

## WELCOME TO THE EXTREME *one* 2010!

11<sup>th</sup> to 18<sup>th</sup> April 2010

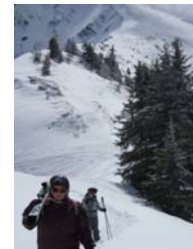
From £579 per person

*"A fab trip. Tom really challenged me & helped me get my ski confidence back. I felt fitter & had more energy. I even made it to the top of the Col du Cou – a great achievement." - Elizabeth*

Join us in Morzine for this challenging and fun week of skiing and hiking with **one element**. Everyone is welcome, regardless of your skiing or hiking experience – you just need to be fit. This trip is designed to provide equal measure of opportunities to increase our individual fitness levels by undertaking various challenges and holiday fun. We had a fantastic time in 2009 and look forward to enjoying another week of fun in the snow with you in 2010.

### A TYPICAL DAY

- 07:45 Full Breakfast (cooked, continental, fresh fruit)
- 08:45 Hit the slopes for guided skiing or hiking (or ski lessons)
- 13:00 Lunch in one of the mountain villages
- 14:00 Independent ski, hike or time at leisure
- 16:00 Afternoon tea – Home Baked cakes and jams & hot drinks
- 17:00 Stretch Session
- 20:00 Three-course dinner



### THE CHALLENGES

Each morning will feature a ski or a hike challenge. These will get tougher as the week progresses, culminating with a hike of the Col de Cou. We will work as hard as we can and push ourselves on each day. However, it's important to keep to your limits. The challenges will be led by an experienced guide who knows the mountains incredibly well and a **one element** personal trainer to support and motivate you.



### APRÈS CHALLENGE

There is nothing challenging about our accommodation and down time this week! We will be staying in luxury chalets close to all that Morzine town has to offer. The chalets feature log fires, DVD/music systems and sun terraces. Bedrooms are very comfortable with quality linens and duvets as well as private bath and shower rooms. Welcome gifts, full breakfasts, dinners made with fresh local produce, cheese and port and of course good house wine are just some of the special touches you can expect.

## THE PRICE

The EXTREME **one** costs £599 per **one element** member. Members' friends are welcome to join us for the slightly higher price of £649. As an early booking bonus, if you and a friend who is not a member book on the trip by October 30<sup>th</sup> 2009, you will both pay the member price. Full payment is due by March 7<sup>th</sup> 2010.

## THE PRICE INCLUDES

- ✓ **Pre-Trip Fitness Plan to help you prepare for the trip**
- ✓ **Chauffeur drive to the slopes**
- ✓ **Five half days of ski guiding**
- ✓ **Full day mountain guiding & hike of Col de Cou**
- ✓ **Daily afternoon jog**
- ✓ **Daily stretch session**
- ✓ **Seven nights' accommodation**
- ✓ **All breakfasts**
- ✓ **All afternoon teas**
- ✓ **Six healthy and hearty dinners to give you all the energy & nutrition you need**
- ✓ **Good quality Wine and Port**
- ✓ **Qualified First Aider**
- ✓ **Hosting by a *one element* Personal Trainer to provide guidance, support & motivation**



## CHECKLIST TO SIGNING UP:

- ✓ **Read, complete, sign and return the Regulations and Disclaimer forms (page 3)**
- ✓ **Read, complete, sign and return the PAR-Q (page 4)**
- ✓ **Send a cheque for £125 deposit made payable to One Element Ltd.**
- ✓ **Arrange travel insurance including Winter Sports Cover**



## THE EXTREME *one* 2010 REGISTRATION FORM

11<sup>th</sup> to 18<sup>th</sup> April 2010

### YOUR DETAILS (Please complete in BLOCK CAPITALS):

Name:

Address (incl.postcode):

Email:

Mobile:

Contact Name & Number in case of emergency:

### ADDITIONAL INFORMATION:

Skiing Ability (please circle):     **Green**     **Blue**     **Red**     **Black**     **Off Piste**

Previous hiking experience – if any:

French speaking ability (please circle):     **None**     **Basic**     **Intermediate**     **Advanced**

Name of another person on the trip I would like to share a room with:

### THE EXTREME *one* 2010 - REGULATIONS & DISCLAIMER:

All participants enter into THE EXTREME *one* 2010 of their own will, understanding the physical challenge of the event. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness. They must inform the organisers of any changes of health during the course of the trip.

It is entirely the responsibility of the participant to organise their own insurance, including Winter Sports Cover. One Element Ltd, the trainers and the organisers take no responsibility for injury, death or damages incurred during or as a result of undertaking THE EXTREME *one* 2010.

Throughout the trip, participants will be checked for their suitability to continue on grounds of capability including their equipment and state of health. If any of the organisers believe that the safety of the individual or others will be compromised by their continued participation, they reserve the right to ask that person to stop participation in that challenge section or the whole challenge. The organisers have the right to terminate an individual's participation in a challenge on health and safety grounds.

All participants must complete the PAR-Q (Medical Questionnaire) and return to One Element Ltd. before a place on the trip can be reserved.

The challenges may be cancelled or re-routed in the case of bad weather, travel disruptions or any other unforeseen circumstances.

I understand and accept THE EXTREME *one* regulations and participate entirely at my own free will and risk.

**Signature:**

**Date:**

**Name (in block capitals):**



## THE EXTREME *one* 2010 PAR-Q (MEDICAL QUESTIONNAIRE)

11<sup>th</sup> to 18<sup>th</sup> April 2010

**Physical activity is generally safe, and has many benefits. However some people should check with their doctors before they start. Please read each question below and answer by circling Yes or No.**

1. Has your doctor ever said that you have a heart condition, and that you should only do physical activity recommended by your doctor?	<b>YES</b>	<b>NO</b>
2. Do you feel pain in your chest when you physical activity?	<b>YES</b>	<b>NO</b>
4. Have you ever had chest pain or shortness of breath when you were NOT doing physical activity?	<b>YES</b>	<b>NO</b>
5. Do you lose feel faint or lose your balance because of dizziness, or do you ever lose consciousness?	<b>YES</b>	<b>NO</b>
6. Do you have high or low blood pressure?	<b>YES</b>	<b>NO</b>
7. Do you have Diabetes Mellitus or any other metabolic diseases?	<b>YES</b>	<b>NO</b>
8. Has your doctor ever said that you have raised cholesterol (serum level above 6.2mmol/L)?	<b>YES</b>	<b>NO</b>
9. Do you have bone or joint problems that could be made worse by physical activity?	<b>YES</b>	<b>NO</b>
10. Is your doctor currently prescribing you drugs or medication for any condition?	<b>YES</b>	<b>NO</b>
11. Could you be pregnant?	<b>YES</b>	<b>NO</b>
12. Do you currently drink more than the average amount of alcohol per week (21 units/men and 14 units/women)?	<b>YES</b>	<b>NO</b>
13. Do you currently smoke?	<b>YES</b>	<b>NO</b>
14. Do you know of any other reason why you should not do physical activity?	<b>YES</b>	<b>NO</b>

If YES (to any of the above) please provide details below (continuing on another sheet if necessary) and talk to your doctor for advice before undertaking exercise.

---

### **ASSUMPTION OF RISK**

**I hereby state that I have read, understood and answered honestly the questions above. I ensure I will update the trip organisers should any of these details change between now and the trip. I confirm that I wish to participate in the EXTREME *one* 2010 trip, and this is at my own free will.**

**Signature:**

**Date:**

**Name (in block capitals):**