

NORDIC SKIING (classic) CPD TRAINING PROGRAM

The Nordic Skiing (classic) Continuing Professional Development (CPD) training will take place over three days and is offered to both qualified and aspirant International Mountain Leaders (IML's).

The course content may change from day to day due to weather, environmental conditions and client needs but ALL aspects of the syllabus will be fully covered.

DAYS 1 – 3 the following format will be followed:

Meet and greet course/day briefing, weather and avalanche report.
Map orientation and transit to local Cross Country/Langlauf/Nordic tracks.
Day Nordic Ski and suitable topics to cover.
Debrief.

The following topics will be covered over the 3 days plus any other issues the client may wish to consider.

- Sources of weather/avalanche reports and interpretation/relevance
- Risk assessments and dynamic risk assessments
- Rescue services, insurance and dealing with accidents/incidents
- Maps, guidebooks Cross country/Langlauf/Nordic Track grading
- Route selection, permits, terrain
- Dealing with client ability, understanding limitations
- Leader to client ratios and position of leader in group
- Types of ski, poles, boots/shoes, pros & cons for groups, personal preference
- Appropriate clothing available for clients/leader, pros & cons
- Equipment carried by IML and client
- Basic/introduction to Nordic ski techniques, (classic)
- Advanced/developed Nordic Ski technique, (classic)
- Understanding differences in skate versus classic techniques
- Good practice IML safety cards/ideas sharing
- Environmental issues
- Local history/traditions
- Basic German