



ESI LA DOLE
International Ski School
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La Bouriaz
CH-1265 La Cure

INFORMATIONS & BOOKINGS
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Group lesson La Dôle / Usefull informations :

Meeting point	Highway Lausanne – Geneva : Restoroute Lavaux (Lausanne), restoroute La Côte (Rolle), highway exit Nyon gas station Shell (Centre commercial Signy), Geneva airport : Arrival, location of buses Village of St Cergue : tourism office.		
Appointment hours	Vaud February holidays : Lausanne Lavaux : Nyon : St Cergue Geneva February holidays : Geneva airport Nyon St Cergue	Forward 8 :30 9 :00 9 :15 8 :45 9 :00 9 :15	Return 17 :15 16 :00 15 :45 16 :15 16 :00 15 :45
Beginning & end of lessons	10 h and 15 h		
Supervision	Ski instructor		
Level	Must be able of carry alone his gear (skis, poles, helmet...) with an adult. Total Beginners or children with a bit of snowplough		
Ski gear rental	You can rent the skiing equipment of your child by Athleticum at Bussigny (Lausanne), SB Sport at Gland and Athleticum at Meyrin (Geneva)		
St Cergue tourism office	Tel. 022 / 360.13.14		
Pocket money	Plan a little of pocket money (Swiss Francs) for the possible personal spending (additional drink, postcards etc.), to put in the pocket of the ski jacket with ID card and personal information card !		
Mobile phone of the leader	Ask to the leader instructor on the meeting place of Monday (pay attention; the network doesn't work on slopes !)		
Tel. Number Ski School	022 360 02 60 / 079 457 23 57		

Group lesson ski / Equipement, gear :

- 1 pair of skis with bindings with adequate adjustment for your child.
- 1 pair of ski boots
- 1 pair of ski poles
- 1 ski pants
- 1 ski jacket with hood which protects the face (in case of wind)
- fleece, sweatshirt and hot clothes

- hat
- compulsory helmet !
- 2 pairs of gloves of ski or mittens
- ski goggle

- suncream
- sunglasses
- pocket money (Swiss Francs)

- skis and poles are attached together CORRECTLY to facilitate the transport with the name and the first name on skis and poles.

Do not forget the ID card (to put in the pocket of the ski jacket)! We cross the border!

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

If necessary, we recommend you the following mountain ski shops:

- Ochsner Sport
- Raoul Sport / Nyon
- SB sport / Gland
- Decathlon / Geneva
- Decathlon / Lausanne

Do not hesitate to invest if the equipment is old or badly adapted, your child will not regret it !

Group lesson snowboard / Equipment, gear :

- 1 snowboard with bindings with adequate adjustment for your child (goofy, regular).
- 1 pair of snowboard boots
- 1 ski pants
- 1 ski jacket with hood which protects the face (in case of wind)
- fleece, sweatshirt and hot clothes

- hat
- compulsory helmet !
- 2 pairs of gloves of ski or mittens
- ski goggle

- suncream
- sunglasses
- pocket money (Swiss Francs)

- The snowboard must be provided with the name and surname sticker.

Do not forget the ID card (to put in the pocket of the ski jacket)! We cross the border!

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

If necessary, we recommend you the following mountain ski shops:

- Ochsner Sport
- Raoul Sport / Nyon
- SB sport / Gland
- Decathlon / Geneva
- Decathlon / Lausanne

Do not hesitate to invest if the equipment is old or badly adapted, your child will not regret it !

Group lesson Cross country, snowshoeing / Equipment, gear :

- 1 pair of cross country skis with bindings for your child.
- 1 pair of cross country ski boots
- 1 pair of cross country ski poles
- 1 ski pants
- 1 ski jacket with hood which protects the face (in case of wind)
- fleece, sweatshirt and hot clothes

- hat
- 2 pairs of gloves of ski or mittens
- ski goggle

- suncream
- sunglasses
- pocket money (Swiss Francs)

- skis and poles are attached together CORRECTLY to facilitate the transport with the name and the first name on skis and poles.

Do not forget the ID card (to put in the pocket of the ski jacket)! We cross the border!

Your child must have on him a INFORMATION CARD with his name, first name, address, phone number and the spoken language.

If necessary, we recommend you the following mountain ski shops:

- Ochsner Sport
- Raoul Sport / Nyon
- SB sport / Gland
- Decathlon / Geneva
- Decathlon / Lausanne

Do not hesitate to invest if the equipment is old or badly adapted, your child will not regret it !

Group lesson La Dôle / Terms and conditions :

The supervision of the group lesson is done by a ski instructor. The week can be cancelled following the conditions or a lack of participants. The ski lessons are given in all weathers.

Prices :

Our prices are for 1 person. They don't include the transport to the start and from the valley, lunch, 5 days with a Swiss ski instructor, ski pass, test and medal.

Group activities :

The instructor/participants ratio respect the Swiss safety standards depending the activity. Weeks take place in a good atmosphere and respect the well-being of our young participants. Participants who don't respect the team and other participants will be rapidly expeled after a contact with the parents.

Booking :

Your booking is valid only after we received your payment corresponding to the price of the week.

Cancellation, interruption :

If, whatever reason it is, you cancel the week after a booking, a restraint of 100 % is counted. Any begun and interrupted week will not be paid off.

Insurance :

The participants are not assured by the ski instructor or the school. The participant cover itself suitably in health insurance and accidents (including the skiing et mountaineering accidents). Every participant must have a personal rescue insurance (including helicopter rescue). If your child don't have such an insurance, we suggest a formula with the Swiss REGA, This insurance cost Sfr.30.- and must be paid before the week.

Parents responsibility :

The parents assume :

- The full responsibility of the damages caused voluntarily or not voluntarily in the installations or the other objects belonging or rented by ESI La Dôle Ski School
- Expel costs
- Post costs for forgotten clothes or other objects

Medical file:

Any medical problem must be indicated to ESI La Dôle Ski School.

Transport:

Every participant comes all on one's own to the meeting point.