

## Mountain Ski Course I

The objective of this course is to introduce the alpine skier into the world of mountain skiing, building a solid foundation of safety knowledge in the mountain environment. Also, to expand the goals and possibilities of people in the practice of this sport.

### Contents:

- Ski mountain equipment.
- Snow science I.
- Risk management 3x3.
- Self-rescue.
- Ascending techniques.
- Route finding ascent and descent.
- Group management.

### Course duration:

- 2 Theoretical classes
- 5 field full days.