

Day 0

- 1) Approach to the hut
- 2) Conversation with participants about the goals of the course, their own experiences, and their plans for the mountains.
- 2) Risk Assessment: glacier hazards, weather, terrain
- 3) Glacier Science: Formation and mechanics of crevasses.
- 4) Route Planning: Glacier navigation, path selection, movement tactics, navigation.

Day 1

- 1) Rope Shortening Techniques for team movement.
- 2) Middle Climber Attachment Methods (various configurations).
- 3) Snow Bridge Crossing Techniques:
 - Different crossing strategies in group (on way up, on way down)
 - Crossing snow bridges over wide crevasses ("telepherique technique").
- 4) Anchors and Stations on Ice: Ice screws, Abalakov threads (V-threads), ice bollards.
- 5) Movement on Ice: Techniques for varying angles (flat to 15°, 15–30°, 30–60°): ascending, descending, traversing.
- 6) Top-Rope Climbing (one ice axe, two ice axes, modern ice tools).
- 7) Lead Climbing with placed protection.
- 8) Multi-Pitch Descents: Techniques for group of two, additional for group with >2 climbers.
- 9) Ice Axe Techniques on snow slopes.
- 10) Self-Arrest on snow slopes:
 - Face down/feet first.
 - Face up/feet first.
 - Face down/headfirst.
 - Face up/headfirst.

Day 2

Self-Rescue from a Crevasse

- 1) Ascending a Rope using friction knots (e.g., Prusik, Klemheist), with cordelettes and slings.
- 2) Ascending a Rope with friction knots + Garda hitch, or using a belay device in "autoblock" mode.
- 3) Mechanical Ascenders (e.g., T-block, Micro Traction, etc.).
- 4) Passing a Knot while ascending.
- 5) Exiting Over a Cornice during ascent.
- 6) Pulley Systems: 2:1 and 6:1 mechanical advantage setups.
- 7) Pulley Systems: 3:1, 5:1, and 7:1 configurations.
- 8) Pulley Systems: different auto-blocking systems

9) Route Planning: Glacier navigation, path selection, movement tactics, navigation.

Day 3

Team Crevasse Rescue (3+ Climbers)

- 1) Group Response Protocol for a fallen climber.
- 2) Practical Training: 3-person team rescue scenarios.

Day 4

Crevasse Rescue in group of two:

- 1) Response Protocol for a two-person team.
- 2) Practical Training: 2-person team rescue drills.
- 3) Approach to the parking