



**THE INTERNATIONAL MOUNTAINEERING AND CLIMBING FEDERATION**  
UNION INTERNATIONALE DES ASSOCIATIONS D'ALPINISME

Office: Monbijoustrasse 61 • Postfach  
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**Schweizer Alpen-Club SAC**  
Club Alpin Suisse  
Club Alpino Svizzero  
Club Alpin Svizzer



## **Train the Trainers – Youth Leader education** **26<sup>th</sup> July – 2<sup>nd</sup> August 03, Switzerland**

### **Index:**

- 1. Introduction**
- 2. Report**
- 3. Program**
- 4. Camp direction and participants**
- 5. Photos**



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## 1. Introduction

This programme was organised by the Swiss Alpine Club (SAC) as a member of the UIAA Youth Commission. It aimed to share amongst trainers alpine techniques of youth leadership in the mountains looking at a variety of mountain disciplines.

Support and feedback was given to those countries with a less structured alpine youth leaders training programmes or who wanted to start new activities. Appropriate activities for different age groups, fitness level and leader competency were discussed.

If you would like to have more information about the seminars content please

Contact: Anita Rohner: [atina.renhor@freesurf.ch](mailto:atina.renhor@freesurf.ch) or Bruno Hasler, SAC: [bruno.hasler@sac-cas.ch](mailto:bruno.hasler@sac-cas.ch) If you have any views or need any support

in Youth Leader training or would like to participate in 2004 UIAA Youth

Commission Youth Leader training request assistance on UIAA forum or contact the president of Youth Commission Anne Arran: [anne\[at\]thefreeclimber.com](mailto:anne[at]thefreeclimber.com)

See also UIAA Model Standards for voluntary leaders.

**New federations are welcome to participate**

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## 2. Report:

### Summary

#### Camp for Train the Trainers in Switzerland August 2003

- Four guides looked after 24 participants from 13 countries. Two SAC leaders and two guides worked together with groups. On Saturday evening each person introduced themselves. Groups were decided and the program for the next day was talked over. It was possible for participants to borrow mountaineering equipment.
- Sunday and Monday were the days for training and exchange of experiences. One day was on the glacier the other day on rock (rock and ice-training)
- On Tuesday we went on mountain and rock trips. There were four different programme options: Fünffingerstöcke, Giglistock, Pfriendler, Kl. Furkahorn
- Wednesday: In the morning Via Ferrata-training ( Diavolo-Ferrata), ice and rock self rescue training.
- On Monday everybody told us their wishes for the week. On Thursday we tried to realise all these expectations in workshops.

- UIAA Global Youth Summit and Presentation of the aims of UIAA Youth-Commission
- Fall test
- How do children and teenagers learn?
- Rocket handicraft
- How to lead or guide guests
- Tyrolienne
- Climbing games with kids



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- How to teach climbing, coaching aspects of junior development

Friday: Mountain and rock trips (4 different possibilities: Galenstock, Tierberglühütte SAC, Chly Glatten, Bergseeschijen)

**Evenings:**

- Trip-preparation (every evening)
- Theory (nearly every evening)
- Course reflection in home nation groups (nearly every evening)
- Mammut presentation about ropes
- ÖAV-climbing video
- Slide show, Arwa Spire, India (Bruno Hasler first ascent)
- Roger Payne (guest)
- Farewell party



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**Challenges:**

Our guides found some big differences of ability in the various activities between participants.  
The kitchen had to cater for a variety of different diets

**Experience:**

Very good relationships were formed between participants from three continents. Each treated one another with respect and everyone was keen to learning input a great deal.

**Camp outcomes:**

- Better co-operation between three Continents
- Exchange of good practice and best techniques for the future
- Possibility to work together to enhance quality of training and experience for young climbers and mountaineers
- Appreciation of each others mountain environments and understanding of what is possible for each federation

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3. Program:

**UIAA - international camp for trainers, Saturday 26<sup>th</sup> July to Saturday 2<sup>nd</sup> August 2003 in Wassen, Switzerland**

**Organisation:**

Anita Rohner, Swiss Alpine Club SAC

**Main target:**

Exchange of experiences (compare educational standards and safety techniques)  
learning new mountaineering skills



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Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Travel day Arrival	Rock training Ice training	Ice training Rock training	Mountain trip Climbing trip	Via ferrata Rescue training	Work shops	Mountain trip Climbing trip	Travel day Departure
	Rock training: Knot techniques Rope up methods Belay methods Abseiling techniques Top rope climbing	Ice training: Rope up methods on glaciers Crampon techniques Ice anchors Pulley systems Steep ice climbing in crevasses	Fünffinger- stöck Giglistöck Pfreundler Kl. Furkahorn	Via ferrata Diavolo Ferrata- techniques Ice and rock rescue training Self rescue	UIAA global youth summit and presentation of the aims of UIAA Youth- Commission How do children and teenagers learn Fall test Rocket handicrafts How to guide/lead guests and advice on making programmes Tyrolienne Climbing games with kids How to teach climbing	Galenstock Tierberglhütte SAC Chly Glatten Bergseeschijen	



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**Evening program**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome evening Self introduction Group-building Equipment-Check  Next day preparation	Everybody makes requests and asks questions about the camp.  Course reflection Preparation for next day	Mammut-representative speaks about ropes  Course reflection in home groups  Next day preparation	Home group reflections OeAV climbing video  Course reflection in home groups  Next day preparation	Arwa Spire (India) slide show   Course reflection Next day preparation	Camp evaluation  Roger Payne made a short speech about the Global Youth Summit following on from the workshop presentation on Wednesday   Course reflection Next day preparation	Farewell party 1. August Swiss National Day	



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##### Participants and leaders of the Train the Trainers – Camp in Switzerland 2003

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5. Photos:



All participants



Rope technique



climbing tour



sport climbing





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Crampon  
technique



Via ferrata

Ice climbing



Tyrolienne

pedagogy



Rope technique

Trip preparation



Home-group  
feedback of the  
day

Written by: Anne Arran, Anita Rohner and Bruno Hasler