



## GZBA Young Persons Backcountry Awareness Course Grimentz/Zinal

2018/2019

### Course detail:

The course is aimed at teenagers who are already confident piste skiers and want to start skiing off piste. It blends sessions on improving ski technique: learning to effectively handle a variety of snow conditions and terrain with awareness of the risks skiers encounter in the backcountry; recognizing hazards and learning how to avoid and minimize the risks.

The course revolves around the participants constantly being asked if a slope is safe to ski “what MUST they consider from start to finish of a day in the backcountry?”

In detail the programme will look at 5 main areas:

- Ski Technique
- Weather
- Snow pack
- Search and Rescue
- How to manage a descent

### Equipment:

All participants need to bring “normal ski equipment” remember it can be very cold in late December. A sandwich for lunch and some money for a hot drink from one of the self-service restaurants on the hill. GZBA will supply ALL avalanche safety equipment including airbag pack, transceiver, shovel and probe.

### Meeting and finishing points:

The meeting point is in front of the lift pass office in Grimentz at 9am. We will finish at the Hotel Alpina in Grimentz at 4pm.

**Cost:** Minimum 4 persons: chf150 pp  
Maximum 6 persons: chf 100 pp

*This is an example outline programme. We can, of course, tailor it to your particular needs.*

**Contact Us To Book**