



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

WHAT TO EXPECT

Topics include:

- use of ice axe and crampons
- crevasse rescue
- mountain weather
- self arrest
- snow anchors
- navigation
- avalanche transceiver use & terrain evaluation
- snow shelters
- introduction to multi-pitch climbing

The course consists of three theory nights in Auckland and weekends away at our club hut on Mt Ruapehu. You will need to attend all the theory nights & weekends to have completed the course.

A high level of fitness is required. The club hut is a two hour walk from the car park and you will be carrying a full pack. Expect to be outside a lot in a variety of weather conditions. You need to provide your own suitable clothing and climbing equipment including ice axe, harness and helmet (some items available for hire). See the separate Gear List for a full list and advice. The club will provide group gear such as avalanche transceivers, ropes, group emergency shelter, snow anchors & group first aid kits.

In certain circumstances a weekend may be cancelled (eg extreme weather, high avalanche hazard) in which case we will re-schedule the weekend if possible.

The instructors are all club volunteers who are experienced in the mountains but may or may not hold recognised instructor qualifications. They have been briefed on safety issues and the latest technique but as fellow club members you will be expected to learn to make your own decisions under the instructor's guidance. Our instructor to student ratio is 1:3.

The course includes transport and accommodation to and from the mountain. We meet in Auckland on Friday after work and travel together to the mountain returning on Sunday night.

DATES

Theory 1: 7pm Wed 14th July
Courtyard Room, St Lukes Church,
130 Remuera Road, Remuera

Weekend 1: 1-2 August

Theory 2: 7pm Tues 24th Aug
Courtyard Room, St Lukes Church,
130 Remuera Road, Remuera

Weekend 2: 29-30 August

Theory 3: 7pm Tues 22nd September
Venue TBA

Weekend 3: 26-27 September

**If you have any queries,
don't hesitate to call me on
029 238 6230 or email:
instruction@aucklandclimber.co.nz**

HOW TO REGISTER

Fill out the form on the next page, click the 'Submit Form' button or print & mail it in and arrange payment of the non-refundable deposit which is \$100. Places are limited and we work on a first in, first serve basis. The total course fee is \$750 and needs to be paid in full by 30 June 2010 or your place may be given away. After 30 June 2010 there are no refunds. The course is only open to NZAC club members so you will need to join before the commencement of the course to qualify.

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 10" 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:
Chris Munro
24 Sequoia Place
Sunnynook, Auckland
Make Cheques payable to 'NZAC - Auckland Section'

Arrange your membership with head office:
Go to www.alpineclub.org.nz or phone them on 03 377 7595.

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 2 ice climbing

Any other experience: _____

Fitness: (Tick one box)

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 Trans-alpine trip Winter North Island climbing
 South Island mountaineering peaks Technical alpine climbing Other: _____

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

Signature: _____

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 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 \$100 (please tick)