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|  | Our reference: AMS/Alpine/DT/AIDate: 25 July 2017 |

# ARMY MEDICAL SERVICES SKI CLUB (AMSSC) ALPINE ukcp lEVEL ONE 2017 – EXERCISE DRAGON TAMING ADMINISTRATIVE INSTRUCTION

## INTRODUCTION

1. The Army Medical Services Alpine Ski Club are facilitating a UKCP Level One race coaching course. This will be held in The Snow Centre, Hemel Hempsted over the period 22 Oct - 24 Oct 17. The exercise name is Exercise DRAGON TAMING 17 (DT17), which is to be used in all correspondence and for accounting purposes.

## AIM

1. The aim of Ex DT 17 is to:
	1. Enable instructors to plan and run individual training sessions appropriate for developing and challenging their athletes’ skills.
	2. Improve the quality of tuition provided at Ex PROTON SERPENT, therefore the standard of skiing within the AMS.

## TRAINING

1. Ex DT 17 is held over a 3 day period. Training is provided by a fully qualified civilian instructor.
2. It is emphasised that Alpine Ski Training is arduous and can prove demanding for even the most exercise conscious. Fitness to participate in the course is an individual/unit responsibility.
3. Successful completion of the course will result in a civilian qualification, for which there are further requirements to validate, full information can be found at <http://www.uksnowsports.co.uk/coursesDisplay.asp?jobID=778&c=Alpine>.

**EXERCISE DESIGNATION**

1. Ex DT 17 is designated as Winter Sports Activity and not Adventurous Training, therefore:
	1. No Adventurous Training qualifications will be awarded.
	2. Units are not entitled to draw equipment from loan pool stores.
	3. No funds are available from Adventurous Training Group.

## participation

1. Students must be able to carve clean GS turns leaving clean tracks on easy blue piste terrain and ski rhythmical slalom turns showing good speed and control. Students should also be physically fit for the demands of the course.
2. This course needs a minimum of 8 personnel to proceed.

## instructors

1. Instruction will be provided by Snow Sports England.

## coordinating instructions

1. **Exercise Area.** The Snow Centre, Hemel Hempsted, HP3 9NH.
2. **Course Fees**. Ex DT is not funded by AMS Alpine. The cost of the course is £370, to be offset against Standards Learning Credits (SLCs) and a grant from the Sports Lottery (paragraph 13).
3. **Lift Passes**. Lift passes are included in the package from The Snow Centre.
4. **Registration**.
	1. **Initial Registration**. Initial registration, is to be made by emailing 1MED-RHQ-Pharmacist@mod.uk, detail Number, Rank, Name, Ski Qualifications held and availability to teach on Ex PROTON SERPENT 17. This is to be done **NLT 4 Sept 17.** Places will be on a first come first served basis.
	2. To secure a place on this course a deposit of £185 with the reference DT followed by your name *e.g. DT Kate Law* must be paid into 1AMR current account, **NLT 11 Sept 17.**

Holts Bank

Account Number 14821732

Sort Code 16 19 26

* 1. **Final Registration.**  Final registration is 22 Oct 17, 0930 at The Snow Centre, Hemel Hempsted, HP3 9NH.
1. **Funding.** This course is eligible for SLCs and a grant from the Army Sports Lottery.
	1. The AMSSC Alpine Sec will apply for the grant from the Army Sports Lottery (ASL) centrally.
	2. Participants must hold a minimum of 3 ASL tickets to be eligible for this grant. Individuals who do not hold a minimum of 3 ASL tickets will be expected to self-fund £185.
	3. Participants will be required to pay full course costs less the grant from the ASL and then claim back their SLCs on completion of the course.
	4. Individuals must apply for their own SLCs. The process for this is detailed in [JSP 898 Part 1, section 3.5.1](http://defenceintranet.diif.r.mil.uk/libraries/library1/DINSJSPS/20160421.1/20160519-JSP%20898%20Part%201%20Direction%20v3%200Apr16Master-O%20%282%29.pdf). Application for SLCs MUST be made prior to attending the course.
	5. The final personal contribution for this course anticipated to be no more than £50.
2. **Insurance.** Individuals are to ensure they have adequate insurance to participate in winter sports events **including race training**.
	1. Companies that specialise in winter sports insurance are, amongst others, Trinity Insurance ([www.trinity-ins.com](http://www.trinity-ins.com)), Sandhurst Insurance ([www.sandhurstinsurance.com](http://www.sandhurstinsurance.com)), or JBI medicare on 0044-118-981-0222. Insurance will **NOT** be available for purchase in Stubai. **Each policy must state ski racing and training!**

**SERVICE SUPPORT**

1. **Accommodation**. Accommodation will be provided at RAF Halton from 22 – 23 Oct. This is approximately 20 minutes’ drive from The Snow Centre. If accommodation is required for the nights or 21 or 24 Oct this must be requested via Pte Fearn (curtisfearn13@hotmail.com) NLT 1 Oct 17.
2. **Rations**. RAF Halton is a PAYD unit.
3. **Equipment.** Slalom skis are recommended for the course. If these are not owned by the individual / unit they can be supplied by the AMS SC by prior arrangement. Contact 1MED-RHQ-Pharmacist@mod.uk if required.
4. **Travel and Subsistence.** T&S is the responsibility of the soldiers unit.
5. **Safety Equipment**. The risk of injury received whilst taking part in winter sports can be lessened through the wearing of suitable protective clothing. All individuals are strongly encouraged to wear the type of protective clothing that could prevent a life-changing injury at all times.
	* 1. **Helmets.** Without exception, Race Helmets are to be worn during Alpine Races. Only helmets marked with a FIS sticker regulated. Helmets marked EN 1077 are no longer permitted on race pistes. This rule will be strictly enforced: racers without compliant headgear will not be allowed to train. FIS complaint helmets with soft ears are permitted for Slalom training and racing.

## FURTHER INFORMATION

1. Unit representatives/individuals requiring further information or advice on administration, equipment or training should contact the following:

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| AMS Alpine Sec | Capt Kate Law | 1AMR Dempsey Barracks, Sennelager. BFPO16. | Katharine.law103@mod.ukKatharinelaw@hotmail.co.uk | Mob: 07717847071 |
| Head Coach | Maj Nikki Jordan | APC Glasgow.  | tbc | Tbc |

## distribution

1. Action addressees are requested to distribute this instruction to all ES within their command.

## SUMMARY

1. The aim of this aim of this exercise is to benefit to our soldiers in competition at all levels. It is hoped that we can build upon our past success and continue to provide quality race training in each discipline.
2. The course will improve the quality of instruction received by those attending the AMS Corp Championships.

{Signed on DII}

K Law

Capt

1 AMR

AMS Alpine Ski Secretary

Distribution:

Action:

HQ AMD – CO Sp Unit, Maj Garwood (For P1Os for Held Strength Personnel)

HQ FTC – Maj Betts

HQ JMC – Capt Butler

HQ BFG HS – Maj Beedie

HQ 2 Med Bde – Capt McClenaghan

DMS (W) – Capt Hildred

RADC/DPHC – Maj Tyrrell, Maj Brown

HQ DPHC – Col Earnshaw

DPHC N – Col Dalal, Capt Watson

DPHC SNI – Maj Stewart

RCDM – Lt Sharp, 2Lt Blacklock

APC – Capt McCubbin

1 Med Regt – Lt Harcourt, Lt Troeller

2 Med Regt – Capt Collins

3 Med Regt – Maj Taylor, Capt Green

4 Med Regt – Maj Young

5 Med Regt – Capt Crosby

16 Med Regt – Lt Taylor

22 Fd Hosp – Capt Millar, Sgt Armour

33 Fd Hosp – Capt McFarlane, Sgt Haynes

34 Fd Hosp – Capt Harris

DMG (S) – Lt Parsons, 2Lt Potter

DMG (SE) – Capt Dews

DMG (N) – Lt Hibberd

1MWD – Maj McIntosh, Sgt Alford

DAC – SSgt Martin

201 Fd Hosp – Capt Dobbing

202 Fd Hosp – Capt O’Riordan

203 Fd Hosp – Maj Ozanne-Brown

204 Fd Hosp – Maj Glen

205 Fd Hosp – WO2 Low

207 Fd Hosp – WO1 Hoines

208 Fd Hosp – SSgt Williams

212 Fd Hosp – Capt Court

243 Fd Hosp – Capt Harrill, Capt Bliss, WO1 Radford

256 Fd Hosp – Maj Creagh

306 Fd Hosp – Capt Richardson

335 MER – Maj Garland

225 Med Regt – WO1 Rooney, SSgt Singh

253 Med Regt – Maj Nelson

254 Med Regt – Maj Windas

Information:

Col Campbell (AMS WS President)

Col Toney (AMS WS Chairman)

Maj Garwood (Chairman Nordic)

Lt Col Southwood (Chairman Alpine)

Capt Dench (AMSSC Secretary)

Maj Watson (AMSSC Office Manager)

Maj Jordan (Alpine Coach)

Capt Austin (Nordic Secretary)

Capt Law (Alpine Secretary)

Mr Mike Moran (Sponsor – Proton Partners International Ltd)

Mr Les Richards (Sponsor – Bootle Containers Ltd)