

Ski-touring section Welcome meeting 2024

Oriol RIOS,
on behalf of ski Rando Monitors
12.12.2023



Outline

- Welcome
- Who we are?
- How we work?
- Safety
- Outing/ski Levels
- Base material
- Season 2023-24 in a nutshell
- News of 2024-25 season
- Drink & Social



Who we are?

- FFS certified monitors MF1/MF2
- Volunteers on our free time
- Not remunerated
- Always looking for interested future MF



Nicolas Chritin



Guillaume Andreolety



Arkadiusz Gorzawski



Céline Grobon



Pietro Sonza Reorda



Gaud Catho



Oriol Rios

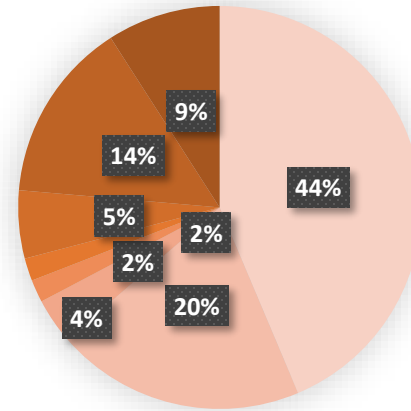


Florian (on training)

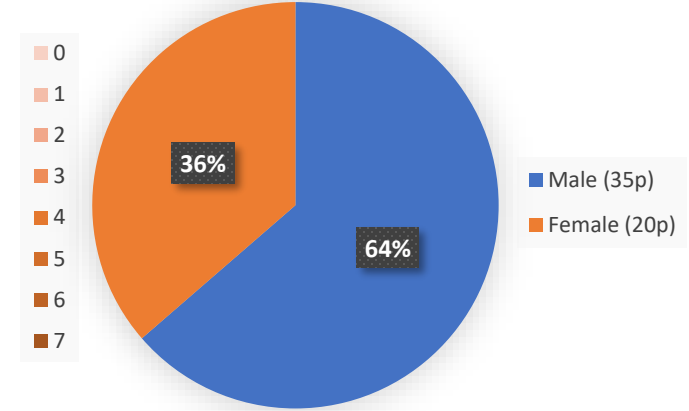
Who you are? (I)

- 24 newcomers (48 members + 7 MF)
- 29 replies (60%).

Ski Rando Members Experience (in the section)

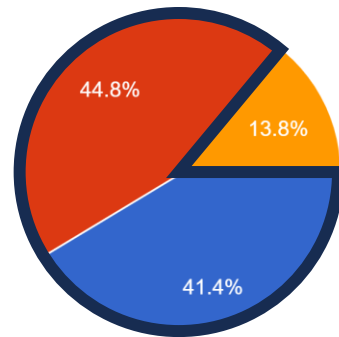


Gender



Have you already practiced ski touring before? Avez-vous déjà pratiqué le ski de randonnée ?

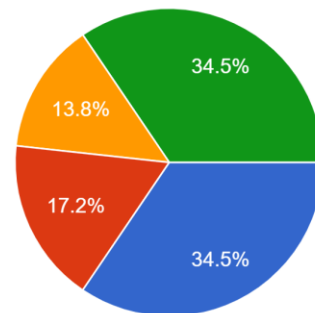
29 responses



- Yes, I'm an old section member / Oui, je suis un ancien membre de la section
- Yes, but never in this section / Oui, mais jamais dans cette section
- No

If yes, how many times? Si oui, combien de fois ?

29 responses

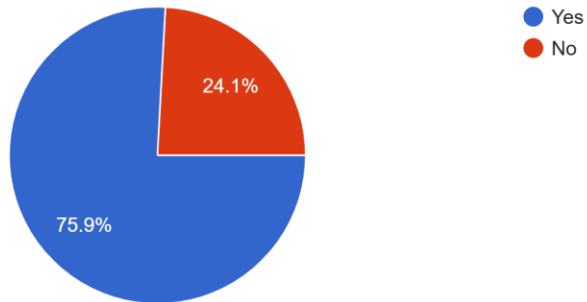


- 1-2
- 3-5
- 5-10
- >10

Who you are? (II)

Have you ever trained on Avalanche Rescue? Avez-vous déjà suivi une formation sur le sauvetage en avalanche ?

29 responses



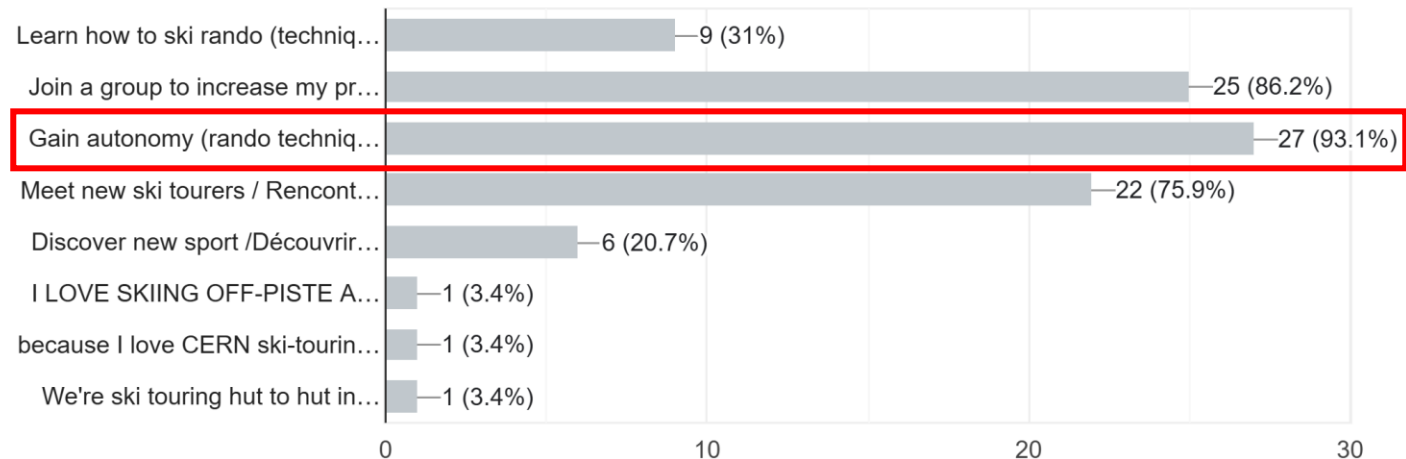
Yearly Safety training is mandatory.
Subscribe already to any of two organized sessions on 11th and 19th January

Almost all looking for increase autonomy:

- rando technique
- outing planning
- avalanche risk-based thinking

You have joined the Rando Section to: Vous avez rejoint la section Rando pour :

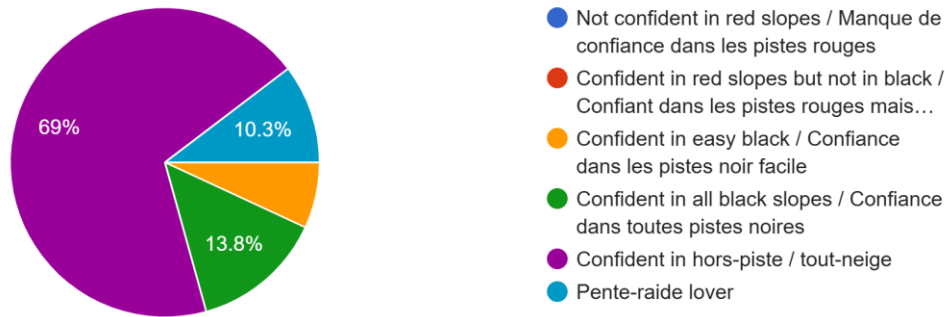
29 responses



Who you are? (III)

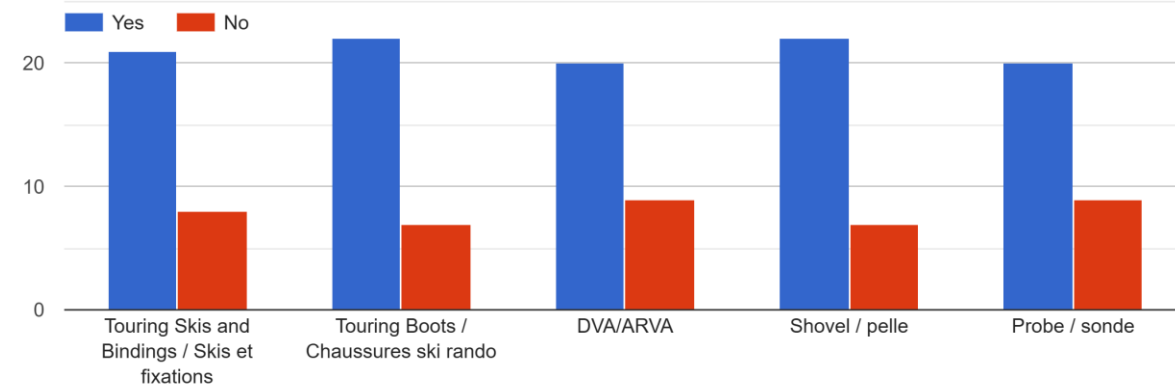
How confident you are in Alpine skiing (pisted slopes)? Quel est votre niveau de confiance en ski alpin (pistes tracées) ?

29 responses



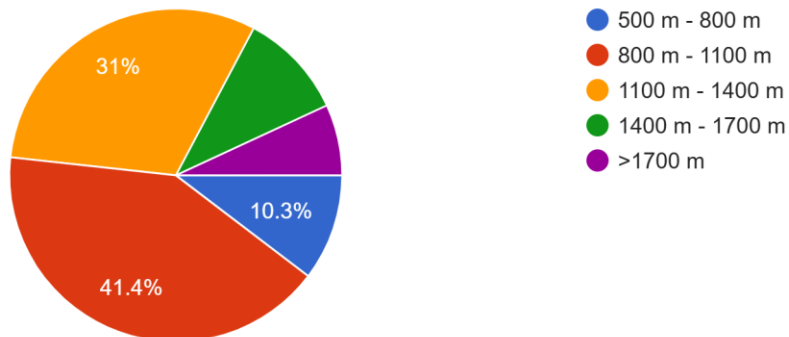
Ski Rando is not about carving and style... but control and resources!

Avez-vous le matériel de ski rando?



If you have already practice it, which daily elevation gain you are comfortable with and looking for? Si vous l'avez déjà pratiqué, quel est le dénivelé qui vous convient et que vous recherchez ?

29 responses



DVA + Probe + Shovel Available from club for outings (new shovels and probes!)

Check gear if renting!

Check level in outings! We'll try to adapt... but conditions are the master

How we work?

- All happens in

<https://skiclub-skitouring.web.cern.ch/>

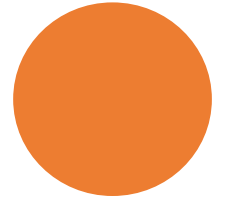
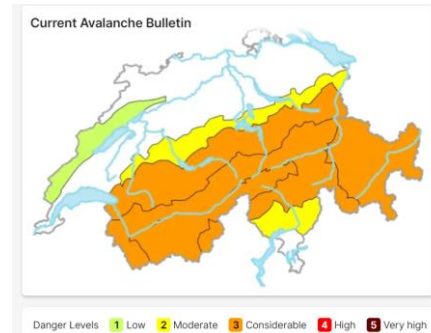
- Inscription to an outing
 - Thursdays ~9h.
 - ~~First come first serve~~ → *fair share*
 - Last minute waiting list
- Going to an outing. Carpool. No parking
- No permanence,
 - but could be requested for an outing

The screenshot shows the website's header with navigation links for 'Ski Touring', 'Past seasons', and 'Show all Club's destinations ever'. A login button says 'Hello Stranger, try to login!'. The main heading is '2024/2025 outings' with a link to 'Jump to the next active week-end' showing dates '2024-11-30' and '2024-12-01'. Below this, there's a paragraph about the preliminary schedule and a note that 3 outings are tentatively scheduled/completed. There are two buttons: 'View 2024/2025 season's outings on the map' and 'Browse all pictures taken during the outings'. A section for 'View for the club's members and guests' mentions 'CERN SkiClub' and provides a link to 'our CERN SkiClub Ski Touring Section information'. A note at the bottom of this section says 'At least, remember to tag your photos with #cernskitouring when you post them on your favorites social medias.' The main content area displays two outing cards for '1/2 JOURNEE EXERCICES DVA/PELLE/SONDE AU PLATEAU DE SOMMAND' in Chablais - Faucigny. The first card is for Saturday 2025-01-11 by Oriol, and the second is for Sunday 2025-01-19 by Pietro. Both cards show a 'Subscribe!' button and a 'MAX: \$ 25' price tag.

This is a close-up of one of the outing cards from the previous screenshot. It shows the title '1/2 JOURNEE EXERCICES DVA/PELLE/SONDE AU PLATEAU DE SOMMAND' with the location '(France / Chablais - Faucigny)'. Below the title, there is a 'Subscribe!' button and a yellow price tag that says 'MAX: \$ 25'. The name 'Oriol' is visible in the top left corner of the card area.

Safety, allways

- Safety Training
- Safety is the group
- Safety is each individual
- Safety are the conditions



Saturday 2025-01-11 Oriol

1/2 JOURNEE EXERCICES DVA/PELLE/SONDE AU PLATEAU DE SOMMAND (France /
Chablais - Faucigny) **NAJNA** MAX: ⚡ 25

Subscribe!

Sunday 2025-01-19 Pietro

Arek

1/2 JOURNEE EXERCICES DVA/PELLE/SONDE AU PLATEAU DE SOMMAND (France /
Chablais - Faucigny) **NAJNA** MAX: ⚡ 25

Subscribe!

Outing/ski Levels

MONTS TELLERS PAR LA COMBE DE DRONE (▲ 2951m) on 2023-02-25

Suisse / Valais - Alpes Pennines **BRA**

Skiing grade: **PD|S3** recommended minimum skitouring level: **Good** (click for more details) ▾

Required equipment **Basic** ▾

Same destination outings ▾

Pointe de Drône par la Fenêtre d'en Haut (▲ 2949m) on 2023-02-26

Suisse / Valais - Alpes Pennines **BRA**

Skiing grade: **AD-|S4** recommended minimum skitouring level: **Good** (click for more details) ▾

Required equipment **Medium** ▾

Same destination outings ▾

Outing details: **Maximum participants 5**

Meeting on **2023-02-26 - Sunday**

Comments and notes:

Boot crampons, Harness and Ice-axe required

Tableau d'équivalence des différentes échelles de cotations

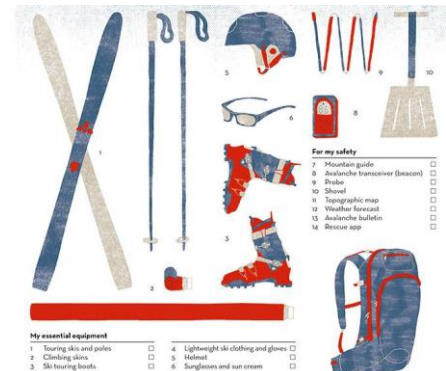
Caractérisation	Cotation alpine traditionnelle	Cotation des pentes maximales	Cotation SHAHSHAHANI
Les pentes n'excèdent pas 30°. L'exposition est faible ainsi qu'en général le risque d'avalanche. - Skieur capable de descendre une piste rouge et de faire une conversion.	SM ou F	S1 (routes) S2 vallonnements	1 . 1 à 1 . 3
Peu de difficultés techniques, pas de pentes raides (35° au maximum) mais le dénivelé comme l'exposition a la chute ou le danger objectif peuvent être importants. - Skieur capable de descendre une piste noire en bonne neige damée et sachant faire correctement la conversion amont et aval.	PD AD ou BS ou BSA (maîtrise de base de l'alpinisme)	S3 jusqu'à 35° sans exposition	2 . 1 à 2 . 3
Entrée dans le ski-alpinisme : passages techniques, pentes longues à 35°, passages courts jusqu'à 40-45°. - Skieur capable de descendre sans problème une piste noire en neige dure, maîtrisant très bien le dérapage et toutes les conversions. appréciant la neige profonde.	AD à AD+ ou TBS ou TBSA	S4 jusqu'à 45° faible exposition	3 . 1 à 3 . 3
Ski de couloir ou pente raide : 40° très long, avec parfois des passages courts jusqu'à 50°. - Pour les très bons skieurs maîtrisant le dérapage et capables de déclencher leur virage où ils veulent, pratiquement sur place (virage sauté impératif dans les couloirs).	D	S5 jusqu'à 55° faible exposition	4 . 1 à 4 . 3
Pentes très raides : à partir de 45-50° très long, sinon à partir de 50° significatif. Pour les skieurs qui ont l'expérience	45-50° : TD 50-55° : ED		5 . 1 et + échelle ouverte
Ski extrême	Au delà en exposition : ski extrême	S5 mais souvent exposé	5 . 2 et +

Base Material



Required equipment **Basic** ▾

- **DVA + Snow Shovel + avalanche probe**
- Warm hat, scarf, sweater, hooded anorak, waterresistant clothing (windbreaker, balaclava), warm gloves, ski pants, gaiters, warm socks, helmet
- Ski touring Shoes
- Skis with touring bindings (downhill and free-heel), poles with wide baskets and climbing skins (coated with glue), Ski crampons.
- Backpack with front strap for skis
- Sunglasses with protective lenses, sunscreen lotion, lip balm, snow mask
- Wax, space blanket, whistle
- Waterflask, Thermos bottle, pocket knife, toilet paper
- First aid kit (elasticated support bandage, adhesive tape, bandages, gauze swabs, aspirine or paracetamol, safety pins, Arnica 9CH pills, etc.)
- I.D. card or passport (you need one for passing borders...)
- Mobile phone (switched on but on silence mode), GPS if you have one



Ski touring season 23/24 in a nutshell

- **6 active instructors**

Pietro, Celine, Guillaume, Gaud, Nico, Oriol

- we keep running in sub-optimal mode
- + 1 remote since Arek has left the region*
- 1 MF1 refreshed
- Usual **section safety days!**
 - Three days + outings
 - All members trained (38)
- **14 outings (4-7p - always full!)**
 - 172 person-x-day-out (-1 w.r.t last year)
 - 2 cancelled outings...
 - -9 outings less w.r.t last years
- **Cap to 45 members with NO accidents!**
 - ~ as per 2022/2023...
 - Section fee kept (55€) (52€ this year)




23/24 Season Wrap Up

- **Challenging seasons lately**
(important global warming impact)
 - not always easy ski days
 - season discontinuity
 - unsafe conditions (as always, but accentuated)
- Trying to keep **diversity of outings** –from beginner (in rando) to level to S4-.
- Car-sharing / <https://caroster.io> in all outings
- **Great demand** (Section fully booked in 4 days). We keep places limited to 45 to allow for enough outings
- **!Urgent need!** to get certified monitors. (2 in pipeline + 1 potential)
 - Lost 2 partially trained MF1!
 - FFS has Advanced the Training so they can become operational during the season (and not at the end)
- **Important** to rethink **social part** since Covid for 24/25.

*Limited but **safe** and successful!*





News for season 2024-25

- ❑ Journée Club is back! **15th February**
- ❑ Autonomy Workshops
 - Plan an outing: Carto (apps and applications)
 - Snow and Avalanches (basic concepts and planning)
- ❑ Skilab Maintenance Workshops (club wise)

But also

- ❑ Still limited monitors, bear with us...
- ❑ If ideas, welcome to propose and support !

Website with all the section's history...

<https://skiclub-skitouring.web.cern.ch/?season=2023>

CERN SkiClub Ski Touring Past seasons Show all Club's destinations ever Hello Oriol! ADMIN PANELS

Season 2023/2024 outings

Jump to the next active week-end 2024-09-28 2024-09-29

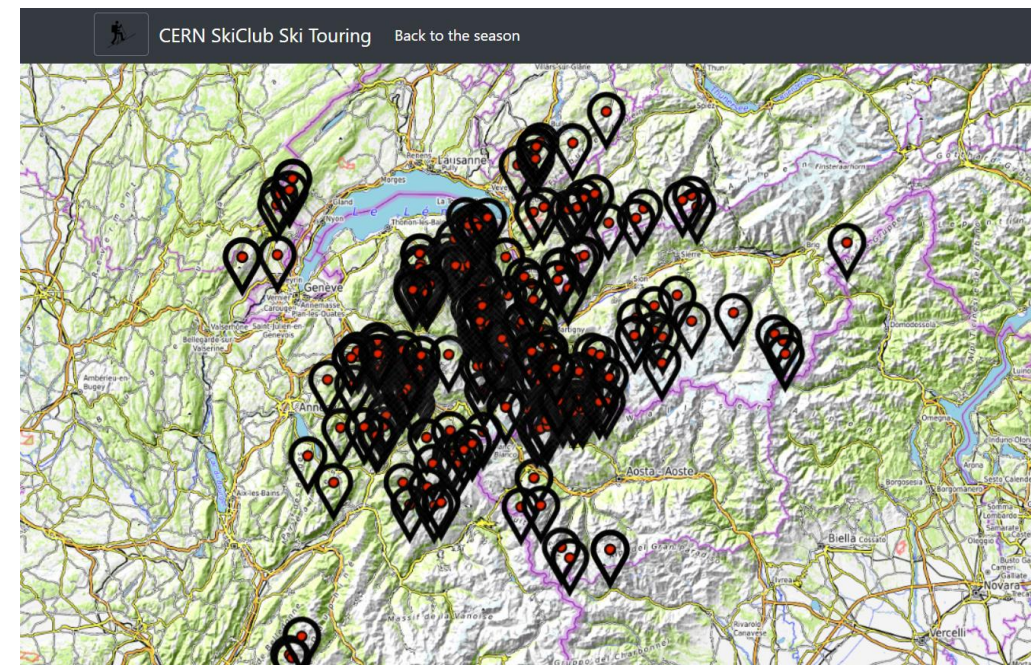
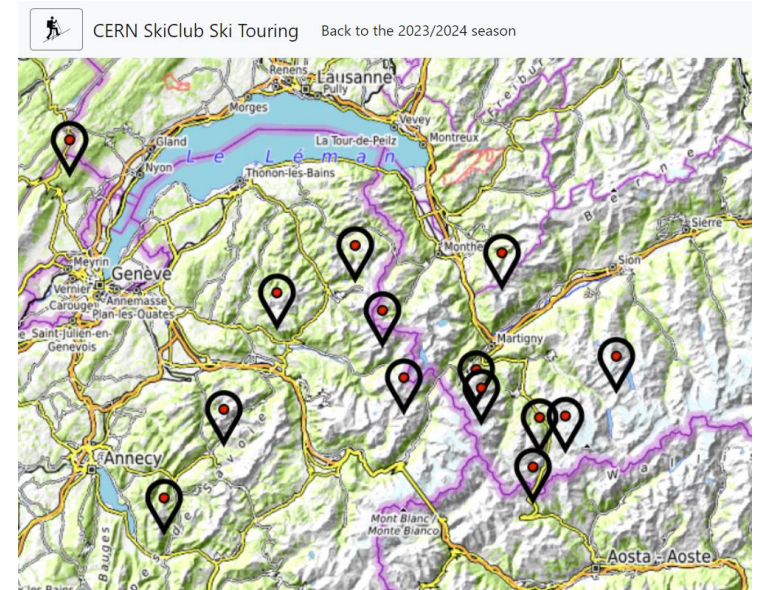
Note that this is a preliminary schedule and we have tentatively scheduled/completed: 15 outings.
This number may, and most certainly will(!), evolve during the season, as more detailed weather forecasts and instructors' availability evolves.

Check all the 2023/2024 season's outings on the map or browse all pictures taken during the outings

This is public view for the club's members and guests. We are part of the CERN SkiClub.
All the details of how to subscribe, how we organize outings and about the team behind our section you can find on our CERN SkiClub Ski Touring Section information page.

Last but not least, remember to tag your photos with #cernskitouring when you post them on your favorites social medias.

When	Where
Sunday 2024-01-07 Gaud	1/2 JOURNÉE SÉCURITÉ + PAS DE LOVEGNO (Suisse / Valais - Alpes Pennines) None/None MAX: \$ 5 Safety Outing with outing (only for ancient members). Location TBC. Possibly towards Valais.
Saturday 2024-01-13 Arek Oriol Nicolas	1/2 JOURNÉE EXERCICES DVA/PELLE/SONDE AU PLATEAU DE SOMMAND (France / Chablais - Faucigny) NA/NA MAX: \$ 20 Detailed place TBD, Dear Members, please verify if you are subscribed here!
Saturday 2024-01-20 Oriol	CRETA DE VELLA DEPUIS DRANSE (Suisse / Valais - Alpes Pennines) PDI/S3 MAX: \$ 5 Depuis Bourg St Pierre Destination to be confirmed around Bourg St Pierre area. Date to be about 900m - 1000m

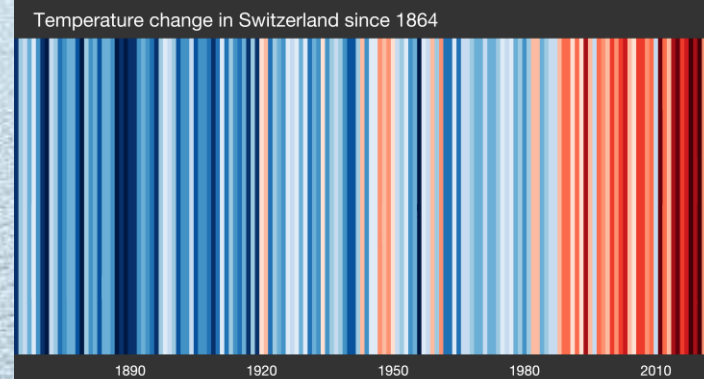


Thank you!

And looking forward a great season together!



Q&A ?







Thank you!