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## Ski Mountain Surgery - The Ski Doctors Are In!

### Is It For Me?

For one special weekend this winter we are bringing together some of the best talent in the UK. This event gives you access to a collection of experience and skills that are second to none.

Take a look at the clinic options, be brave, and plan for fun! Why not choose something that will move your skills on a stage, or maybe get help with an area that you feel you should know more about? When you book the weekend you will choose first and second options for both days. This will help us to put groupings together prior to your arrival. For the benefit of everyone, and to allow us to react to conditions, we will finalise the programme on arrival.

The clinic descriptions will let you know the level of experience and skill you should have to make the most of the day.

Please read on and remember that you will be returning the following to us:

- Your Equipment List
- Your Clinic Choices
- Your Booking Form

### Clinic Descriptions

#### Alpine ski skills for the Backcountry

These clinics will be based on and off-piste using the Cairngorm ski area. You will be led through a series of exercises and activities that are designed to help you perform in a variety of snow and terrain. Your coach will be able to answer all your technical queries and offer you individualised coaching. It will use the ski area and therefore you will need to buy a ticket if you do not already have a pass.

#### Pre-Requirements

Level 1 – This would be suitable if you can happily ski blue runs & may be relatively new to off piste.

Level 2 – This would be suitable if you can ski red / black runs and have skied off piste before

#### Avalanche Awareness

An information loaded day, and an opportunity to get answers to that black art! This clinic may well begin indoors, but will plan to also go to the snow. It will be based around a pragmatic approach to keeping yourself safe whilst touring; knowing what dangers to expect on a given tour and how to avoid them.

#### Pre-Requirements

The ability to ski tour on simple terrain. The ability to ski blue / red runs in control.



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### **Introduction to Touring**

This clinic will be ideal for the novice who wants a fun day being introduced to the sport. It may start at the Lodge if it seems that it would be advantageous to become familiar with the kit, your instructor will chat with you first! Then take advantage of conditions to explore a short tour.

#### **Pre-Requirements**

The ability to ski blue runs in control. No touring experience is necessary for this option.

### **Playing with the Steeps – Level 1**

This team will move on and off piste as appropriate with the intention of covering a variety of topics. This will include the basics of how to cope with steep terrain on ski.

Everything from:

- How to recognise and avoid it
- Falling with style
- Dealing with short drops
- The basics of steep ski technique
- Being on a rope

Please note that this clinic may take advantage of the ski area and the cost of a pass would therefore be additional.

#### **Pre-Requirements**

The ability to ski red runs in control with a reliable parallel turn.

### **Skiing the Steeps – Level 2**

This clinic would dovetail well with Level 1. It will take the skills learnt, develop them further and aim to ski some steeper slopes. The coach will make a careful choice of slopes skied such that there will be a choice of level of challenge undertaken. This recognising that the group may well be composed of varying ability and confidence levels. Steep skiing can be a serious undertaking, and we hope to have some serious fun!

#### **Pre-Requirements**

Ideally to attend Steeps 1.

If not, you should be very confident on Black runs. The ability to be in control, being paramount.

### **Alpine Tour Planning & Navigation**

The first part of the day will be based indoors focusing on how to make your trip a success. The Navigation element may well begin indoors but would plan to undertake a simple tour on skis.

#### **Pre-Requirements**

The ability to ski tour on simple terrain. The ability to ski blue / red runs in control.

### **Glacial Travel**

The clinic will focus on a couple of the essential skills. This will prove informative whether you are considering joining a guided trip or going it alone. It will be focused around roped skiing and crevasse rescue.

#### **Pre-Requirements**

The ability to ski tour on simple terrain. The ability to ski blue / red runs in control.



### What will I need?

Glenmore Lodge has a large, comprehensive store of up-to-date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity. If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course.

### What we can supply?

- ✓ Basic waterproof jackets and trousers
- ✓ Plastic Boots
- ✓ Gaiters
- ✓ Crampons
- ✓ Ice Axes
- ✓ Helmets
- ✓ Day Sac
- ✓ Any technical equipment if applicable such as ropes

### For Ski Mountaineering courses

- ✓ Skis with touring bindings
- ✓ Skins and harshiesen
- ✓ Boots
- ✓ Poles
- ✓ Transceiver
- ✓ All winter mountaineering gear as above.

### What will you need to bring?

**Listed here are the essentials; this is not an exhaustive list.**

- ✓ Thermals or suitable under clothing
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof over-trousers or salopettes
- ✓ Hat & balaclava plus spare
- ✓ Mitts & gloves
- ✓ Ski goggles (should have double lens to avoid misting up)
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended
- ✓ Maps and waterproof map case. 1:50,000 map of the Cairngorms
- ✓ Headtorch
- ✓ Rucksack liner
- ✓ Vacuum Flask & Water Bottle
- ✓ Box or bag for packed lunch.
- ✓ Survival Bag - Plastic type
- ✓ Personal toiletries, medications & personal first aid kit (towels are provided)
- ✓ Suncream
- ✓ We have a small pool, sauna, gym & climbing wall - so any relevant kit (including spare towel)





## Use of Helmets on Glenmore Lodge Ski Courses

Whilst it is clear that the use of ski helmets does reduce injury in the event of certain accidents, it is not our policy to demand their routine use on our courses. Our courses cover a broad range of skiing activities: piste; off-piste; touring and mountaineering. Within each branch of these sports the current norm for helmet use varies and therefore we would generally leave this decision up to the individual client. Where we feel it appropriate, such as on steep ski clinics, helmets may be mandatory, in which case we will provide them.

Currently on our touring courses, the majority do not wear ski helmets, however some folk choose to. There is a trend towards more people wearing helmets for snowsports, and they are available to hire or buy in all of the valley bases we use.

More detailed information is available from:

[http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/\\$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf](http://www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwAssets/C5674B101FF45387C12576E4003C2E1E/$file/Policy%20briefing%2010%20Snow%20sports%20helmets.pdf)

### Remember the price is all inclusive

We want our customers to easily know what their course will cost, up front and in the open. Accommodation on the night before and the nights during your course, pick up from the train station (Friday and Sunday evenings only), breakfast, lunch, cake break and dinner are all included. All transportation on the course, centre facilities & any equipment borrowed are all part of the package.

**PLEASE RETURN THE FORMS BELOW**



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**SKI MOUNTAIN SURGERY  
 YOUR CLINIC CHOICES – PLEASE RETURN THIS FORM**

NAME \_\_\_\_\_

SATURDAY		
	FIRST CHOICE	SECOND CHOICE
Alpine ski skills for the Backcountry – Level 1		
Alpine ski skills for the Backcountry – Level 2		
Avalanche Awareness		
Introduction to Touring		
Playing with the Steeps – Level 1		
Alpine Tour Planning & Navigation		

SUNDAY		
	FIRST CHOICE	SECOND CHOICE
Alpine ski skills for the Backcountry – Level 1		
Alpine ski skills for the Backcountry – Level 2		
Avalanche Awareness		
Introduction to Touring		
Skiing the Steeps – Level 2		
Glacial Travel		





PLEASE COMPLETE & RETURN THIS FORM TO US A.S.A.P

SKI MOUNTAIN SURGERY EQUIPMENT LIST			
Name:			
Height:	Weight:	Shoe Size:	
PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE			
Item	Size	Please Tick if rq'd	Please Tick if bringing own
Alpine Ski Mountaineering Skis; with skins & harschiesen	Length:		
Alpine Ski Mountaineering Boots	Size:		
Rucksack	30-40L		
Ice Axe	45/50cm		
Crampons (to fit your ski mountaineering boots)			
Harness with adjustable leg loops (Please indicate size)	Waist size: S M L XL		
Ski Poles	Length:		
Avalanche Transceiver 457 KHZ			
Snow Shovel			
Probe	min. 2.5m		

