



A Objectives

- Knowing your equipment
- Understanding the avalanche forecast
- Understanding how to wear and how to use your transceiver
- Being aware of the most dangerous winter hazards (avalanches, cold, weather hazards, cornices, disorientation, drops...)
- An introduction to 3 x 3
- Understanding of the typical avalanche problems and knowing how to answer "What is the most likely major danger today?"
- Understanding the general measures of risk reduction
- Knowing how to perform a basic rescue

B Qualifications

No qualification required

C Materials required

- Warm clothes
- Complete set of your snow sports' equipment
- Backpack (eventually an Airbag backpack)
- Transceiver (DVA w 3 antennas and a marking function) probe and a shovel
- Pen and Paper
- A small snack and hot drink

D Initial Evaluation

The aim of this short questionnaire (giving written or oral responses) is to help you to get into the learning process of this module. It is personal questionnaire and is used to assess your basic knowledge. During training, you will gain a deeper understanding of these questions.

Be assured that by the end of the module you will be able to answer this review easily

1. Who are you, and what are your expectations?
2. What safety equipment do you use for a winter outing?
3. What do you currently know about the dangers of an avalanche?
4. What are the dangers you can expose yourself off piste?
5. What do you do in the case of an avalanche accident?

E Certification

At the end of the first training module you will receive a certification in the form of a credit card.

This training certification is current and available online at www.swissmountaintraining.ch

Important: Mountain activities can expose you to risks and danger. We recommend you take accident insurance including mountain rescue.

This training programme conforms to the quality and safety standards of the Swiss mountain guides. This certification is a first step in your training curriculum and an invitation for you to continue learning and to perfect your skills.

We hope you enjoyed the course and found it enlightening. Don't stop here, sign up for our next module. Find out more at www.whiterisk.ch explore the Bases section.

We thank you for attending and hope you have some magical, accident-free, moments in the mountains.

