



Module – Safety and Security on and off piste

Level A

1. Behavior of the ski instructor in case of an accident. Medical knowledge related ski injuries - 4 hours theory, 4 hours practice.

1.1. Installing safety procedures;

1.2. Medical examination of the injured;

1.3. Informing the Mountain Rescue Team;

2. Specificity and characteristics of training in winter sports, according to the meteorological factors and in working with children (newsletter)- 4 hours theory.

Level A

2.1. Warm up:

- meteo prognosis;
- breaks;
- terrain selection;
- lesson duration;
- students arrangement in the group;
- children's area and age characteristics;

3. Security in skiing. FIS rules. Categorization of pistes- 4 hours theory, 4 hours practice:

















- FIS regulation;
- piste regulations.

Level B

1. Structure and changes in snow cover as preconditions for incidents - 4 hours theory, 4 hours practice

- snow types, factors influencing the change of snow:

Table 3.1 ICSI Classification for Newly Fallen Snow Crystals

	1a Columns 	Short prismatic crystal, solid or hollow	Growth at high supersaturation at -3° to -8°C and below -22°C
	1b Needles 	Needle-like, approx. cylindrical	Growth at high supersaturation at -3° to -5°C
	1c Plates 	Plate-like, mostly hexagonal	Growth at high supersaturation at 0° to -3°C and -8° to -25°C
	1d Stellar Crystals 	Six-fold star-like, planar or spatial	Growth at high supersaturation at temperatures between -12° to -16°C
	1e Irregular particles 	Clusters of very small crystals	Polycrystals growing at varying environmental conditions
	1f Graupel 	Heavily rimed particles	Heavy riming of particles by accretion of supercooled water
	1g Hail 	Laminar internal structure, translucent or milky, glazed surface	Growth by accretion of supercooled water
	1h Ice pellets 	Transparent, mostly small spheroids	Frozen rain

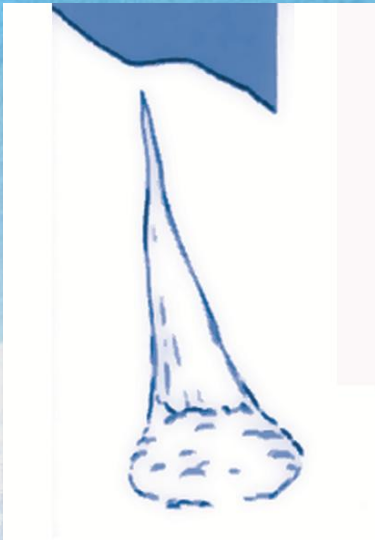
2. Lifesaving actions during an incident

Level C and ISIA stamp

The training of teachers from class C for safety includes a separate course “Safety and security”, lasting 4 days (8 hours theory and 20 hours practice). The course includes the following items:

I. Avalanches

I.1. Kinds of avalanches:



An avalanche of dry snow.
Avalanche start point

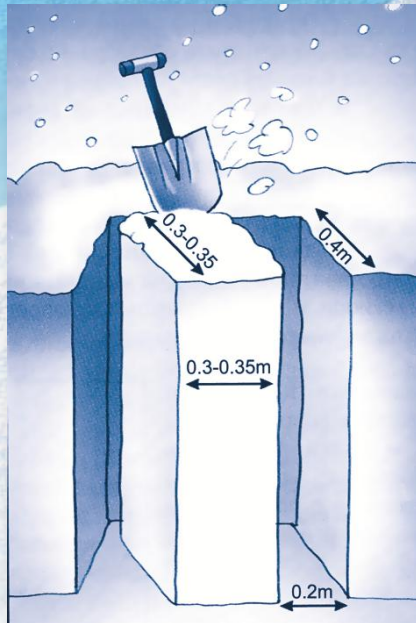


Snowboard avalanche

- Assessment of avalanche

Low
Middle
Comparative
High
Very high

- Daily standards for assessing risk



- In avalanche accidents. Assistance



II. First aid:

- Artificial respiration;
- Indirect cardiac massage;
- Immobilization of the limb with the available materials and transporting injured by available devices;
- Signals and signalling during a mountain accident;
- Organizing, equipping and conducting group tours;
- Interaction with the other persons in the mountain.

ISIA card

Applicants for ISIA pass course "Safety and security" lasting 6 days (12 hours theory and 36 hours practice).

The course includes:

- Avalanches



- Medical knowledge
- Safety and security in skiing on and off piste

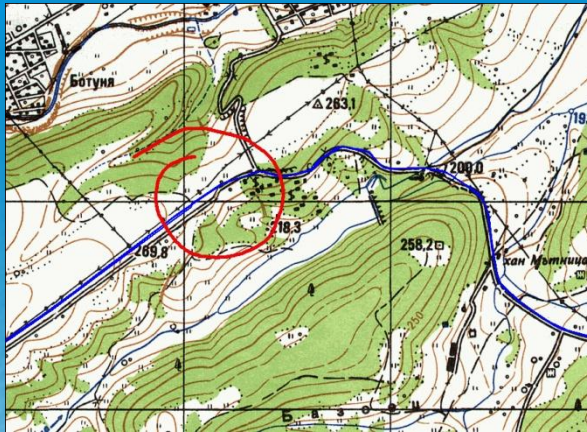
- Equipment



- First aid



- Using topographic maps in summer and winter conditions;



- Organizing and conducting tours beyond the marked and patrolled ski area (excluding glaciers and land requiring the use of mountaineering techniques);
- Map out the tour;
- Forming the group;

Test "Security and Safety"

- applicants meet one of the following tasks:

- avalanche test;
- using avalanche signal equipment and maps;
- first aid;
- organizing, equipping and conducting group tours;
- demonstration of signals in mountain accident

Theoretical exam includes monitoring and analysis of the lesson.

