

# 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 m<sup>2</sup> 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 m<sup>2</sup>
- 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](http://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](mailto:karl.posch@askimo.at), Tel.: 0043/660/4113091

## **Contact Germany:**

DAV - German Alpenverein

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