufacturers are: Burton , Salomon, Flux, Ride and Drake.

Boots are a very individual thing. You want to look for a stiffer boot. Different manufacturers make boots that have a very different fit. For instance 32 boots generally fit people with wider/fatter feet and Vans are very snug and generally fit people with narrow feet.

Socks

Look for thin, good quality ones. Wearing thick socks (or 2 pairs!) will cause your boots to rub and not fit properly and could reduce blood flow, actually making your feet colder. You can also keep your feet warmer by making sure your boots get dried every night.

Pants

Make sure you check the waterproof rating – good quality ones should be at least 10,000. Lined pants with thermals underneath are the best way to stay warm.

Thermals & layers

Buying good quality thermals is just as important as a warm jacket. Winter thermals made from natural wool fibres are more expensive than synthetics but make a massive difference to keeping you warm and wicking away sweat. Check the labels before you buy to make sure. Thermals work best when they're tight fitting. Layering is also important for keeping warm. A thin micro fleece can be a good idea, alongside long sleeve t-shirts.

Helmets

Helmets are compulsory. They are good at keeping your head warm and more importantly - intact. Removable ear flaps are good when it's warm. Geek gaps (space between the top of your goggles and helmet) are not only a mountain fashion faux pas but can also leave skin exposed.

Face Mask

To avoid frost nip (the mild version of frost bite) on very cold days bring a face mask or a bandana (PL bandanas available for only £6! – see website) or doo-rag to cover the gap between your goggles and top of your jacket.

Goggles

There can often be flat light days (when there is no bright sunshine) during the course. If you are buying goggles try to get ones with both clear/orange lenses for when it's snowing and reflective lenses for spring sunny days.

Gloves

Mitts are the warmest type. Thin silk liners are advised if you suffer from cold hands. Gloves are very personal and spending a lot of money on gloves will not guarantee you will have warm hands!

Avalanche Kit

Although we never recommend riding off piste, unless with a qualified guide, you should still have a thorough knowledge of how to use a transceiver/shovel/probe. You will receive avalanche training as part of the course, for which you will need transceiver/shovel/probe. You will be able to hire this in resort but it is beneficial to become familiar with your own kit in case of any future use.

A few other things you might like to take....

Passport (a must!)

Bank card / credit card (... One that will let you withdraw money at non-UK cash points. **Make sure you contact your bank in advance to say you will be using it abroad– or else they may put a hold on your account.)**

Camera/video camera – we'll be issuing prizes for the best photos/blogs/video edits during the course!

Laptop/HDMI cable/hardrive with movies etc.

i pod / mp3 player

Mains' Adaptor

Sun cream

Personal First Aid Kit

Mobile – check with your provider for packages for texting/calling abroad, so that you don't get stung! You may want to buy a foreign SIM card in the country of your course.

Insurance & Safety

ON SNOW SAFETY

The wearing of helmets is mandatory for the training sessions, terrain park work and freestyle. Consider body armour too. It is not cool being back at home nursing an injury when everyone else is up to their necks in powder.

Skiing/riding off piste is prohibited unless with a qualified guide. Always shred with another course member.

LISTEN TO THE SAFETY ADVICE FROM YOUR INSTRUCTOR AND COURSE LEADERS

INSURANCE

You must be properly insured.

Proof of insurance is required by Peak Leaders UK Ltd prior to your departure.

You will not start your training until we have a copy!

Please pay close attention to the curtailment part of your policy which applies if you have to leave the course early for any reason. There are no refunds available from Peak Leaders as money is sunk in up front in resort services and is impossible to recover. Make sure also that your insurance covers you for off piste. Also, shop around as there are many policies available.

Medical

If you are on medication, have any **special dietary requirements**, have allergies / intolerances or any medical history that might adversely affect your performance in the mountains / on this course, you **MUST** let us know so that arrangements can be made for you.

Money

You may want to change a bit of money before you go. You can usually pay for things with a VISA or Maestro card, but make sure you have a bank card that will let you withdraw money at non-UK cash points. **Make sure you contact your bank in advance to say you will be using it abroad– or else they may put a hold on your account.**

With medical and hospital bills, you may be asked to pay up front and then claim back the costs from your insurance. Make sure you take this in to consideration when budgeting. Have you thought about taking a credit card for emergencies? Or you could look at a prepaid credit card too.

What happens now?

Now you have read all this important information it's time to start getting ready! Please can you fill out your pre course forms as soon as possible. Finally, please don't hesitate to contact the office if you need anything at all. Email us at info@peakleaders.com or call 01337 860079.

Course details may be subject to change due to local conditions. Please check the website or call / e mail us for updates.

