



London & South - East Regional Snowsports Association

Schools Development Report

Oct 2009

I have been working with two local schools to promote the sport of skiing, I have met with P.E. teachers and discussed how we can interest young people to take an interest in a sport not widely participated in at school. We have looked at the level of fitness that can be achieved by students, and teachers have agreed that a fitness programme designed for new skiers could be added to their P.E. lessons.

Most local schools take students on a February ski trip and many of these children have said that although they enjoy the experience, they have little or no information on how they can continue to ski when they return home, many are unaware that dry slope skiing is an option and therefore are limited to school trips once a year, if their parents are non skiers as in many cases, they do not ski again until they are much older.

At present we are working to inform parents and students of their nearest facilities that will enable them to learn how to ski at a better standard and we are also informing families that races take place that their children can take part in.

We are having some difficulty at the moment over the issue of transport to the slope, most parents are working and there are often younger siblings to be cared for in the home. The schools do not have the use of a "school bus" and this would mean having a volunteer driver to take the children to training, this entails extra insurance and the cost of a CRB check. However it may be possible to enlist the help of a teacher who can be accompanied by a volunteer.

Many students I have spoken to view skiing as a recreational pastime and are ignorant of the fact that it is a highly competitive yet social sport.

The aim now is to set up a meeting with parents to give them as much information as possible. There are many that are keen to let their children try skiing as an extra sport, added to this is the fact that many students are booked onto trips taking place next year.

Two local gyms are allowing children of 12+ to use their facilities for 30-minute sessions of ski fitness. A trained instructor will undertake a fitness assessment and give a training session on use of equipment; this programme is specifically designed for the age of the students and ski fitness.

At the moment we are dealing with two schools where students range from 11-18, I am in the process of getting in touch with another school whose children are the same ages. However the aim for the next three years is to broaden the spectrum and work with three more schools approaching at least one junior school.

Suzanne Nightingale

20-10-09