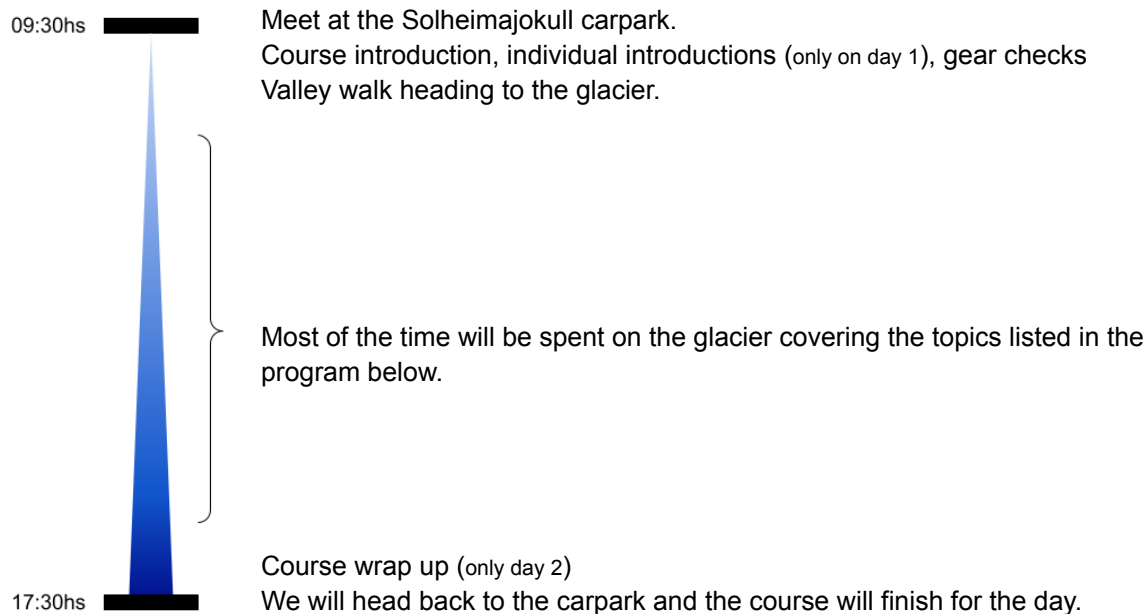




ICE CLIMBING CLINIC Course Program

This is a two full days course.

Participants and instructor will meet at 09:30hs at the Sólheimajökull parking lot. Each participant is responsible for their own transport to attend the course. A list of the course participants will be shared a few days before so you can arrange transportation and maybe share cars. Each day will finish at 17:30 hs.



Be prepared to spend two full days non stop on the glacier.

Some considerations:

- **Toilets:** There are no toilets on the glacier. We don't want to leave any solid waste up there. Plan ahead, little rubbish bags are recommended. Bring back your waste with you.
- **Clothing:** Has to be appropriate for a full day on the glacier (6-8 hours). It is important to stay dry and warm on the glacier so you can focus on the course and learn (puffy jacket, gore-tex jacket and pants...).
- **Lunch:** We will not go inside for lunch, nor will we stop the course for a "picnic". We "eat on the go". Please prepare your lunches for each day. It is important to be well fed, so you can focus on the course.
- Bring a Notebook to write notes during each day. This will be very beneficial especially after the course to go over things and to keep things fresh.

ICE CLIMBING CLINIC TOPICS OUTLINE	
Professionalism, Personal Equipment and Appearance	Guides equipment. Increased preparedness. What should a guide pack. For what scenarios.
Risk Management	Climbing site safety. Assessing seracs and walls. Hazard ID. Overhead hazards.
Top Rope Setup	Redirects and pendulums. Ground anchors. Climbing site management. Rescues. Belay change over. Top rope rescue
Anchors	Different types. Location. Screws vs V-threads.
Personal Safety	Working at height. Soloing. Down climb vs. Abseil. Abseiling off a V-Thread
Instruction and Teaching	Pre-belay bouldering. Front pointing. Ice axe technique. Effective communication. Tying in, safety checks, climbing calls, belaying. Teaching belaying. Backing up the belay. How to lower on top rope scenario. Progression of climbing techniques: Iron Cross, Staggered Axes, Monkey Hang, Flagging.
Lowers	Site selection. Lower setup. Edge safety. Italian Hitch. Lower to raise. Climber management: inverted falls, pendulums. Hot change over and haul.
Ice Climbing Leading	Mock leading practice. Placing ice screws while leading. Theory. Leading on ice philosophy.