

(Important note: This course does not qualify you to be autonomous or to lead groups in the mountains. The Guide/s hold no responsibility for accidents or deaths that occur in autonomous activity after the course.)

Program

Avalanche Course

Tuesday January 15

8:00 rendezvous in Les Praz @ Les Lanchers Hotel (theory session) coffee, croissants available

- The easily measured key variables which determine avalanche risk.
- Planning and continued assessment of avalanche situation with 3x3 guidelines.
- Alarm signals
- Understanding the Avalanche forecast

10:00 take cable car up to Flegere.

- Looking at the key variables and measuring them in the terrain.
- An introduction to the snow-pack and how it evolves.
- Ski tactics in case of avalanche danger
- Partner rescue and use of transiever, probe and shovel

16:30 end of course

Notes:

1. Take a packed lunch, thermos of tea.
2. Bring warm clothes, ski / board equipment, pencil, notebook
3. Bring touring gear if available. ie: skins, touring bindings.
4. Bring map and compass if you own them.
5. Bring your transiever, shovel, probe.
6. You'll need a full day ski pass if you don't have a season pass.

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