## ::::Forms and templates:logos:Mountaineering.jpg

## UIAA Mountaineering Commission

## Training Standards

## Ski touring and winter walking Seminar

## Slovenia 2013, 6th – 8th of March

## Seagate Backup Plus Drive:Photos:Mountains:Mountaineering:UIAA:UIAA Seminars:Slovenia_2013:P1030055.JPGSki touring and winter walking Seminar: Slovenia 2013

## 6/3/2013 (category 3 avalanche risk)

**Modern avalanche transceivers and other safety equipment  (Robert Ciglar)**

* **Uses and limitations of digital and analogue transceivers**
* **Introduction to new Vector transceiver with integrated GPS**
* **Simple transceivers for clients**
* **Importance of simple functionality in crisis situations where every second counts**
* **Importance of finding casualty airway**
* **Back-up transmitters for rescuers (for secondary avalanche; separation from transceiver**
* **Uses and limitations of iProbe (digital probe)**
* **Uses and limitations of ABS systems + avalung**



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**Teaching resources for transceivers (by Sergey Videnin)**

* **Introduction to Avra low powered transmitter to simulate 20 metre range on a floor chart showing flux lines**
* **Practical exercise in the field using Arva training transmitter system for multiple burials.**
* **Probing and digging**

**Snowshoeing (Klara Havlichkova)**

* **A “reserve” session, not used apart from brief introduction to choice and fitting**

**Dynafit (Tomaž Komac)**

* + **Demonstration of racing and touring kit:**
  + **integrated system of ski, binding, boot**
  + **Correct fitting of binding for safe release**
  + **Use of heel piece for various slope angles**
  + **When to lock the toe binding and when not to**

## 7/3/2013 (category 4 avalanche risk)

**Ski touring, Elan Skies (by Davo Karnicar);**

* **Demonstration and testing of Élan ski range**
* **Route choice**
* **Teaching basic skills,**
* **setting tracks**

**Avalanche risk testing (Klemen Volontar)**

* **which method, how much is taught, and what?** 
  + **Correct method and categories for hardness test**
  + **Marking hardness profile on snow face**
  + **Compression test**

**Navigation – GPS (Klemen Volontar and Matjaž Šerkezi)**

* **Uses and limitations of modern GPS and mobile phones**
  + **Dangers of over-reliance on GPS**
  + **Internal vs. external antenna**
  + **Educational opportunities for understanding maps**

**Digital mapping**

* + **Vector and bitmap versions**
  + **Garmin maps and custom maps**
  + **Other mapping software**
  + **Uses and limitations of online routes**

**Navigation – dead reckoning (Steve Long)**

* **Estimating distance travelled** 
  + **modifications for snow conditions**
  + **Visualisation (and its limitations)**
  + **Timing**
  + **Pacing on flat and uphill (walking and skiing)**

**Movie First skiing from Everest (Davo Karničar)**

8/3/2013 (category 4 avalanche risk)

**Crevasse rescue**

* **Further testing of “Sergey” snow shovel anchor**
* **Buried skis “deadman” anchor**
* **“Picket” ski anchor**
* **Hoist systems**
  + **Basic 3:1 Z-hoist**
  + **Improved Z-hoists**
  + **New equipment for hoisting**
    - **Micro-traxion**
    - **RescYou (see review on *UKclimbing*)**
    - **Rope “snake sling”**
* **Emergency procedures for crevasse falls on skis**
  + **Stopping the fall**
  + **Setting up anchors**
  + **Setting up hoist system**

**Leading groups on steeper terrain.**

* **Uphill, downhill. (Christian Frischknecht)**
  + **“Wheel rung” turns**
  + **Graceful kick turns**
  + **Helping less confident skiers turn**
    - **Teaching kick turns**
    - **Platform with downhill kick turn**
    - **Standing below using poles to give security**
  + **Side stepping uphill with free heels**
  + **Telemark turns with skins**

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