

NZAC INSTRUCTION PROGRAMME

INTRO TO BACKCOUNTRY SKIING

25th – 28th August / 1st – 4th September 2022



Photo: Petrouchka Steiner – Grierson



NEW ZEALAND
ALPINE CLUB

LOCATION: MT CHEESEMAN SKI FIELD / CRAIGIEBURN RANGE

ACCOMODATION: MT CHEESEMAN – SNOWLINE LODGE

COURSE FEES: \$1,390 (INC GUIDING, ACCOMODATION AND CATERING)

Who is this course for?

The NZAC Intro to Backcountry Skiing Course (IBSC) is a four-day course designed for strong intermediate (or better) skiers with excellent aerobic fitness wanting to get a good grounding in ski touring so they can go experience the winter backcountry by themselves!

This is not a 'learn to ski' course. Please be aware the Cheeseman and Canterbury terrain is much more challenging than the Pisa Range so **ensure you meet the minimum requirements.**

Telemarkers and split boarders are also welcome but must be of a high skill/experience level. Boarders must also have ski crampons as part of their touring setup just like the skiers. When you submit your registration, provide as much detail of your experience as possible, and we will run it past the instructor before confirming your spot.



Photo: Anna Keeling

[**CLICK HERE TO REGISTER ONLINE**](#)

At a minimum, those wishing to register for the IBSC must be capable of:

- Confidently skiing ALL the ‘black diamond’ runs on your local ski field in ALL conditions.
- Comfortably skiing steep ungroomed slopes on a ski field.
- Making turns in crusty or heavy snow on steep ground.
- Slide-slip confidently to get down a slope too steep or rocky to turn on.
- Being fit enough to ski hard for three days in a row. The group will be looking for 600-1000m of ascent each day.

Course Syllabus:

- Equipment- what to carry and why. How to look after your gear.
- Trip planning and preparation - including use of the NZ Avalanche Advisory, weather forecasts and checklists.
- Skins- getting them on and off quick smart without holding too many people up.
- Skinning- good technique – how to lay a good, safe track that others will enjoy.
- Mountain travel - terrain analysis and choosing a safe route.
- Reading the snow- finding the goods and tests for analysing snow stability.
- Navigation- map and compass, altimeter, basic GPS. Navigating in a white out.
- Weather – general and specific to the Canterbury high country
- Avalanches - Signs of instability and how to avoid avalanches.
- Companion rescue: Avalanche Transceivers, probing and shovelling.

Instruction

The course will be run in a minimum 1:4 Guide to participant ratio, headed by a fully qualified and experienced IFMGA Guide. All participants must agree to follow the Guide's instructions and directions. 4 participants maximum per group. The course has a maximum capacity of 8 participants.

Course Fees

The course fees include instruction, accommodation, food and one-ride lift passes. The course fees are \$1,390. Payment of a \$695 **non-refundable deposit** on acceptance secures you a place on the course. The remaining \$695 is due by 1st June 2022.

No refunds will be available should you cancel within 60 days of the course start. Any refunds are not guaranteed and are at the discretion of the NZAC National Office and may depend on whether a replacement can be found.

No refunds are due for courses voluntarily reduced in length. If weather and/or conditions require the course objectives/itinerary to be modified no refund is due. Some course costs may be returned if they have not been incurred.

No refunds are due for leaving the trip for medical or fitness reasons. Exceptional circumstances may be considered and are at the discretion of the NZAC.

Insurance

We recommend you take out travel insurance and/or personal insurance as part of your preparation for participating on NZAC Instruction courses.

Emergency Situations and Risk Disclosure

The Course Instructor will have Emergency Management Procedures in place and a Satellite phone to immediately contact rescue services in the case of an accident or emergency. It is encouraged to take your own personal locator beacon if you own one.

The natural environment and climbing activities can involve risks. While recognising that the course organisers and instructors are doing their best to manage these risks, and

agreeing to accept their direction whenever required, you must accept personal responsibility for your own actions and safety. You must also accept to follow the instructions of the Course Leader and other instructors at all times.

All participants on the Course are expected to be as honest and transparent as possible about their experience and fitness as part of their application. If a participant's lack of fitness/ability severely affects the running of the course the participant(s) may be asked to not participate for certain activities. Arrangements may be made to evacuate the participant(s) at their own cost. The instructor is the final arbiter in these decisions.

Schedule

Course Day 1:

Meet at Mt Cheeseman Ski Field Day Lodge, **dressed read to ski at 9am**. Please only bring you ski equipment up to the Day Lodge in the morning. It will not be possible to check into the Snowline Lodge until 5pm. A final gear check and brief for the course will be carried out. Following this enjoy some great skiing whilst learning the foundations of ski touring before returning for an overnight at the Mt Cheeseman Ski Field's on-field Snowline Lodge.

Course Day 2/3:

Putting your new skills to the test, enjoy a full day of backcountry skiing from Mt Cheeseman. Along the way you'll refine and learn new skills whilst seeking out the best snow before descending back into the Mt Cheeseman Ski Field where you will spend the night at the Snowline Lodge.

Course Day 4:

From Mt Cheeseman Ski Field, you'll take a one lift-ride to access the great backcountry and enjoy a final day of ski touring exploring valleys towards either Broken River or the Mt Olympus Ski Area's. After a final descent back down, you'll head back to the Snowline Lodge for a debrief and course summary. Dependent on plans for the final day it may be necessary to position vehicles at either Broken River Ski Field or Craigieburn Ski Field for transport back to Mt Cheeseman.

GENERAL INFORMATION

Accommodation:

Accommodation is in the Mount Cheeseman Snowline Lodge, bunk dorm accommodation. This is a comfortable lodge with communal areas for socialising. You may wish to bring some slippers for you inside the lodge. Please note, guests are expected to assist with a duty each day which may include meal preparation, dishes and helping with some of the Lodge cleaning. <https://www.mtcheeseman.co.nz/wp-content/uploads/2015/04/I2-Snowline-Winter-Holiday-Information.pdf>

Food:

Food is included in the course fees. Please advise of dietary requirements in your application form. There is plenty of good food! Breakfast and dinner is cooked for you. You will make your own lunch from the lodge supplies to take out onto the hill. There is a limited selection of snacks you can buy from the canteen, it is recommended you bring your own **Please ensure you bring lunch for the first day and arrive having eaten breakfast**

Getting there

Mt Cheeseman is approximately one and a half hours drive from Christchurch. Prior to the course start date you will be put in touch with the other course participant if you wish to arrange car sharing. **All vehicles must carry snow chains. Drivers must know how to fit these.**

Covid-19

The NZAC is committed to provide a safe environment for all course participants, instructors, and the wider climbing community. To ensure this we will be following government guidance on what is deemed to be best practice regarding Covid-19. Participants are asked to not attend courses if they are unwell or are awaiting the results of a Covid-19 test. Please ensure you bring a face covering to the course, this may be required when flying or at times when physical distancing may not be possible. The use of face coverings will be in alignment with Ministry of Health guidance.

Courses will go ahead at all traffic light stages. If the course is cancelled due to an increase of covid cases or due to lockdown, in the first instance we will reschedule the course. If this is not possible then course participants will be refunded or given the choice of keeping payment in credit. Refunds will also be given if your local region is placed under lockdown, and you are therefore unable to travel.

The NZAC reserves the right to implement changes to the course in order to comply with any specific government regulations. The NZAC's interpretation of the government regulations will be final.

Gear list:

Overleaf you will find a full list of the equipment you will need. **Gear needs to be modern, not outdated, and not borrowed. You must be very familiar with your gear; gear that is borrowed or hired you are most likely not familiar with, unless you have used it multiple times prior. Ski crampons are mandatory as well as modern bindings with brakes and well fitted skins.**

Item	Specification	#
Skis	With touring or telemark bindings, and proper brakes. 95mm waist + is recommended	1 pair
Ski Boots	Touring specific boots are preferable. Comfortable downhill boots work but are not ideal	1 pair
Poles	Ideally adjustable however fixed length are fine	1 pair
Ski skins	Must have adequate glue and are cut to fit the ski. Ski edges must be exposed when fitted (2/3mm).	1 pair
Avo kit	Modern transceiver with fresh batteries, probe & shovel	1
Head torch	Plus spare batteries	1
Ski crampons	Mandatory , fit well to ski bindings and Skis	1 pair
Sunglasses	AS/NZS cat 3-4 preferred	1 pair
Ski Goggles		1 pair
Sun protection	Sunscreen & lip balm	1
Large Pack	60-70L for getting your stuff to Mt Cheeseman	1
Day pack	35-50L for daily skiing	1
Sleeping Bag	For use at Snowline Lodge. (it can still get very cold overnight)	1
Pillow Case	For use at Snowline Lodge	
Helmet	Ski or rock climbing helmet (Black diamond vapour or vector or Petzl Sirocco recommended)	1
Water bottle	1.5L minimum	1
Personal toiletries		1
Personal 1 st Aid Kit	Guide will carry a group 1 st Aid Kit. Bring only personal items.	1

Item	Specification	#
Insulated Jacket	Down/synthetic (useful for lunch stops)	1
Shell jacket	GoreTex or equivalent	1
Overtrowsers	GoreTex or equivalent	1 pair
Hat or Balaclava	Warm	1
Sunhat		1
Thermal tops	Polypro or merino	2
Thermal leggings	Polypro or merino	2
Gloves insulated waterproof	wrist retainers & removable inners best	1 pair
Gloves lightweight	Leather gardening gloves work	1 pair
Socks	Skiing or high cut tramping	2 pairs
Jacket or Jersey	Warm midnight wool or fleece.	1 pair

Optional extra items:

Item	Specification	#
Compass		1
Altimeter		1
GPS		1

Questions can be directed to: Francis Charlesworth
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