

MOUNTAIN SAFETY CANTERBURY – ALPINE and AVALANCHE courses for 2010

MSC Winter Forum
Thursday 17 June - 7.30 - 9:30pm
Aurora Performing Arts Centre – Burnside High School
Everyone Welcome - \$5.00 entry

INTRODUCTORY ALPINE & AVALANCHE AWARENESS (Weekend course)

Introductory course aimed at those with little or no experience on snow. Day one covers equipment, ice-axe, self arrest and crampon use. Day two covers same content as Avalanche Awareness course. Fitness essential.

Sat 31 July - Sun 1 August, Cheeseman \$250

Cost includes one night's accommodation @ Snowline Lodge (DBB). Transport and lunches own responsibility.

ALPINE Intro (One Day)

Introductory course aimed at those with little or no experience on snow and/or ice. Course covers personal equipment and mountain movement skills such as ice-axe use, self arrest on snow and crampon use. Fitness essential. Food and transport own responsibility.

Sat 10 July Cheeseman \$100

Sun 11 July Cheeseman \$100

ALPINE Basic (Two days O/Night in field)

Introductory course aimed at those with little or no experience on snow. Course covers personal equipment, mountain movement skills such as ice-axe use, self arrest on snow and ice, crampon use and snow caving/emergency shelters. Fitness essential.

Sat 24 July - Sun 25 July, Cheeseman, Forest Lodge \$180

Sat 11 Sept - Sun 12 Sept, Cheeseman Forest Lodge \$180

Cost includes back-up accommodation. Food and transport own responsibility.

ALPINE Intermediate (Weekend residential)

For those with basic mountain movement skills who are looking to move onto steeper slopes. Course will introduce tying knots, anchors, belays, rope management, abseiling, rock and ridge travel, and two tool climbing. Applicants must have 10 days experience in mountain travel, and have completed a MSC intro or basic alpine course and an avalanche awareness course or equivalents. Fitness essential.

Friday 6 August - Sunday 8 August, Temple Basin \$280

Cost includes 2 nights' accommodation, breakfast (2) and dinner (1). Lunch & Transport own responsibility.

ALPINE Advanced (Weekend residential)

This course provides moderately experienced climbers with an introduction to the specialist techniques required for safe climbing in steeper terrain. Topics include tying knots and rope management, escaping the system, raises and lowers including pulley systems, and multi-pitch climbing. Applicants must have 20 days experience in mountain travel, and have completed a MSC Alpine Intermediate course and an avalanche awareness course or equivalents.

Fri 24 Sept - Sun 26 Sept, Temple Basin \$300

Cost includes 2 nights accommodation, breakfast (2) and dinner (1), lunch & transport own responsibility.

Note: Most Alpine courses have prerequisites and acceptance is at the discretion of the coordinator.

AVALANCHE AWARENESS COURSE

This is an entry level instruction on avalanche awareness for those with some experience on snow. Covers use of equipment, risk assessment, route selection, terrain recognition and rescue scenarios. Each course includes a compulsory theory session 7-10.30 pm held at the YMCA Christchurch on the Friday before, followed by a field day at Mt Cheeseman or Mt Hutt Ski Area. Mt Hutt theory venue for Sept TBA.

All Courses \$100

Fri 2 July (evening), Sat 3 July, Mt Hutt Foot

Fri 2 July (evening), Sun 4 July, Mt Hutt Foot

Fri 16 July (evening) Sat 17 July, Mt Cheeseman Ski

Fri 16 July (evening) Sun 18 July, Mt Cheeseman Ski

Fri 27 Aug (evening) Sat 28 Aug, Mt Cheeseman Ski

Fri 27 Aug (evening) Sun 29 Aug, Mt Cheeseman Ski

Fri 3 Sept (evening) Sat 4 Sept, Mt Hutt Ski

Fri 3 Sept (evening) Sun 5 Sept, Mt Hutt Ski

FOUR DAY BACK COUNTRY AVALANCHE COURSE

This is the continuation of the MSC Avalanche Awareness education program. It is designed to increase your awareness and travel safety in the back country in winter, both on foot and skis. Spend 2 days doing field exercises in the Craigieburn ranges and then the next weekend on an O/night trip using and developing the skills. Applicants must have attended an Avalanche Awareness course.

Sat 14 - Sun 15 and Sat 21 - Sun 22 Aug, \$650

(Ski/board participants must be able to ski off piste competently, and have ski/board touring equipment)

Note: Course fee includes Instruction, hire of transceiver/probe and shovel and lift pass.

RECOMMENDED ALPINE/AVALANCHE TEXTS:

Avalanche Awareness in the New Zealand Backcountry \$30

REGISTRATION AND REFUNDS

Course numbers are strictly limited and are often booked out six weeks prior. Registration closes two weeks before first session. No refunds after closing date unless MSC cancels course. Courses run subject to meeting minimum numbers. **Course details and information will be sent two weeks prior to the start of the course.**

Phone: (03) 313 0507

Email: canterbury@mountainsafety.org.nz

Website: www.mountainsafety.org.nz

2010 APPLICATION FORM

COURSE TITLE: _____

COURSE DATE: _____

NAME: _____

ADDRESS: _____

EMAIL for receiving course info: _____

PHONE: hm _____ wk _____

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 \$ _____

MANUAL FEE \$ _____

MOUNTAIN SAFETY CANTERBURY – ALPINE and AVALANCHE courses for 2010

TOTAL \$_____