

**Ski La Dôle 4 / Booking form / Health and insurance form :**

|               | Name | First name | Date of birth |
|---------------|------|------------|---------------|
| Participant 1 |      |            |               |
| Participant 2 |      |            |               |
| Participant 3 |      |            |               |

Name /first name of one of the parents .....

Street, number..... Postal code, city .....

Phone (home) ..... Mobile.....

Phone (work) ..... E-mail .....

Accident insurance of the participant .....

Disease: does your child suffer from a disease, an allergy or particular handicap? Does he have to take a specific medicine during the week ?

.....

Has he a particular diet ?.....

I heard about your school by : ☐ internet ☐ an advertising ☐ a friend ☐ T.O. ☐ other : .....

Has your child an insurance REGA, AIR GLACIER or equivalent ? .....

**THE REGA INSURANCE IS COMPULSORY TO PARTICIPATE IN THE WEEK : SEE [WWW.REGA.CH](http://WWW.REGA.CH),**  
rescue of the health insurance or the other types of insurances are not admitted. If your child isn't Rega member, please book on [www.rega.ch](http://www.rega.ch)

By my signature, I guarantee that my child is to the advantage of an accident insurance and REGA member. I give evidence that my child has the authorization to participate in the skiing week Dôle 3 organized by PROGRESSION which will take place of :

..... to .....

Play attention, my registraton is valid only at reception of the week's amount or CHF 490.- and guaranteed me a place to the week. I noted the name of my child and dates of the week in the compartment "communication" of e-banking or post paiement form. I authorize Progression to publish photos and video of the week for the internet site's gallery and the brochure of the School

**To book a week for your child , you must return by post :**

**1. BOOKING FORM**

**2. E-BANKING PAYMENT FORM OR POST PAYMENT FORM**

**3. REGA CARD PHOTOCOPY OR REGA PAYMENT FORM**

TO SEND US TO :

Progression  
Ski and Snowboard School  
Boîte postale 252 La Bouriaz  
CH-1265 La Cure  
[info@progression-snowsport.ch](mailto:info@progression-snowsport.ch)

E-BANKING /E-FINANCE :

**Bénéficiaire : ALAN DELIZEE**  
Banque du bénéficiaire : UBS SA  
Case Postale 1002 Lausanne  
IBAN CH690024324345789341Z  
N°clearing 243  
BIC :UBSWCHZH80A

BY POST :

*Versement pour :*  
UBS SA Zurich  
IBAN CH690024324345789341Z  
ALAN DELIZEE  
*Compte postal :*  
80-2-2

Place, date..... signature .....

### **Ski La Dôle 4 / Detailed program :**

Level silver. This week consists of 5 days of skiing in Jura. 35 minutes from Geneva, the mountain of La Dôle is the central point over the Lake of Geneva facing Mont Blanc. It is a magic place with various pistes, attractive view, a rich fauna (chamois, hawks ...) to be observed. Supervised by a Swiss ski instructor of the region, children discover new pistes and progressing to ski every day while having fun and making new friends. Children transport from the valley (from Geneva or Lausanne) is provided in the morning and late in the day. Week for children who descend black slopes in parallel. During this week, your child will learn to ski everywhere on all pistes and learn competition techniques.

D1: welcome parents and children at the meeting place and travel to La Dôle. Briefing with children at the start of the ski lift. Information on the course of the week, level check and making groups. Games and fun activities with skiing.

D2: safety and prevention on the slopes, respect for others. Group skiing exercises and progress. Games and fun activities with skiing.

D3: exercises and test preparation & medal. Group skiing exercises and progress. Games and fun activities with skiing.

D4: slalom, climbing to summit of La Dôle (1677 m), overlooking the Alps, group photo. Group skiing exercises and progress. Games and fun activities with skiing.

D5: exercises, test & presentation of the medal, the test booklet and diploma (optional). Drive to the valley and closing the week with parents and children at the place of appointment.

Price Sfr. 490.- / age : 9-16 years / **6 children max per instructor**

Dates : february 15-19 / february 22-26, 2021

Included : transport to the start and from the valley, lunch, 5 days with a Swiss ski instructor, ski pass, test and medal.

Not included : technical equipment (ski, shoes, poles, helmet, transport to and from the meeting point)



**Ski La Dôle 4 / Practical information :**

|                                                |                                                                                                                                                                                                                                                  |                                                                       |                                                                            |
|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------|
| Meeting point                                  | Highway Lausanne – Geneva :<br>Restoroute Lavaux (Lausanne), restoroute La Côte (Rolle),<br>highway exit Nyon gas station Shell (Centre commercial Signy), Geneva airport : Arrival, location of buses<br>Village of St Cergue : tourism office. |                                                                       |                                                                            |
| Appointment hours                              | Vaud February holidays :<br>Lavaux :<br>La Côte :<br>Nyon :<br>St Cergue<br>Geneva February holidays :<br>Geneva airport<br>Nyon                                                                                                                 | Forward<br><br>8 :00<br>8 :30<br>8 :45<br>9 :15<br><br>8 :15<br>8 :45 | Return<br><br>17 :15<br>16 :45<br>16 :30<br>16 :00<br><br>17 :00<br>16 :30 |
| Beginning and end of the ski lessons           | 10 h et 15 h                                                                                                                                                                                                                                     |                                                                       |                                                                            |
| Supervision                                    | Ski instructor                                                                                                                                                                                                                                   |                                                                       |                                                                            |
| Level                                          | Must be able taking lifts and chairlift alone. Skiing black slopes in parallel.                                                                                                                                                                  |                                                                       |                                                                            |
| 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 Progression Ski & Snowboard School | 022 360 02 60/ 079 457 23 57                                                                                                                                                                                                                     |                                                                       |                                                                            |

### **Ski La Dôle 4 / 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
- Athleticum / Geneva
- Athleticum / Lausanne

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

## **Ski La Dôle 4 / Terms and Conditions :**

The ski instructor is a Swiss ski instructor and qualified. 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 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 expelled 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 PROGRESSION
- Expel costs
- Post costs for forgotten clothes or other objects

### **Medical file:**

Any medical problem must be indicated to PROGRESSION.

### **Transport:**

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