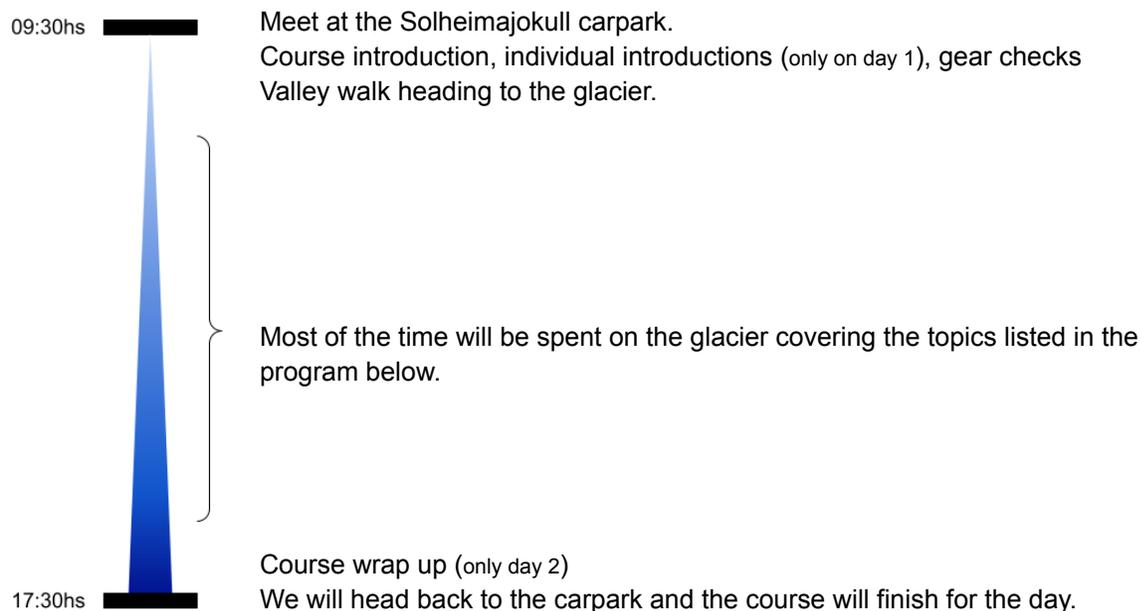




FUNDAMENTAL GLACIER GUIDING SKILLS Course Program

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.

FUNDAMENTAL GLACIER GUIDING TOPICS OUTLINE	
Professionalism, Personal Equipment and Appearance	Guides equipment. Increased preparedness. What should a guide pack. For what scenarios. Group leading.
Cramponing Techniques	Crampon progression: uphill, downhill, narrow spaces, traversing.
Risk Management	Hazard ID Rockfall from valley walls Personal safety
Route Selection/Terrain Analysis	Free guiding mentality. Decision making. Trip Plan. Types of terrain The 'What If' philosophy Fall lines and slide-lines. Contention features Micro route finding and scouting
Heuristic Traps	Terrain familiarity Expert halo Acceptance
Group Management	Group dynamics Group control. Reference points Pace setting
Client Care	Checking on clients
Step Cutting	Different types Cutting steps vs teaching a technique and coach
Hand Lines	Different set-ups Coaching usage
Spotting	Limitations. When to use it. Proper technique. Walking clients one by one
Knots	Refresh common used knots. Usage and limitations.
Anchors	Theory. Demonstrate.
Abseiling and Ascending	Two points of safety. Technique. Confidence.
Crevasse Rescue Introduction	Theory. Drop loop system. Demonstration.

If we have extra time we can do some Ice Climbing!