



Safety and Avalanche Course Bernese Alps

Course Description

On this intense safety and avalanche assessment course you will learn the fundamentals of travelling in avalanche terrain and to ride untouched powder slopes safely. Focus will be on risk management, first aid, decision making and route planning. While some of the lessons will be indoors most of the time we will spent in the mountains. While you increase your knowledge about avalanche awareness and master essential rescue techniques you will get more and more responsibilities in the daily route planning procedures.

It is essential for this course that participants are already comfortable off piste skiers or snowboarders.

Features

- Duration 10 days
- Minimum Age 16
- Group size 4-10 Participants/2-4 Instructors
- Tuition 4.990 CHF
- Accommodation Double rooms, mountain huts
- Elevation range 1000 – 4500 m

Overview

The course encompasses a wide range of skills to safely enjoy unique back country of the Swiss Alps on skis or snowboard. The skills you will learn range from first aid, to avalanche awareness, to avalanche rescue, to route planning, to back country skiing and free riding.

The exact locations can vary due to weather conditions and/or avalanche danger but will be located in the Bernese Alps.

The first part of the course includes a CPR course. So you will take your first steps into the back country on day trips, while learning the necessary first aid in the evenings. During the second part you will travel through the back country and learn while you go from your guides. The third part of the course will be a three day trip to the back country organised by you, applying all the skills you learned previously. This gives you the chance to fulfil your dreams..

While in the back country you will be based in self-catering and/or catered mountain huts, which might be shared with other people.

Learning Goals

OLCS courses not only teach technical climbing skills but also teach leadership skills in challenging outdoor environments. Our students have the chance to apply these skills and



hence have the chance for a positive transformational experience. In consequence our students take ownership of their own learning process.

At OCLS we design courses so that students are able to assume leadership roles, learn to make thoughtful decisions and manage risks, respect other team members, develop confidence, communicate effectively and appreciate simple living in the outdoors.

Weather and other Challenges

The Alps are known for extreme weather conditions, especially in winter. Students should expect anything from cold and sunny days, to consistent snowfall, to winter storms and very cold spells. Weather changes can occur in a matter of minutes or can last for several days. There may be times when you are cold and wet, but you will learn to adapt and manage these situations. To help you keep warm and comfortable make sure you bring the appropriate gear from our equipment list.

Terrain

During this course you will be travelling in a mountainous area characterized by steep slopes and rocky terrain. The approach to a rock cliff can be exclusively off-trail, demanding constant attention. Loose rock can be a hazard, adding to the challenge of climbing and hiking. Furthermore we will be travelling on glaciated terrain, using crampons and ice axes, or even exposed ridges and peaks.