

8. International Ski Mountaineering Youth Camp

Lienz / Osttirol / Austria

4. - 7.12.2014

Participation open for athletes aged 12 - 20



in cooperation with



Programme

Thursday, 4.12.2014

9:00 - 12:00: arrival of participants

Dolomitenhotel, Dolomitenstrasse 2, 9900 Lienz, Austria

12:00: Lunch

13:00: an easy 200m vertical skimo ascent with mountain guides and instructors with an introduction to ski mountaineering techniques such as putting on/taking off skins, turns, skiing safely off-piste etc.

18:00: Dinner

After dinner: technique and equipment held by RIAP SPORT

Friday 5.12.2014

9:00: technique, theory and practice

12:00 to 13:30: race bib lottery and lunch

15:00: participation in a pre-event ISMF Series Sprint

18:00: Dinner

Afterwards: filmshow at the „Austria Skitourenfestival“

Saturday, 6.12.2014

9:00: skitour together with top Spanish female ski mountaineer and sportswoman, ISMF Ambassador Mireia Miro.

11:00: spectating at the ISMF Series Vertical race

13:00: Lunch

14:00: practical avalanche rescue training held by PIEPS

17:00: theoretical advisory held by experts from PIEPS

18:00: Dinner

After dinner: presentation about training and fun in sports by Mireia Miro

Sunday, 7.12.2014

9:00 easy alpine skitour together with mountain guides.

13:00 Lunch

After lunch: Departure!

Participation

Accommodation with full board in Lienz from 4. - 7.12.2014 at Dolomitenhotel (3 nights - including meals) is EUR 30,-- per participant and EUR 90,-- for adults per person.

One official trainer per nation is free, there is no course participation fee.

Travel, drinks and any extra expenses are the responsibility of the individual.

Participation is open to youngsters from 12 to 20 years old (born 94 to 02)

Participants are required to be able to ski, but not necessarily to have skimo experience.

Documents required: A written consent from a parent/legal guardian; accident insurance and a medical certificate stating the participant is healthy and physically fit.

Regulations / Equipment

The following equipment is required for participation in the event (a list will be posted for daily equipment requirements depending on the programme):

- Ski mountaineering skis (equipped with metallic edges on at least 90 % of their length, and with a minimum width of 60 mm under the foot. The bindings must allow heel movement on ascent and blocked on descent, front and lateral release and a front binding with lock/unlock positions)
- boots must be high enough to cover the ankles, have 2 buckles and a sole to covering 100% with a minimum depth of notches of 4 mm
- a pair of ski poles with non-metallic baskets
- a backpack of adequate size
- a pair of climbing skins
- a working avalanche beacon which conforms to standard frequency 457 KHz
- hat, race suit-hood or headband
- gloves, covering the entire hand
- upper body clothing: three layers, one of them with long sleeves
- lower body clothing: two long pants, one of them a thermal base layer
- Helmet (race helmets complying with EN12492 or cycling helmet)
- regular avalanche shovel of at least 0,04 m² and handle with L- or T- design
- avalanche probe with 2,4 m of length and minimum Ø of 10 mm
- a rescue blanket (aluminium) of at least 1,8 m²
- Clothing has to be adequate for winterly conditions, additionally sunglasses, ski goggles and sunblock is highly recommended

Equipment may be hired for free of charge - please indicate exact requirements on registration form!

Ski mountaineering races are outdoor- events, where accidents and injuries may occur. An insurance which covers this type of activity is essential.

Signing the agreement implies concordance with all rules and regulations, and waives the organisers (organisers, instructors, volunteers and any other third parties) of all criminal and civil liability.

Participants parents are welcome!

Organizers / Contact

Processing: Mrs. Sigrid Goldberger, sigrid.goldberger@aon.at, 0043/664/5604094

Information: www.askimo.at

Contact Austria:

ASKIMO - Austrian Ski Mountaineering Federation for Competitions

Division Skimountaineering of the Austrian Ski Federation ÖSV

Mr. Karl Posch, Mail: karl.posch@askimo.at, Tel.: 0043/660/4113091

Contact Germany:

DAV - German Alpenverein

Mr. Matthias Keller, Mail: matthias.keller@alpenverein.de, Tel.: 0049/172/8180533

Registration

Closing date: 22.11.2014

First name, surname and date of birth of responsible team leader

Address

ZIP Code, City

Country

Telephone, E-mail

First name, surname and date of birth of the participating young athletes

Please indicate here any equipment that may be required

Prename, surname and date of birth of the accompanying people

Female participants under 18 must be accompanied by at least one female adult with parental authority during the stay.

Declaration: upon signing this agreement I agree to abide by all official rules and conditions. I declare I am at least 19 years of age. I am officially held responsible for the person(s) in my care both during the journey and during participation in the event itself. I will provide written parental consent, a medical certificate and ensure insurance for all participants in my care, attesting that participants fulfil the requirements for taking part in the event. I am fully aware and agree that no damages or claims can be made against the organisers (all those involved in the organisation, instruction, volunteers) of the event, and in case of damage or accident will not hold the organisers responsible in any way, that my signature on this document releases all liability. Personal information provided to the organisers may not be used for public distribution. Any photographs or video produced during the event may be used by the organisers for publicity without requiring any further permission.

Signature, Date

**Fax the registration to: +43/1/81749553120
per E-mail: office@askimo.at**

The International Skimountaineering Youth Camp is the result of a cooperation between:

ASKIMO - Austrian Ski Mountaineering Federation for Competitions

Division Skimountaineering of the Austrian Ski Federation ÖSV

DAV - German Alpenverein

ISMF - International Ski Mountaineering Federation

