

Mountain Safety Preparation Course

A course for ski instructors training for the BASI Mountain Safety and EMS/
Eurosecurité exams

Over five days we will take an in-depth look at the skills needed to lead groups in the mountains. We will spend three mornings skiing on the Les Deux Alpes glacier with three afternoons of dryland training followed by classroom sessions. The final two days will consist of an overnight expedition, staying in a mountain refuge. This will give us plenty of time to focus on navigation, leadership, group management and the mountain environment.

Course content

Navigation - on- and off-snow, use of compass/altimeter/apps, slope angles, relocation

Snowcraft - snowpits, weather interpretation, shear tests, quick stability tests

Emergency ropework - useful knots, buried ski belay

Transceiver search and self-rescue - personal skills, teaching to clients

Avalanche awareness - snowpack, terrain management, weather, human factors

Leadership - group management, hazards, the mountain environment

Cost

Course price: 300 euros

Additional costs: accommodation, 3-day ski pass, one night in refuge, equipment hire