



PRE-SKI

Starter Guide

Answers to your questions

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Your child is thinking, dreaming, planning or already booked to go skiing with school

The school and trip operator organise the trip itself, so there's nothing there for you to worry about. This guide answers the questions parents ask us about the other part: what your child takes with them, and how prepared they are physically and mentally. They are the most important part of this, after all.

Who provides what

School Provides

Everything about the trip itself: dates, cost and payment schedules, travel, accommodation, the itinerary, equipment hire, the kit list, insurance, passports, rooming and medical forms.

PRE-SKI.com Provides

Everything about getting ready before you go: how fit your child needs to be, what the training involves, kit advice and what to buy or hire, nerves and confidence, what to expect from lessons, the courses, the certificate and the guarantee.

The things parents and guardians often worry about

Usually it's not knowing what to expect, or a belief that their child isn't sporty or fit enough.

"I don't know what actually happens"

Your school has the details of the trip and the activities. The operator's experience with these trips, combined with the teachers' care, will make it a memorable and exciting trip.

"Is my child sporty enough?"

Skiing is brilliant fun, but physically demanding. Whether they're on every team or have never enjoyed PE, never skied or been several times, arriving fit keeps your child confident on the slopes, not tiring early or struggling to keep up. You need to make sure that your child trains beforehand, or they can do pre-ski.com/schools where, whatever level they are at, the programme is guaranteed to get them stronger, fitter and better prepared, or your money back.

“How fit does my child need to be?”

Your school may ask that every pupil can manage at least 30 minutes of continuous activity by the time they travel. That lets your child keep up with their group, get the most from the lessons they're paying for and spend their time skiing, not recovering.

“My child is totally unfit, not sporty at all, but really wants to go”

Well, they can go. They can build up to 30 minutes of continuous exercise on their own, or start PRE-SKI at Foundation level: a 4-week pre-fitness course for total beginners who have never stepped into a gym.

No child should get told no because the parents don't know enough to say yes



What does preparing actually give them?

Physical preparation

Endurance, strength and mobility, so they progress quicker and ski longer and safer, with less risk of injury.

Mental confidence

Mindset and self-talk training, so they feel less anxious and make better decisions if it gets tough on the slopes.

Equipment know-how

They know what to bring and how to use it, so the trip is about the skiing and the fun, not looking foolish.



Options to prepare

You can research it all yourself and get their fitness up on your own. Or you can choose PRE-SKI: guided routines for every level, from totally unfit to really fit, created by experts and tested by teenagers. It's typically three physical sessions and one mental session a week, doable at home or anywhere from their phone.

[See how it works at pre-ski.com/schools](https://pre-ski.com/schools)



Is it safe?

It's natural to wonder, especially if it's your child's first time on skis. Like any sport, skiing carries some risk of injury, and any training your child does beforehand could help prevent potential injuries.

PRE-SKI exercises are bodyweight movements designed for teenagers, coached on video by Sam, a Level 3 ski instructor, with Eric and Kyle supporting. There's no equipment to buy and no gym membership needed.

If your child has a health condition, an injury or a specific need, check with your doctor before they start.



Kit, before you spend anything

Kit can be complicated, with must-haves, nice-to-haves and options for every budget. Before you order anything, read **Sam's gear room** at pre-ski.com/gear for what to buy, and check it against the kit list your school issues.

SAM'S TOP TIP

Spend money on quality ski socks.

UK SCHOOLS PROGRAMME

Nobody is left out

Pupil premium pupils going on the trip get the full package free, funded by PRE-SKI.com at no cost to the school. Teachers on the trip get the same. Content is available with SEND options and in multiple languages.



The guarantee

If your child follows the programme and isn't stronger, fitter and better prepared, you'll be fully refunded. The detail is at pre-ski.com/guarantee.



What you get with Premium Supported

Premium Supported adds the full Premium pack to the Full Programme:

✓ Parent and Guardian Guide

The exercises your child needs to do each week, how to support them, kit, safety, health conditions and more

✓ Premium Skill Sheets for every exercise

✓ Kit checklist

✓ Mind Ready journal

✓ Skiing Lingo Guide

✓ Progress wall chart

✓ Warm-up and cool-down cards

Where to go next

SCHOOL TRIP PARENTS
pre-ski.com/schools-parents

KIT AND GEAR
pre-ski.com/gear

QUESTIONS AND ANSWERS
pre-ski.com/qanda

THE GUARANTEE
pre-ski.com/guarantee

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