

NZAC INSTRUCTION PROGRAMME

WOMEN'S BACKCOUNTRY SKI SKILLS

9th – 11th September 2022



Photo: Petrouchka Steiner – Grierson



NEW ZEALAND
ALPINE CLUB

LOCATION: MT CHEESEMAN SKI FIELD / CRAIGIEBURN RANGE

ACCOMODATION: MT CHEESEMAN – SNOWLINE LODGE

COURSE FEES: \$1,090 (INC GUIDING, ACCOMODATION, LIFT PASS AND CATERING)

Who is this course for?

The NZAC Women’s Backcountry Ski Skills Course (WBSSC) is a three-day course designed for strong intermediate (or better) female skiers or split boarders with excellent aerobic fitness, who are looking for a good grounding in back country touring. The goal being to learn the skills to go and experience the winter backcountry by themselves! This course is a great opportunity to meet other women who have a passion for the mountains. Throughout the week the focus will be on learning new skills whilst exploring a variety of terrain.

This is not a ‘learn to ski’ course although the guides will coach you on some ski techniques. 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 WBSSC 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.
- Confidently performing kickturns on steep ground to get out of trouble if needed. The guides can show you some tricks to master kick turning and side-slipping.
- 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.
- 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

This course is lead by NZMGA Ski Guide Anna Loomes :

As a farm kid in South Canterbury, Anna was introduced to the joys of bush bashing and back country huts at an early age. This soon developed into a passion for skiing and snowboarding and through this, a love for the alpine environment and the beauty and challenges to be found there.

Anna is a fully qualified ski guide and snow safety professional. Her experience of working in the mountains started as a teenager volunteering at the wild and wonderful Temple Basin and an introduction to guiding on the even wetter Fox Glacier. Since then, she has patrolled at the Club Fields, on Mt Ruapehu and the Remarkables. Progressing into the guiding world, she has spent recent seasons heliskiing in Methven and Aoraki and ski touring on NZ's glaciers, in the Southern Lakes and in Japan. She is especially keen on helping others to gain the skills and knowledge required to enjoy the mountains safely, having instructed alpine skills courses in both summer and winter, recreational avalanche skills courses in NZ and Japan and working as a Forecaster for the NZ Avalanche Advisory.

Anna also enjoys sunny days rock climbing, carrying her skis through thick alpine scrub, trying new things in the outdoors (a recent interest in water sports!) or hiding away with a strong coffee and a good book.

The course will be run in a minimum 1:4 Guide to participant ratio, headed by fully qualified and experienced NZMGA Ski Guide Anna Loomes. All participants must agree to follow the Guide's instructions and directions. 4 participants maximum per group. The course has a capacity of 12 participants.

Course Fees

The course fees include instruction, accommodation, food, and one-ride lift passes. The course fees are \$1,090. Payment of a \$545 **non-refundable deposit** on acceptance secures you a place on the course. The remaining \$545 is due by 1st July 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/skiing 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.

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.

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. You will need to leave your car at the lower carpark. The upper carpark is from drop off only. 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:

Putting your new skills to the test, enjoy a full day 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. You will spend the night at the Snowline Lodge.

Course Day 3:

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. After a final descent, 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.

Accommodation:

Accommodation is in the Mount Cheeseman Snowline Lodge, bunk dorm accommodation. This is a comfortable lodge with communal areas for socialising. You must bring with you some indoor shoes with a hard sole. This is a requirement of Mt

Cheeseman Ski Field. 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 participants if you wish to arrange car sharing.

Gear list:

Overleaf you will find a full list of the equipment you will need. **Gear needs to be modern and not outdated. You must be very familiar with your gear and preferably have tied it out at a ski field prior to the course. Hired or borrowed gear is fine as long as you have practiced with it ahead of the course. Ski crampons are mandatory as well as modern bindings with brakes and well fitted skins.**

NZAC – Women’s Backcountry Ski Skills Course

| 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 (No F1 focus transceivers or transceivers over 7 years old) | 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 Snowline Lodge | 1 |
| Day pack | 35-45L 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 | With 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 midweight wool or fleece. | 1 pair |
| Face Covering | Suitable to be worn should government advice recommend. (buff) | 1 |

Optional extra items:

| Item | Specification | # |
|-----------|---------------|---|
| Compass | | 1 |
| Altimeter | | 1 |
| GPS | | 1 |

Questions can be directed to: Francis Charlesworth
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