

# Activus OUTDOORS FREERIDE CLINIC 2011

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**FREERIDE CLINIC – FROM THE OUTDOOR ACADEMY AT ACTIVUS OUTDOORS ... because ...  
... KNOWLEDGE IS THE BEST INSURANCE FOR FREERIDING**

**Location: Puy Saint Vincent, France**

**Availability: January and March 2011**

From what we hear from our clients and partners, there are a number of agencies offering freeride clinics and guided tours, but unfortunately many do not have the qualifications, equipment and experience required to safely and successfully carry out such projects. That is why Activus Outdoors have decided to offer a purpose-designed FREERIDE CLINIC as a professional course which is run by our specialist Outdoor Academy partners. Our expert guides and lecturers have all the necessary licenses and qualifications and a ton of real life experience in the field. We also provide all the required equipment (avalanche beacon, shovel, probe). The use of this basic set of safety equipment is mandatory for our clients; however, avalanche equipment, helmets, avalungs, freeride skis and other equipment is also available for rent upon prior reservation.

The biggest mistake people can make is to take their skiing off piste with no knowledge or expert guidance, with improper equipment and in dangerous conditions. Due to increasing media exposure, freeride skiing is quite the fashion nowadays and accidents outside official slopes are on the increase. We want all of our clients to experience the thrill of deep snow as safely as possible, because mother nature never sleeps and we rarely get more than one opportunity to do things right in high alpine terrain. That is why we are pleased to offer our clients expert advice at our PSV FREERIDE CLINIC at the Outdoor Academy.



## FREERIDE CLINIC by OUTDOOR ACADEMY

The Freeride Clinic aims to teach and inform clients about new trends in skiing and as a winter leisure activity Freeride or off-piste skiing has now become very fashionable. In essence, these forms of skiing have been with us since the beginning of skiing, but recent innovations in technology have made them accessible to a wider spectrum of skiers with average skill.

The camp will take place over three days during which clients will learn about proper equipment (fat skis, avalanche beacon... ) and basic off piste skiing techniques and safety skills. Afternoons will be reserved for theory lessons about snow conditions (avalanches), weather observation, risks of movement in the mountains and basic first aid. The following skills will be taught in practice:

- off piste skiing technique (skiing in varying snow conditions, jumps, line choice, solving of critical situations...),
- choice of proper equipment with the opportunity to rent and test freeride and freestyle skis,
- risks in the mountains - theory lectures and practical activities in nature (avalanches, weather, safety equipment and handling...),
- choice of terrain (terrain overview and estimate of difficulty, ski line),
- basics of movement in natural mountain terrain,
- legislation and safety measures.

### The price includes:

- Avalanche transceiver, avalanche probe, shovel
- Practical lessons on the snow
- Theory lessons
- Study materials
- Ski test

Workshop clients are required to have an average level of skiing/snowboarding skill and their own mandatory equipment (skis/snowboard, helmet and backpack). Workshop clients can also test the above listed freeride skis and boards free of charge.

**Number of clinic participants: 4 to 10 people.**

**Price: £120.00 per person**

The price is valid for all Activus Outdoors clients provided the course is included when you book your holiday package.



## COURSE TIMETABLE

### DAY ONE 09:30:

- Meet at designated rendezvous point (at the OUTDOOR ACADEMY flag).
- Familiarization with the equipment,
- Skiing techniques and terrain selection.

### AFTERNOON:

- Theory (approx. 18.00) - at the Chaumiere lodge - marked on the map,
- Presentation of new advances in equipment,
- Useful information.

### DAY TWO 09:00:

- Meeting at designated rendezvous point (at the OUTDOOR ACADEMY flag),
- Avalanche avoidance and prevention, use of the avalanche beacon,
- First aid

### AFTERNOON:

- Theory (approx. 18.00) - at the Chaumiere lodge
- Avalanches,
- First aid fundamentals.

### DAY THREE 09:00:

- Meet at designated rendezvous point (at the OUTDOOR ACADEMY flag),
- The third day is spent skiing and practicing the acquired skills (search for avalanche victims, choice of terrain for skiing/snowboarding, skiing techniques, etc.) ...

The activities and lectures will be adapted to the weather conditions and may include visits to other ski centres as well as taking into consideration the wishes and existing knowledge of clients. After all, we have 6 days of skiing at our disposal.

"We decided to organize the PSV clinic in a professional manner, but we always manage to have fun and enjoy our time together even though the subject matter is dead serious", said Marko Šimenc Mac, Head Instructor.

Applications for the clinic can be made through our website, by phone or email.

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