

Mountain Safety Canterbury 2010

BASIC TRAMPING SKILLS-

Taught by NZ Mountain Safety at Riccarton High School, this course will enable you to enjoy the outdoors with greater confidence. For beginner trampers or for those wanting to update skills. Course fee includes Bush craft manual. Students provide own food and transport for the weekend trip. Enrol direct through Risingholme Community Centre ph 332 7359 or email risingholme@extra.co.nz

Tue 9 Feb + 6 weeks W/E 27/28 March

Tue 3 August + 6 weeks W/E 18/19 Sept \$130.00

RIVER SAFETY COURSE

Includes a 2hr compulsory theory session run at 7pm Monday evening, then a practical day 9am-1pm in a river, teaching assessment, crossing and recovery. Lots of practice in the water in a safe environment

Mon 1 March/Sat 6 March \$30.00

Mon 1 Nov/Sat 6 Nov \$30.00

ANCHORS & BELAY COURSE - NEW -

A one day work shop on rock anchors and belay techniques. This is the ideal course for sport climbers moving into the more traditional type of rock climbing or budding alpinists looking for some rope trick up skilling.

Sat 20 February \$50.00

GPS COURSE - NEW -

A one day course on GPS training. How satellite systems work, how GPS determines its position from the satellites, GPS and map grid references and practice loading waypoints.

Sat 22 May \$30.00

NAVIGATION

A full weekend learning and using a variety of navigation techniques and skills. Accommodation included, transport and food extra.

Fri pm & Sat/Sun 7-9 May \$120.00

Fri pm & Sat/Sun 29-31 October \$120.00

YOUTH TRAMPING/DUKE of EDINBURGH HILLARY AWARD Bronze, Silver and Gold Training Available See MSC website for details

ABOVE BUSHLINE COURSE

A more advanced tramping course for those wanting to navigate off track and cross alpine passes in summer. Includes accommodation, food & transport additional.

Fri pm & Sat/Sun 26-28 Nov TBA \$120.00

OUTDOOR FIRST AID

A popular 16 hour course which teaches outdoor users the skills to manage accidents and sudden illness in the outdoors. Theory plus teaching through scenarios in the outdoors. The venue is the Craigieburn Environment Centre. Leaving Friday pm.

27/28 March Craigieburn EC \$150.00

Accom included, NOTE - transport and food extra.

12/13 June Craigieburn EC \$150.00

Accom. Included, NOTE - transport and food extra.

11/12 September TBA \$150.00

Accom. Included, NOTE - transport and food extra.

20/21 November Craigieburn EC \$150.00

Accom. Included, NOTE - transport and food extra.

OUTDOOR FIRST AID REVALIDATION

For those with MSC certificates under 2 years old, a **one day revalidation** course is available.

Sun 18 April TBA \$80.00

Sun 10 October TBA \$80.00

RISK MANAGEMENT

A course for those leading others in the outdoors. Increase awareness of your own strengths and abilities, learn how to handle risks in the outdoors, manage crises and plan and implement outdoor activities. This is a non residential course at Cracroft.

29-30 May Cracroft \$120.00

16-17 Oct Cracroft \$120.00

TAKE A KID TRAMPING WEEKEND - NEW -

An intro to the outdoors to encourage the use of and enjoy the outdoors safely. Child recommended age 10-14 yrs. Course consists of two evening sessions (15 + 22 February) & a weekend away (27/28 February). Course costs just \$25 per pair, food and transport additional.

Mon 15 + 22 Feb + W/E 27/28 Feb \$25.00

REGISTRATION AND REFUNDS

Registration closes 2 weeks before. Course costs include a \$25.00 non refundable booking fee. Course details and information will be sent approximately 2 weeks prior to the start of the course.

Email: canterbury@mountainsafety.org.nz

Website: www.mountainsafety.org.nz

2010 APPLICATION FORM

COURSE TITLE: _____

COURSE DATE: _____

NAME: _____

ADDRESS: _____

EMAIL for receiving course info. NOTE Please write clearly as all course information is sent out by email:

PHONE: hm _____ wk _____

AGE if under 18 ____ (parent signature required.)

PHYSICAL OR MEDICAL CONDITIONS -details and medications: _____

EMERGENCY CONTACT:

NAME: _____ PH: _____

BOOKINGS CONFIRMED WITH PAYMENT-

Send cheque to **Mountain Safety Canterbury**
PO Box 891, Christchurch.

COURSE FEE \$ _____

General Disclaimer

I recognize that the instructors have responsibility for managing the safety of participants and if I choose to act outside the directions of my instructor I accept full responsibility for my own safety.

Signature _____