ZERMATTERS
ALPINE SCHOOL

# English: Avalanche Safety Basic Course - Andermatt

## STAYING SAFE OUT THERE! (CH) | 2 DAYS

Sound avalanche training is essential for anyone who spends their time in the mountains away from groomed slopes and trails during the winter months. Our Avalanche Safety - Basic Course offers you a comprehensive combination of theory and practical training. You will learn how to assess snow conditions from the planning stage of a tour to its realization, therefore laying the foundation for future ski tours.

This course is held in English and is suitable for ski tourers and snowboarders.

**Content**

- Interpreting dangers using avalanche forecasts and applying this information to tour planning
- Developing understanding of the 3 x 3 method
- Identifying danger signs in avalanche terrain and knowing how susceptible the terrain is to avalanches
- Safe setting of tracks for ascent and descent
- The use of emergency equipment (avalanche transceiver, avalanche shovel, avalanche probe and avalanche airbag backpack)
- Correct behaviour in an accident

**Destination**

You will be able to identify potential avalanche situations using the tools and skills acquired and will be able to evaluate conditions on simple ski tours independently. You will know how to efficiently organize and carry out an avalanche burial scenario procedure.

**Technique**

**easy-moderate**

Piste: confident on skis; Powder snow: beginner experience necessary; Terrain: moderately steep, some steeper sections; Alpine technique (for ski touring): initial touring experienceFor snowboarders: confident traversing (frontside/backside), ability to ride flat areas using a sliding technique (ski poles)

**Condition**

**easy-moderate**

Duration from 4 to 6 hours, up to approx.1,000 vertical meters, approx. 250 vertical meters per hour.

**Meeting place**

9.45 a.m. Mammut Store Andermatt / Imholz Sport, Furkastrasse 2, 6490 Andermatt (train arrival 9.22 a.m. Andermatt).

**Departure**

Approx. 4.00 p.m. from point of departure

**Accommodation**

Andermatt Alpine Apartments, Andermattor
Radisson Blu Hotel Reussen, Andermatt

## Services

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**Included**

- Guidance and supervision provided by a mountain guide
- Overnight stay in a studio at the Andermatt Alpine Apartments (incl. shared dinner at the hotel, excl. breakfast) or overnight stay at the Radisson Blu Hotel (incl. half board and access to the hotel spa) at an extra charge.
- Mammut Safety Equipement to test (Avalanche Safety Equipment and Avalanche Airbag worth CHF 89.-)
- Eiger Extreme Hardshell Jacke to test
- "Caution Avalanches" course materials
- 15% discount on mammut.com

**Not included**

- Travel to the course
- Transport (possible journey by mountain rail)
- Snacks and drinks
- Ski touring equipment CHF 89.- (skis, binding, skins, ski crampons, poles incl. insurance)
- Ski touring boots CHF 42.-
- Snowboarders incl. poles CHF 40.-
- Optional: Avalanche Certificate Swiss Mountain Training CHF 30.- (level 1)
- Contribution to the Travel Guarantee Fund (0.25% on total amount)

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# Program

**Day 1**

After the initial welcome at the meeting point, you will receive your ordered rental equipment and the course schedule will be discussed as a group. And then it's time to get out in the snow. In the evening, you will plan the next day's tour in your group.

**Day 2**

On day 2, you will put the plans you made yesterday into practice during your tour. Along the way, you will take part in ongoing discussion regarding theory and practical application. And you will also enjoy the stunning surroundings and a fast descent back into the valley. (Distance: 5-7 km, Duration: 2-4 hours, Ascent: approx. 700 m vertical meters).

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## Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented:

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Avalanche-Airbag-Backpack
- ☐ Ski touring equipment (skis, binding, skins, ski crampons, poles and insurance)
- ☐ Ski touring boots
- ☐ MSR Snowshoes
- ☐ (telescopinc) Ski poles
- ☐ Eiger Extreme Hardshell Jacket to test

## Technical equipment

- ☐ Barryvox (Avalanche Transceiver)
- ☐ Avalanche Probe
- ☐ Avalanche Shovel
- ☐ Touring backpack or Avalanche airbag backpack (28-30l with ski carrier)
- ☐ Ski touring equipment (skis, bindings, skins, ski crampons)
- ☐ Alpine ski boots or touring ski boots
- ☐ Alternative to ski touring equipment for Snowboarders: Splitboard with skins or snowboard and snowshoes including snowboard boots
- ☐ (telescopic) Ski poles
- ☐ Ski helmet (optional)

## Clothing

- ☐ 1x Ski jacket and 1x ski pants (Gore-Tex or similar material)
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Short/long functional underwear
- ☐ 1x Beanie and 1x headband
- ☐ 2 pairs of gloves (1 thin pair, 1 warm, windproof and waterproof pair)
- ☐ 1x Functional socks and 1x spare socks

## Overnight cottage

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required

## Food

- ☐ Breakfast and dinner at the apartment/hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

## Various

- ☐ Sunglasses and ski goggles

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- ☐ Sun cream and lip cream (SPF 30 or higher)
- ☐ Camera and binoculars (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements