

BASIC INTENSIVE WINTER MOUNTAIN TOURISM COURSE – PROGRAM

Friday

2:10 p.m. - 2:30 p.m. - meeting at the Biela Voda car park, the starting point of the yellow trail to Chata Pri Zelenom Plese shelter. Welcoming the students, issuing the previously ordered equipment, instructions on how to properly attach the equipment to the backpack, and prepare for the hike.

2:30 p.m. - 5:15 p.m. - ascent to Chata pri Zelenom Plese with the instructors

7:15 p.m. - 6:00 p.m. - check in at the Chata, time to change and rest

6:00 p.m. - 7:00 p.m. - time for dinner (possibility to order in advance or prepare on your own outside the hut)

7:00 p.m. - 9:30 p.m. - Lecture and discussion: Dress and equipment of a winter alpine tourist. Planning and preparation for a winter mountain trip.

Saturday

7:00 - 08:00 - time for breakfast (ordering breakfast is obligatory for every night in the hut)

8:00 - 9:30 - selection and use of mountaineering and avalanche equipment. Adjusting the equipment and putting it on. Practical equipment check and preparation for a trip to the mountains. The class takes place, depending on the weather, either inside the hut or in front of the shelter.

9:30 – 10:00 – time to prepare for going out

10:00 – 14:00 - the first block of practical exercises in the mountain area:

- putting on the equipment in mountainous terrain
- moving in the mountains with crampons and with an ice ax: techniques of walking with crampons in various terrains, techniques of using the ice ax in various terrains, rules of safe hiking
- arresting falls. Exercises for arresting falls with an ice ax in various configurations

14:00 – 15:15 – return to the shelter for a short break to warm up and change after snow exercises, eat provisions or order a quick meal

- with sufficient time: emergency bivouac: digging the snow cave by yourself

15:15 – 17:00 - second block of practical outdoor exercises

- emergency bivouac: principles of winter survival
- digging a snow cave yourself

17:00 – 18:00 - securing and hanging the equipment to dry, then time to rest and change, possibly a spare time to use in the event of delays in the implementation of the training program, meal breaks, etc.

6:00 p.m. - 7:00 p.m. - time for dinner (possible to order in advance or prepare your own cooking equipment outside the hut)

7:00 p.m. - 9:00 p.m. - Avalanches. Avalanche safety and the basics of avalanche prevention and avalanche rescue. Lecture and discussion

Sunday

7:00 - 08:30 - time for breakfast (ordering breakfast is obligatory for every night in the hut), getting dressed and preparing the equipment for going outdoors

8:30 - 12:00 - mountain trip. During the trip: outdoor exercises and practical application of the knowledge and skills acquired during the classes on the previous days

12:00 - 12:30 - time to rest at the shelter and to reach the avalanche training site designated by the instructors.

12:30 – 14:30 - Avalanches. Avalanche safety and rescue. Practical exercises.

14:30 – 15:30 - summary of the training, handing over the course completion certificates.
Preparation for the descent.

15:30 – 17:10 - descent to the car park (ski tourers: start of the descent approx. 30 minutes after the departure of the group).

17:10 – 17:30 - returning the borrowed equipment, departure home.

The program is indicative and may change depending on many factors, in particular weather conditions and the condition and punctuality of participants.