

Mountain Safety Preparation Course

Overview:

This course is designed for ski instructors training for the BASI Mountain Safety and EMS/Eurosecurité exams, and will cover the full EMS syllabus. 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 consolidate the knowledge gained over the previous 3 days, focusing on navigation, leadership, group management and the mountain environment.

Course Outline:

The following course outline should be used as a guide only. We tailor each day according to group requirements and the weather

Day 0: There will be an informal welcome meeting on the Sunday evening, prior to the first day, for those already in the resort.

Day 1: The course starts at 7am on Monday morning, and we take the Jandri Express to the glacier. The morning session will cover on-snow navigation and rope work. After lunch, we will have a practical session on the use of avalanche transceivers. A short classroom based session on navigation theory will conclude the first day. During this session, we will also plan our ski tour for Day 2.



Day 2: Today starts again at 7am, with a ski tour on non-glaciated terrain. Over the course of the morning, we will practice our transceiver skills. This afternoon we focus our attention on navigation in the mountain environment, during a short hike. We will also cover ropework and knots relevant to the EMS. The final session of the day is again classroom based, here we will cover the theory of avalanches and snowcraft, in addition to planning the ski tour for Day 3.

Day 3: We start as usual at 7am, with our ski tour. This morning we will be digging snow-pits to practice the practical aspects of snowcraft. After lunch, we meet for a short hike where the focus will be on group management and mountain hazards. The final session of the day will be a classroom based lesson on mountain weather, and an opportunity for

us to plan the expedition for the next 2 days.

Day 4: An early start for a full day hike. Over the course of the next 2 days, we will consolidate the information covered so far, with practical exercises in navigation, leadership, group management and mountain environment and hazards. Tonight we will overnight in a refuge.

Day 5: Today concludes our expedition, and gives us another opportunity to practice our mountain skills. We will end the day with a well-deserved drink in a local pub. This will also be a chance to ask any final questions, or go over any further material the group may be interested in.

Practical Information:

Course Dates: The course will run 1st - 5th July 2019. Participants need to be at the resort for 7am on Monday morning 1st July. The course concludes late afternoon on Friday 5th July.

Costs: Cost of the course will be €300 per person. This is for instruction only, and does not include food&accommodation (see below), lift-pass and transport costs.

Group Size: Maximum group size of 6 participants per group. In order to ensure priority lift access, for all sessions on snow there will be one instructor per 4 participants.

Accommodation: There is no shortage of quality hotels and apartments in Les Deux Alpes during the summer months. The resort caters for anything from budget to luxury accommodation. However, if you are having trouble finding something suitable, please get in touch.

The last night (night 4) will be spent in a refuge. The price of this will be in the region of €60 including evening meal and breakfast. Further details will be sent out closer to the date.

Kit List:

Essential:

- Transceiver, shovel and probe
 - Ski touring skis and skins
 - Suitable clothing for summer hiking in the Alps, including waterproofs
 - Suitable footwear for hiking – walking boots or fell/trail running shoes
- Please get in touch if you need to hire any of the essential equipment*

Recommended equipment

- Map (We will mainly use IGN 3336 Les Deux Alpes).
- Compass
- Altimeter



- Smartphone
- Rope (30 metres)
- Sling
- HMS Karabiners x2
- First aid kit

Getting to Les Deux Alpes: The easiest way to get to Les Deux Alpes is by car. If flying, Lyon and Geneva airports offer a good selection of reasonably priced car hire options. Turin airport is also an option, but flights here are often fairly limited. Drive time from Lyon Airport is roughly 1hr45 and from Geneva Airport around 2hr45.

It is possible to take a shuttle bus from both Lyon and Geneva Airports to Grenoble Bus station. They run roughly hourly and cost between €10-30. From Grenoble there is a very cheap local bus service to the resort. However, this service only runs once or twice a day. For more information see <https://www.transisere.fr>.

If you are having difficulty organising transport, please get in touch!

