

Module 3 2009



Date:	Wednesday 0G€J. – Friday 1F.€J.200J
Meeting point:	see email
	Start of the course 08:00 !
Accommodation:	has to be organized by each student independently (for the start of the course we recommend camp grounds in Antibes (near beach))
Access description:	By car: A8, exit Cannes/Grasse, take highway direction Grasse, take exit Grasse Sud, turn right direction Grasse center, take second exit in second roundabout (you can see McDonalds already before entering 2nd roundabout)
End of course:	Friday, 1F.€J.200J, approx. 17h
Booking:	www.cic-canyoning.org
Booking possible until:	01.01.2009
Costs:	€980 (to be paid by withdraw, bank account info will be on the bill) Important: Accommodation, transfers and helicopter flight are not included in the course fee !
Senior instructor:	Stefan Hofmann, Ü[à^!cA [[• { } ËT æ \ ÅæÖ [• cæ

General conditions

Module 2 (or recognized education), Polizeiliches Führungszeugnis (ohne relevante Einträge), Erste-Hilfe-Kurs (16 h, nicht älter als 2 Jahre), 10 Tage Führungspraktikum

Conditions in sportivity

The trainee should be able to reach the following goals: **3000 running** (M:14 min., F:16:30 min.), **100 m swimming** (freestyle M: 2 min., F: 2:15 min), **Pull-ups** (M: 6, F: 3), **Push-ups** (M: 30, F: 20), **Sit-ups** (M: 30, F: 20), **diving** with ear clearing (M: 4 m, F: 3m)

Contents of the courses in practice and theory

Please download the curriculum of the CEC/CIC for more details about the program of the course (French and German version available on the website of the CEC/CIC).

Personal equipment

We recommend the use of the lanyard manufactured by **AustiAlpin** and coproduced by the CEC/CIC. In the training the knife "**Bearclaw**" by **CRT** is accepted only. We recommend the avalanche probe Ortovox Steel 320.

The instructor team has to exclude a student from the course if the required material is not complete or the required techniques, papers and fitness level is not provided. Contact the senior instructor in case of problems BEFORE the course ! Course fees will not be refunded.

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- Complete wet suite (at least 4.5 mm), neoprene socks
- Alpine helmet (no swift water helmet)

- Canyon-/industrial harness
- 5 HMS carabiners
- AustriAlpin safetyline with 2 HMS carabiners and one rapid link
- 2 webbings (1.80m and 4m)

- Old 4m climbing rope (10mm)
- Canyoning or running shoes (no alpine trekking shoes)
- Headlamp

- Whistle
- Duck tape
- Avalanche probe (Ortovox Steel 320)

- Hood (or neoprene jacket with hood)
- Canyoning backpack + 1 m, 6mm accessory cord + 1 carabiner (like for quick draws)
- Square figure eight + 1 HMS carabiner
- 1 Shunt (Petzl) + 1 HMS carabiner
- 1 quickdraw 15cm + 2 HMS carabiners
- 50-60 m canyoning rope (non floating) + 20 m old rope (static or canyoning rope)
- Tent, sleeping bag, padding, dish etc.
- Knife with fixed blade "Bear claw"

- Diving mask (tempered glass + nose covering silicone)
- 1 T-block (Petzl)
- Sportswear
- Running shoes

All carabiners have to be HMS with screwgate (except the one for the backpack) !

Sign your material!

Aim of the course

Modul 3 is a „practical course“ where all the know-how taught in M1+2 will be used and trained under real conditions (canyon). The course prepares the students for the future task – independent guiding of groups. From 2007 on there is only a theory exam at the end of the course. The practical exam is combined with the separate guiding exam.

Conclusion of the Course

The theory exam will be written the last day of the course. This exam is the first part of the final exam. The students who are passing this exam with success can do the trip-internship and then go to the final guiding exam.

After passing module 3 with success the student still bears the title of a CIC canyon guide assistant.

Insurance

An accident insurance is not provided by the CIC for this course! Each student has to sign one independently.

In case of not showing up for the course there is no refund of the course fee. The CIC will decide if this money can be used for a later course booking. We recommend a cancellation insurance!

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Additional program information

~~The course starts in Grasse~~ and will move the following towards Italy and Switzerland if the weather permits us to do so. Up to three destination changes are planned. The camp life, accommodation, cooking etc. will be organized by each student independently. Costs like entrance fees or parking fees will be paid by the CIC. The costs for the helicopter flight (approx. 30 €) have to be paid by each student at the spot.
