

Alpine Slightly Advanced Course (C2)

Registrations for the summer program 2021 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**
- **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 and in the possession of the OV-SP status.**
- **Rope skill: binding in to glacier rope, belay using the Munter hitch (HMS), rappelling, rewoven figure-eight knot, direct binding, building pitches**
- **Rescue techniques: Seilrolle-glacier, prusik ascend, tie-off half clove hitch, Münchhausen technique**
- **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.

- Briefly repeating all the material of the C1 course (safe movement in basic terrain is a requirement to continue in the alpine training course)
- Leading and planning simple tours yourself (the instructors more in a role as coach during the tours)
- Learn to belay in all types of rock terrain
- Dealing with different types of rope lining (laying out, rope transport, shortened rope)
- Learn to use the terrain efficiently to belay
- Learning how to make belay points with schlinges, nuts & cams
- Learning to belay in snow and ice (basic)

- Repetition and extension of theory (for example: students interpret the weather forecast every day, etc.)
- Mastering the following rescue techniques: crevasse rescue, self-rescue from crevasse, express flaschenzug
- Efficient and safe learning to move forward in 2nd and 3rd degree terrain
- Learning to climb narrow rock
- Estimation and perception of alpine hazards
- Learn the difference between mountaineering and sport climbing, and where these disciplines meet and overlap (alpine sport climbing, trad climbing, bracing in the Alps, etc.)
- Being able to independently make PD / WS tours.

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 C2 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 C2 course in 2021 is estimated to be €780. 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!