



Frequently Asked Questions (FAQ's)

How do your block systems work?

Since our inception, we have opted for a block system when it comes to breaking down the season into affordable and accessible chunks. These blocks are generally 2-3 weeks long. We feel this offers the best value for money for the payee but also the best possible experience for athletes in terms of their continuity of development both on and off the hill. For more info on this please visit:

<https://alpineperformanceracing.co.uk/alpine-winter-programme/>

How do flights work?

Throughout the 25/26 winter season, we will be operating over 15 accompanied flights. This is when athletes are met at the airport by a **team member of APR**. They are then taken through all the airport checks and board the flight with the designated team member. We provide 'Loco Parentis Forms' and 'Travel Consent Forms' that must be returned prior to travelling with us. At the European end, we meet other team members and drive in our **team branded minibuses** to our final destination.

When it comes to booking flights, get in touch and we will send you our accompanied flights list for the winter. You will see we always have an Edinburgh options and alternate between London and Manchester as our secondary flight. This is purely to help you out with your logistics. We understand you may have to travel to get on the accompanied flight, but we have done our best to accommodate you by alternating our departing airport each block.

We also have a 'How to Link Flights' document that we will send out, this explains how to book and link your flight the correct way to ensure the smoothest travel day possible.

How do I travel to and from training?

We are fortunate enough to have 5 team branded minibuses, these are used every day for our logistics in transporting athletes to training. Outliers are to arrange their own transportation unless an agreement is in place with APR. Please note, we are not always able to help outliers get to and from training due to our restriction on numbers at our team base.

Are skis prepared by the coaches?

Yes! Skis are prepared by the coaches each evening, it might sound good, it sounds better to hear there is **no additional cost** for this service. Our thinking behind this is that we want athletes to be on the best possible equipment for training so they can maximise their time on skis.

**Is Video Analysis and School Included?**

This depends on the programme option that you select. Video analysis will always be available regardless of the programme but the format of this may vary.

Ski & Lunch only: School is not included; Video analysis will be done via WhatsApp unless athletes are staying within close proximity to the team hotel.

Full Outlier (Day Programme): Yes – Everything is included

Full Inlier (Residential): Yes – Everything is included.

Do you have some sort of an advisory kit list?

We do! Get in touch and we will send over a copy of our recommended packing list for your camps with Alpine Performance Racing (APR) in 2025/26

Do I need travel insurance?

Yes – it is compulsory for all athletes to have travel / medical insurance. This must include ski racing and must include helicopter extraction. Copies of this will be stored in our locked central database for 12 months. GHIC's are advised but do not take precedent over travel insurance.

How much pocket money should my child(ren) take?

There is no easy answer for this one, any large expenditure (Broken equipment etc), will be covered by APR and sorted in hindsight directly with the parent / Guardian. Occasionally athletes will have a hot drink on the hill or might buy some snack on the hill. For shorter trips (<3 weeks, no more than £10 a day will suffice).

Where do we meet you if we are in the outlier programme?

In the build-up to joining the programme you will be invited to join a one-way communication via WhatsApp. This will detail training plans and logistics for the following day(s) including, meeting points, equipment required and any additional information.

How can I contact the staff when my child is on camp

Our staff are available at all times when your child(ren) are in our care. The easiest way to communicate is via WhatsApp. Please bear in mind our programme, if coaches are on the hill, they may take longer to respond to your enquiry than normal.



Who is responsible for the care of my child when they are with APR?

This is very simple, **all staff** at APR are responsible for the welfare and safeguarding of athletes. From a practical point of view, we have risk assessments for every scenario that are split into categories such as, injuries, on hill, safeguarding, travel to name a few, these are signed off by Snowsport Scotland.

As an academy, we are affiliated to Snowsport Scotland so follow their guidance when it comes to safeguarding. **ALL** APR staff (Coaches, Pastoral, Tutors, and Management) have a PVG (Scottish equivalent of an enhanced DBS), which is re-submitted every 3 years.

As part of our qualifications, all coaches hold a level 2 outdoor first aid qualification which is again revalidated every 3 years. This year we are ensuring that our pastoral and tutoring staff also hold a first aid certificate. Although not a requirement, this is something we are doing to further solidify our duty of care towards our athletes.

On top of this, all APR staff hold the CWPS qualification with Jess and Fraser holding both the:

Child Welfare Office (CWPO - Recognised by Snowsport Scotland)

Child Welfare Officer (UK Coaching. - Recognised by Snowsport England)

Over the last 4 years, we have invested substantially in our safeguarding recruitment and uptake of qualifications.

How do I raise or report a complaint or concern?

Please detail your complaint in writing via email to either fraser@alpineperformanceracing.co.uk or Jess@alpineperformanceracing.co.uk. As an affiliated academy to Snowsport Scotland, we will follow their policies on but not limited to:

Safeguarding Policy

Responding to Concerns (Children First)

Child Wellbeing and Protection

Many other can be found on our website here:

<https://alpineperformanceracing.co.uk/about/>

With Best Regards,

A handwritten signature in blue ink, appearing to read "Fraser Buchan".

Fraser Buchan
Director

