

Winter Mountaineering Programme

2001



Experience Adventure in Tasmania's World Heritage Area in winter, and learn aspects of wilderness medicine, Mountaineering, alpine skills and search and rescue techniques.

Experience Tasmania's mountains, in winter, above the snowline in pristine World Heritage at its best. The beauty, exhilaration, adventure and ever-present challenge from weather, the natural environment; and geographic remoteness - is this adventure for you?

The competent adventurer prepares for challenges through training and experience.

National Emergency Services provide world class Mountain Medicine, Winter Mountaineering Technique and Alpine Skills training. These are combined with a focus on risk mitigation, rescue techniques, and search and rescue skills.

Who is N.E.S.?

National Emergency Services is an independent training co-operative that is made up of emergency service personnel and highly experienced mountaineers.

Winter Mountaineering Training Program

The Winter Mountaineering Course is conducted in Central Tasmania's World Heritage area in the Cradle Mountain – Lake St Clair National Park.

Is there a need?

Every year throughout Australia rescues are taking place, which involve personnel from various response agencies. National Emergency Services provides one of the few organised mechanisms for emergency service employees and the public to train in emergency response and survival skills.

Wilderness & Mountain Medicine Seminar

Aim:

To provide a forum for discussion and interaction between first responders who deal in patient location, care and retrieval from hostile wilderness environments.

The Workshop:

The workshop provides a mix of formal presentations on evolving technologies, skills acquisition segments, small group critical incident decision-making and team development experiential activities.

You will learn:

Concepts in building effective teams and the introductory elements of leadership.

State of the art technique in Wilderness Emergency Care i.e. hypothermia, and long term care needs.

Weather hints for weather interpretation on the move.

Review of recent Search and Rescue cases and learn the latest theories including (Anticipated Survival Times)

Nutrition and Hydration. Making your body work at its peak for peak fun or work.

Weather rain, blizzard or sunshine, we will do our best to provide an energetic and informative workshop and Mountaineering Course.

Winter

Mountaineering Course

Aim:

To provide participants with the experience and skills to survive in, as well as care for a person lost in a harsh winter wilderness environment.

You will learn:

Camp craft above the snowline. This includes the nuts and bolts skills needed to live in a self-sufficient manner above the snowline in winter.

How to use the natural environment and snow to provide shelter e.g. snow domes, snow caves, snow bivvies and perhaps igloos.

Moving safely on snow and ice: techniques will include becoming skilled at using an ice axe, crampons, climbing in snow and ice using various anchors and techniques and abseiling when cold is really cold.

Search and rescue techniques including use of SKED rescue stretcher and Thermal Recovery Capsule.

Navigation - how to navigate when you can't see your hand in front of your face.

Leadership and teamwork: learn how to become part of a champion team.

The End of Course Celebration

We conclude the Winter Mountaineering Course with a night of celebration. Were you can enjoy a log fire, end of course dinner, certificate presentation and a soft, warm bed!

Questions Often Asked

Q: What will I get from the course?

- a) Knowledge, confidence, skills and a greater understanding of your own capacity to survive in a winter wilderness environment and undertake a wilderness rescue.
- b) A certificate of completion of the course if one or more components are completed
- c) A personal performance appraisal on your survival, mountaincraft, alpine and search and rescue skills.

Q: How fit do I need to be for the Mountaincraft Course?

Average fitness, with the ability to carry a backpack of approximately 20 - 25 kgs in alpine terrain.

It is worth noting that the more preparation you put in, the more fun you will have!

Mountain Medicine Seminar

Q: What do I need to bring?

Participants are required to provide a sleeping bag, pillow, personal toiletries, rain jacket, sturdy footwear and a change of clothes.

We provide catering and accommodation as well as course material.

Winter Mountaincraft Course

Q: What do I need to bring?

Personal equipment, survival and climbing equipment.

Please note:

- * *Catering and food supplies are your responsibility during the Mountaincraft component.*

End of Course Celebration

Q: What do I need to bring?

All catering and accommodation will be provided for the Mountain Retreat component.

For additional information, seminar program and equipment list, please contact:

National Emergency Service
PO Box 21
East Devonport Tas 7310
Free Ph: 1800 637 827
Fax 03 64270710

Please note:

1. To apply for acceptance into the Mountain Medicine Seminar and/or Mountaincraft Course, please complete the registration form (see over) and forward with deposit to National Emergency Service.
2. Nominations will be received on a first in, first acceptance basis. The committee of management reserves the right to reject any application for whatever grounds. Should an application be rejected your deposit will be refunded.

If no registration form is attached to this brochure please phone National Emergency Services on 1800 637 827

The Mountaincraft Training Team

All members of the Mountaincraft Training Team have extensive mountaineering experience in Australia and New Zealand. Some of our leaders have also climbed in the Himalayas.

Our instructors have extensive emergency service, rescue, paramedic or outdoor recreation experience.

Instructors are selected for their personal and technical skills as well as their ability to accelerate the development of participants.

Most participants in the course will notice the physical and emotional challenges presented by the acquisition of skills and the physical environment. Clients can be assured that we are focused on individual growth through challenge, achieving your personal best and having a positively memorable experience.

Other ways we can help

Advice on transport from major Tasmanian centres will be provided for interstate participants.

We recommend functional, efficient and practical equipment. We suggest you first look to acquire equipment from your service, friends and associates or previous participants.

N.E.S. may have available a small amount of specialist equipment for hire.

Hundreds of people from many professions and interest groups and all over Australia have participated in our programs over the past years.

Our previous clients have said

"Fantastic!" "A sensational learning experience" "Skills that I can use both professionally and personally" "Hard work but a great fun time"

Join us for a unique Winter experience!

How the TEAM developed

During the mid to late 1970's Winter Mountaincraft Courses were conducted in Tasmania by Sport and Recreation. Although the courses were aimed at the general community, several police officers attended to gain experience in snow conditions.

In 1981, the first Sport and Recreation Mountaincraft Course for emergency service personnel occurred. Following the 1981 course many government departments were unable to decide who should provide Mountaincraft training and little happened.

From 1985-1993, the Institute of Ambulance Officers (Tasmania Division) with the support of the Tasmanian Ambulance Service, Tasmanian Police, Forestry Commission, Department of Parks, Wildlife and Heritage, as well as the Tasmanian community, have conducted six highly successful Winter Mountaincraft Training Medicine Workshops. Over 600 representatives of Australia's response agencies or members of the public have successfully completed the Winter Mountaincraft Course.

N.E.S. an independent training co-operative has co-ordinated the program since 1982.

Australia's wilderness is a popular recreational venue. As more people experience Wilderness activities the frequency of injury increases.

Improved leadership and increased competence in the techniques of wilderness survival, search, rescue and treatment of casualties in a wilderness environment may increase your response effectiveness should a wilderness emergency happen.

Experience and technical competence may enhance your enjoyment of the wilderness experience and help you mitigate risks in a rescue scenario.

The National Emergency Services program addresses these needs in detail. Through practically based training personal effectiveness and the effectiveness of rescue operations will be improved, and the cost of wilderness rescue may be reduced.

Booking Conditions

Please read carefully!

When making reservations for the course or a component of the course, please include either full payment or a deposit of \$200 per person.

Upon acceptance of your reservation, the balance of the fee will be due 40 days prior to the course commencement date. If the balance is not paid when due, we reserve the right to regard the reservation as cancelled.

Cancellations and refunds

If for any reason, a course or component of a course needs to be transferred to another location or a substitute guest presenter provided, the longest possible notice will be given.

If your cancellation is received 40 days or more prior to the course commencement date, you will receive a full refund less a \$200 handling fee.

If a registration form is not attached to this brochure please phone National Emergency Services on 1800 637 827

Please note these special conditions:

Participants in the Seminar.

During the Seminar all meals, accommodation and workshop materials are included in the course fee.

You will also be required to bring your own sleeping bag and pillow, toiletries, towel, change of clothing and, for outdoor activities, solid footwear and wet weather clothing.

Participants in the Mountaincraft Course are

required to provide their own clothing, equipment and food from the Monday until the Saturday at 1200 hours.

Please include one extra days food as your emergency supply.

If you attend both the Seminar and Mountaincraft Course you will be required to arrange your own accommodation, in the Devonport / Sheffield area, for the Sunday night that falls between the completion of the seminar and the commencement of the Mountaincraft course and

For those requiring transport to the seminar the pick up point is:

Backpacker Barn
Edwards Street
Devonport

At 5.30 p.m. on the Friday the seminar commences.
