

SnowCraft '09

This is an introductory course focused on taking participants new to the alpine environment into the mountains to gain skills, confidence and experience in alpine climbing.

To get a spot on the course, simply fill out the form on the next page, send it in and arrange payment of the non-refundable deposit which is \$50. Places are limited and we work on a first in, first serve basis. The full course fee is \$600 and needs to be paid in full by the end of May in order to keep your spot. The course is only open to NZAC club members so you will need to join before the commencement of the course to qualify.

WHAT DO I NEED TO BRING?

You need to provide your own clothing and climbing equipment including ice axe, harness and helmet, which are available for hire. See the separate Gear List for a full explanation. The club will provide group gear such as ropes, group emergency shelter, snow anchors & group first aid kits.

WHAT TO EXPECT

The NZAC Auckland Section runs this introductory course every winter which starts with the basic skills you need to move safely in the mountains through to an introduction in multi-pitch climbing on snow. It does not cover ice climbing. There are three theory nights in Auckland and weekends away at our club hut on Mt Ruapehu. The instructors are all volunteers who are experienced in the mountains but may or may not hold recognised instructor qualifications. Instructor/Student ratio is no more than 1:3. The course includes transport and accommodation.

HOW DO I ENROL?

To secure a spot on the course, simply fill out the form on the following page and return it to Deryn Williams with the deposit (non-refundable). Places are limited and we work on a first in, first serve basis. The course is only open to NZAC club members so you will need to join before the commencement of the course to qualify. Participants need to be aged 18 years or over.

SYLLABUS

First evening session – 7pm Tues 21st July – St Lukes hall, Remuera Road (as for club meetings)

Welcome

Introduction to knots & tying in

First weekend on the mountain

– 1-2 August

Gear check

The ice axe

Walking without crampons

Walking with crampons

Introduction to snow anchors

Second evening session

– 7pm Tues 25th Aug – St Lukes hall

Avalanche awareness

Avalanches and avalanche rescue, use

of transceivers

Snow shelters

WHAT DOES IT COST?

This course is very popular so we require that you make a non-refundable deposit of \$50 to get a place on the course by the end of May 2008.

The total course fee is \$600 and the balance needs to be paid in full by the end of May in order to keep your spot.

Refund policy: The deposit is non-refundable. Before the end of May you will be refunded any money you have paid less the deposit. There is no refund available after the end of May.

Second weekend on the mountain – 29-30 August

Avalanche rescue exercise

Snow anchors

Build & overnight in a snow shelter

Map and compass work, weather

Third evening session – 7pm Tues

22nd September – Birkenhead

climbing wall

Glacier travel

Crevasse extraction

Third weekend on the mountain

– 26-27 September

Glacier travel and crevasse extraction practical

Trying for a summit (using all techniques learned so far, including route setting, weather, avalanche risk etc).

PAYMENT

You can transfer funds electronically to the Auckland

NZAC Instruction Account:

Account name: NZAC Auckland Section

Account no: 38-9006-0329924-00

Bank: KiwiBank

NB: Please include "SnowCraft 09" and your name in your deposit details. It may take a couple of days for the payment to appear in the bank account due to bank clearance times.

or send a cheque & completed application form to:

Deryn Williams

11 Laser Place

Glenfield, Auckland

Make Cheques payable to 'NZAC – Auckland Section'

Arrange your membership with head office:

email www.alpineclub.org.nz or phone them

on 03 377 7595.

If you have any queries, don't hesitate to call me on 021 627 892 or email: instruction@aucklandclimber.co.nz

COURSE REGISTRATION FORM

Full Name: _____

Address: _____ Profession: _____

Age: _____ Email: _____

Phone Number: Work: _____ Home: _____ Mobile: _____

Previous Outdoor Experience (tick all that apply): none at all tramping climbing at a climbing gym lead climbing outside walking/tramping above the snowline Alpine climbing grade 1+ ice climbing grade WI1+

Any other experience: _____

Fitness: (Tick one, 1 low, 10 high) 1 2 3 4 5 6 7 8 9 10
Occasional run etc Regular endurance training Competitive endurance athlete

To participate in this course a reasonable level of fitness is advised. The weekends at the mountain involve spending as much time outside as possible. You will be expected to carry a full pack uphill through snow for around two hours at a time. Please ensure that your fitness level is high enough before you start the course.

Injuries: Are you carrying any past or current injuries that might cause you problems on the course? Please detail: _____

How would you rate your enthusiasm for outdoor activity? (Tick one, 1 low, 10 high)

1 2 3 4 5 6 7 8 9 10
Like to take it easy Keen to be pushed a bit Full On!

Future goals and Expectations (ie What adventures are you hoping this course will help prepare you for): (tick all that apply)

Occasional tramping trip above the snowline Transalpine trip Winter North Island climbing
 South Island mountaineering peaks Technical alpine climbing Other: _____

Signature: _____

I consent to my name and phone number appearing on a list to be distributed only amongst the course participants to help organise food groups, social functions & climbing partners (choose one) Yes / No

MEDICAL DISCLOSURE

Please complete the following questions regarding your health. This information is treated confidentially.

Name of next of kin: _____

Address: _____

Relationship with participant: _____

Phone Number: Work: _____ Home: _____ Mobile: _____

Do you suffer from (please check all appropriate):

Asthma High blood pressure Epilepsy Fear of heights Diabetes
Ear problems Allergies please specify _____ Poor balance
Heart problems

Are you taking any medication? If so please state what the medication is and the condition it is treating: _____

Do you have any health related problems or disabilities that we should know about? Please outline: _____

Is there anything else you feel your Chief Instructor should know? _____

RISK ACKNOWLEDGEMENT

While risk taking can be a positive and motivating experience, climbing has inherent risks which means there is a real chance of injury or death. As a volunteer club, our instructors are generally very experienced mountaineers who are not paid for their services. They may or may not hold instruction qualifications. As such, participants have an increased responsibility for their own safety. Our courses aim to generate independent-thinking and self-reliant climbers. If at any time on the course you feel concerned about safety, you should raise this with your instructor.

I understand that by attending this course I will be taking risks. I am able to make decisions about my own safety and take some responsibility for the safety of others in my group. Although every effort will be made to ensure my safety by providing clear instructions on the hazards, and procedures of the activity, if I choose to act outside of these parameters then I do so at my own risk and am personally responsible for any consequences. I also accept responsibility if these actions jeopardise the safety of others.

I agree to indemnify the New Zealand Alpine Club Inc and/or the Auckland Section of the New Zealand Alpine Club for all claims, liabilities, costs, fines, levies, penalties, losses and expenses (including reasonable legal fees) arising out of my actions, including any loss, damage or injury caused or contributed to by me to:

(a) any persons; or
(b) any property of the New Zealand Alpine Club Inc or the Auckland Section of the New Zealand Alpine Club.

I have read and understood the risk acknowledgement: (choose one) Yes / No

Signed: _____ Date: _____ I have paid my deposit of \$50 (please tick)