

## 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), getting dressed and preparing the equipment for going outdoors

8:00 - 9:15 - equipment exercises. Selection and service of mountaineering and avalanche equipment. Adjusting the equipment and putting it on. Practical checking of the equipment and preparing it for going to the mountains. Activities, depending on the weather, in the hut and partly in front of the hut or entirely in front of the hut

9:15 - 12:30 - 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
- stopping of falls. Exercises for arresting falls with a iceax in various configurations

12:30 - 2:00 p.m. - basic nodes used in alpine tourism and mountaineering. Practical exercises in the hut or in warm and nice weather outside

2:00 p.m. - 4:30 p.m. - the second block of practical exercises in mountainous terrain

- basic rules of belaying in the easy terrain in winter conditions
- basic types of belay stands that can be built in an easy terrain in winter conditions with ice axes, snow anchors, “deadmen”, “snow mushroom”, mountain pine, buried tourist equipment

- rope descending from the stand
- with sufficient time: emergency bivouac: digging the snow pit by yourself

4:30 p.m. - 6:00 p.m. - securing and hanging it to 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 half board (possible to order in advance or prepare your own 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 - 08:00 - time for breakfast (ordering breakfast is obligatory for every night in the hut), getting dressed and preparing the equipment for going outdoors

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

12:30 p.m. - 1:00 p.m. - time to rest and repack at the shelter and to independently reach the avalanche training site designated by the instructors.

1:00 p.m. - 3:00 p.m.- Avalanches. Avalanche safety and rescue. Practical exercises. If the exercise was not completed the day before: emergency camping: digging a snow pit by yourself

3:00 p.m. - 4:00 p.m. - summary of the training, handing over the course completion certificates. Preparation for the descent.

4:00 p.m.- 5:40 p.m. - descent to the car park (ski tourers: start of the descent approx. 30-40 minutes after the departure of the group).

5:40 p.m. - 6:00 p.m.- 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.