

Glacier Mountaineering Basic Course Program (3 days)

1) Traveling on snow-covered glaciers (3 hours)

- **Rope Shortening Techniques** for team movement.
 - **Middle Climber Attachment Methods** (various configurations).
 - **Snow Bridge Crossing Techniques:**
 - Different crossing strategies in group (on way up, on way down)
 - Crossing snow bridges over wide crevasses ("telepherique technique").
 - **Glacier Science:** Formation and mechanics of crevasses.
 - **Route Planning:** Glacier navigation, path selection, movement tactics, navigation.
- Necessary equipment for Hochtour.
- **Risk Assessment:** glacier hazards, weather, terrain. Hypothermia, acclimatization, rescue protocol in different conditions.

2) Self-Rescue from a Crevasse (3,5 hours)

- **Ascending a Rope** using friction knots (e.g., Prusik, Klemheist), with cordelettes and slings. (1 hour)
- **Ascending a Rope** with friction knots + Garda hitch, or using a belay device in "autoblock" mode. (1 hour)
- **Mechanical Ascenders** (e.g., T-block, Micro Traction, etc.). (0,5 hour)
- **Passing a Knot** while ascending. (0,5 hour)
- **Exiting Over a Cornice** during ascent. (0,5 hour)

3) Team Crevasse Rescue (3+ Climbers) (6 hours)

- **Pulley Systems:** 2:1 and 6:1 mechanical advantage setups. (1 hour)
 - **Group Response Protocol** for a fallen climber. (1 hour)
 - **Practical Training:** 3-person team rescue scenarios.
- Demonstration (1 hour)
- Practice (3 hours)

5) Ice Climbing Basic Techniques (Glacier Ice) (3 hours)

- **Anchors and Stations:** Ice screws, Abalakov threads (V-threads), ice bollards. (1 hours)
- **Movement on Ice:**
 - Techniques for varying angles (flat to 15°, 15–30°, 30–60°): ascending, descending, traversing. (2 hours)

6) Snow Travel Basic Techniques (5,5 hours)

- **Ice Axe Techniques** on snow slopes. (0,5 hour)
- **Self-Arrest on snow slopes:** (3 hours)
 - Face down/feet first.
 - Face up/feet first.
 - Face down/headfirst.
 - Face up/headfirst.
- **Snow Anchors:** Construction in varied conditions (firm vs. soft snow, ice axe vertical and horizontal, "Deadman", bucket seat, etc). (2 hours)

Requirements for the venue: crevasses, snow slopes, ice slopes (low angle), training stand (for the self rescue)

Requirements for participants: basic knots (figure eight, Clove hitch, Prusik, Klemheist, Autoblock), working with tube-style belay devices (ATC, Reverso, e.g)