

Winter Mountaineering and Climbing Instructor

The programme is provisional, conditions and trainee needs may necessitate some changes.
Days will be switched if weather or hill conditions dictate.

DAY	DAYTIME	EARLY EVENING	LATE EVENING
1	<p style="text-align: center;">Introduction Course Programme DLog</p> <p style="text-align: center;">SNOWCRAFT <u>Local</u></p> <p style="text-align: center;">Avalanche BAA plan for day and journey observations: Surface stability observations only. Identifying scale of spatial variation.</p> <p style="text-align: center;">Snowcraft Skills Difference between WML and WMCI</p> <p style="text-align: center;">Winter Snow Belays Bucket seat; buried axe; climbing tools; bollard; stomper Rope work & belaying progressions from WML to climbing</p> <p style="text-align: center;">Review of the day</p>	<p style="text-align: center;">SHORT ROPING PREP</p> <p>Short roping Diff between MCI & WMCI Pros and Cons</p> <p>Setting up of the rope Approach aprons or scrambling/mixed Rope systems Distance between student & instructor Locked off coils v use of knot/hitch</p>	<p>BAA Avalanche Lecture</p>
2	<p style="text-align: center;">MOUNTAINEERING <u>Local</u></p> <p style="text-align: center;">Avalanche BAA plan for day and journey observations: Stability assessment theory, Strength, Energy, Structure.</p> <p style="text-align: center;">Short Roping Application of techniques covered on evening session Short roping at 1:1, then 1:2. Up, down & across slopes Moving over small steps Holding slips; Lowers Emphasis on maintaining a good 'pace' Changeover from short roping to short pitching</p> <p style="text-align: center;">Short Pitching Pitching up & then descending straight forward steep ground using single rope with two students Emphasis on efficiency and safety Using variety of appropriate anchor types Stance management and organisation Transition at base of climb</p> <p style="text-align: center;">Review of the day</p>	<p>WMCI Avalanche Lecture</p>	

3	<p style="text-align: center;">CLIMBING - IN SERIES <u>Local</u></p> <p style="text-align: center;">Avalanche BAA plan. Journey observations, human factors management tools.</p> <p style="text-align: center;">Teaching Climbing Client care and approaching the route options Transitioning from approach to climbing In series pros and cons. Teaching progressions Stance organisation. Location, preparation. Rope management. Rope system changeovers and options e.g. Series to Parallel Abseiling</p> <p style="text-align: center;">Review of the day</p>	<p style="text-align: center;"><u>Coaching Winter Climbing Tutorial</u></p> <ul style="list-style-type: none"> - Profiling a winter climber: TTPP topics - Meeting the needs of the clients - Managing Leading 	<p style="text-align: center;"><u>Self-Programmed</u></p> <ul style="list-style-type: none"> - Create example lesson plans for Friday
4	<p style="text-align: center;">PERSONAL/GUIDED CLIMBING – IN PARALELL <u>Lochaber area or North West</u></p> <p style="text-align: center;">Avalanche BAA plan. Journey observations, human factors management tools.</p> <p style="text-align: center;">Approach: as appropriate? When do we do what? Crampon technique - flat; front point; hybrid Use of axe from walking to simple climbing</p> <p style="text-align: center;">Changeover from short roping to climbing at 1st stance. Personal movement on ice Stance organisation. Location, preparation. Ice screw placements and belays. Rope management and belay options. Rope system changeovers and options e.g. Parallel to one rope.</p> <p style="text-align: center;">Descent Emergency descents including multi pitch abseils Bollards and Abolokovs Lowers and other options</p> <p style="text-align: center;">Review of the day</p>	<p style="text-align: center;"><u>Self-Programmed</u></p> <p>Complete self-appraisal forms</p>	
5	<p style="text-align: center;">TEACHING WINTER CLIMBING <u>Local</u></p> <p style="text-align: center;">Teaching climbing skills (1:3) Teaching options:- Teaching progressions and rope system options. Practice for teaching lead climbing in winter conditions. Poor conditions options. Bottom rope sessions for mixed and/or ice.</p> <p style="text-align: center;">‘Between Training and Assessment’ Individual debriefs</p>		