

Alpine Beginner's Course (C1)

Registrations for the summer program 2020 will be open until 14 February. The link can be found at the bottom of the page

Is it your ambition to become an expert in alpine climbing, however, you only have none or small experience? This course will be the starting point for you! In an intensive approach, all basic alpine skills are discussed doing exercises and tours. Firstly, you will be familiar with various hiking/climbing techniques in both rock, snow and ice terrain. Secondly, you'll learn rope techniques, orientation and other alpine skills, such as weather administration and danger recognition. The course is designed to give you a solid foundation to make simple tours on your own.

Entry requirements:

- **Active SAC member**
- **Maximum 24 years of age (exception for the ZeeSAC and students, no age limit for them)**
- **Available on all course dates (see below)**
- **Good condition (7.5 km running in 45 minutes)**
- **Climbing level: following in 4th degree terrain on Climbing shoes**
- **Rope skill: binding in to glacier rope, belay using the Munter hitch (HMS), rappelling, rewoven figure-eight knot**
- **Rescue techniques: Seilrolle-glacier, prusik ascend**
- **Knots: Double figure-eight knot, rewoven figure-eight knot, Munter hitch, Clove hitch, prusik knot, rewoven prusik knot**

The NSAC aims to ensure that participants have at least mastered the following points at the end of the course. The precise implementation of the course cannot be determined in advance because of factors such as the weather and the level and condition of participants at the beginning of the course.

- Introduction to the Alps and mountaineering
- Learned about how to move in all types of basic terrain (rock, snow, ice). This is the foundation for every mountaineer, therefore there is a lot of attention to this aspect during the course.
- Learned how to safely cross a glacier
- The participant will have learned a basics of how to belay in different types of terrain
- Learned how to plan, prepare and lead simple tours
- Learned about alpine danger recognition
- Learned about the theoretical components (weather, avalanche, material etc.)
- The participant will control the following rescue techniques: Seilrolle-glacier, self-rescue from crevasse (prusik and Münchhausen)
- The participant will be able to make F/L tours independently

Data

Kick-off day: will take place on **March 27**. More information about the exact timetable of this day will follow later. On this day, the entry requirements are tested. These requirements are necessary to ensure that participants' are skillful enough to follow the course and to keep the focus of the course on techniques which can't be practiced in the Netherlands. It is therefore important to meet these requirements. Thus, for this reason the kick-off day is mandatory for everyone.

Preparation evening: After the publication of the assigned course groups, each group will arrange for a preparation evening. This evening is planned in coordination with the instructors and participants.

Course: All courses are given between the start of July until the end of August. The C1 will be 7 days (6 nights). You will be assigned by the ZP Commission in a given week. Attempts are being made to maintain the preferred weeks of the participant as much as possible. Unfortunately, this is not always possible. In addition, we strive for intersocial course groups.

Costs

The cost of the C1 course in 2021 is estimated to be €720. This includes expenses for instructors, half board for the course week and the kick-off day, but without travel expenses and tour food. Also extra accommodation costs due to the Corona virus have been included. If this eventually isn't necessary the extra costs will be given back to the participants. (See [here](#) for the general terms and conditions.)

Register

Are you already convinced that this is what you want? Sign up now!