



2024 International Mountain Sports Training Course 2024 Curso Internacional de Montañismo

Mountain Medicine, Techniques & Safety
Medicina, Técnicas y Seguridad de Montaña

DETAILED PROGRAM, 19-21 APRIL 2024, BARILOCHE, ARGENTINA

DAY 1	19 APRIL – THEORY SESSION @ Villa Huinid Pioneros Hotel	ALLOTTED TIME	SPEAKER(S)
1.	Welcome and opening remarks	Starting at 08:30	Moderator
1.1.	Welcome participants, organizations, delegates Presentation of UIAA	10 08:30-08:40	Peter Muir, UIAA President (ENG)
1.2.	Local welcome Presentation of FASA	10 08:40-08:50	Magdalena Kast, FASA President (ESP)
1.3.	Course outline & debrief	5 08:50-08:55	Urs Hefti, UIAA Medical Commission President, Orthopedic Surgeon, Swiss Sportclinic (ESP)
2.	Session on Environment	5 08:55-09:00	Moderator

2.1.	(Waste) Water	20 09:00-09:20	<ul style="list-style-type: none"> • Urs Hefti, UIAA Medical Commission, Orthopedic Surgeon, Swiss Sportclinic (ESP) • Martin Lascano, UIAA Executive Committee (ESP)
2.2.	Q&A	10 09:20-09:30	
2.3.	Responsible climbing: a local case study	20 09:30-09:50	Esteban Degregori, FASA Mountaineering Commission Chair, Director of Access Panam (ESP)
2.4.	Training standards: what do we teach and how do we teach it? How training curricula are tailored to a country/region.	20 09:50-10:10	Steve Long, UIAA Training Commission, Mountain Guide (ENG)
2.5.	Evolution of anchor safety to the current standard	20 10:10-10:30	Federico Campos, UIAA Safety Commission, Mechanical Engineer (ESP)
	COFFEE BREAK	30	
2.6.	Gear Tips Recycling Program, a word from the 2023 UIAA Mountain Protection Award winner	15 11:00-11:15	<ul style="list-style-type: none"> • Bruno Negreiros, Coordinator Gear Tips Recycling Program • Maria Fernanda May, Gear Tips Partner, Medical Doctor with Wilderness Medicine Certification
2.7.	Panel discussion on climate change: effects on mountaineering, Aconcagua, mountains of South America	25 11:15-11:40	<ul style="list-style-type: none"> • Eduardo Vinhaes, UIAA Medical Commission, Emergency Medicine General and Thoracic Surgery (ESP) • Juan Ignacio Inza, UIAA Mountain Protection Commission, Lawyer National Park Administration (ESP)

			<ul style="list-style-type: none"> Mijel Lotfi, UIAA Medical Commission, IFMGA Guide, Teacher mountain skills & mountain medicine (ESP)
3.	SESSION ON COLD	5 11:40-11:45	Moderator
3.1.	Hypothermia	20 11:45-12:05	Benoit Champigneulle, UIAA Medical Commission, Anesthesiologist-Intensivist Physician (ENG)
3.2.	Frostbite	20 12:05-12:25	Kastė Mateikaitė-Pipirienė, UIAA Medical Commission, Nephrologist, Diaverum clinic, Lithuania (ENG)
3.3.	Protective clothing	20 12:25-12:45	Sponsor/brand representative
3.4.	Q&A	15 12:45-13:00	
	LUNCH BREAK	90	
4.	SESSION ON ALTITUDE & SPORT CLIMBING	5 14:30-14:35	Moderator

4.1.	Acclimatization	20 14:35-14:55	Eduardo Vinhaes, UIAA Medical Commission, Emergency Medicine General and Thoracic Surgery (ESP)
4.2.	AMS, HACE	20 14:55-15:15	Carlos Antonio Nicolau Villages, UIAA Medical Commission, Urgent Care, Family Medicine, and Travel Medicine (ESP)
4.3.	HAPE	20 15:15-15:35	Matthias Hilty, UIAA Medical Commission, Senior Attending Physician, Institute of Intensive Care Medicine (ENG)
4.4.	Q&A	10 15:35-15:45	
4.5.	Relative energy deficiency in sport	20 15:45-16:05	Volker Schöffl, Trauma surgery, Orthopedic surgery, Sports Medicine (pre-recorded video, Spanish subtitles)
4.6.	Q&A	10 16:05-16:15	Volker Schöffl, Trauma surgery, Orthopedic surgery, Sports Medicine (pre-recorded video, Spanish subtitles) + live follow-up
	COFFEE BREAK	30	
5.	SESSION ON MOUNTAINEERS	5 16:45-16:50	

5.1.	Women & men at altitude	20 16:50-17:10	<ul style="list-style-type: none"> • Kastė Mateikaitė-Pipirienė, UIAA Medical Commission, Nephrologist, Diaverum clinic, Lithuania (ENG) • Urs Hefti, UIAA Medical Commission, Orthopedic Surgeon, Swiss Sportclinic (ESP)
5.2.	Menstrual cycle-based training	20 17:10-17:30	Andrea Carolina Castillo Piedra, Gym and rock climbing instructor by Petzl Technical Institute (ENG/ESP)
5.3.	Q&A	10 17:30-17:40	
5.4.	Risk management	20 17:40-18:00	Alberto Ayora, President of Federación Española de Deportes de Montaña y Escalada FEDME (ESP)
5.5.	Advanced first aid in mountain areas: what future?	20 18:00-18:20	Luigi Festi, UIAA Medical Commission, Senior surgeon, Specialist in emergency and general surgery (ENG)
5.6.	Panel discussion on modern technology: evolution of climbing and mountaineering for the good or risky?	30 18:20-18:50	<ul style="list-style-type: none"> • Steve Long, UIAA Training Commission, Mountain Guide (ENG) • Fred Campos, UIAA Safety Commission, Mechanical Engineer (ESP) • Luigi Festi, UIAA Medical Commission, Senior surgeon, Specialist in emergency and general surgery (ENG) • Craig Ross ARG / UIAGM Mountain Guide (ESP)

6.	CLOSING REMARKS	5 18:50-18:55	Urs Hefti, UIAA Medical Commission, Orthopedic Surgeon, Swiss Sportclinic (ESP)
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DAY 2	20 APRIL – THEORY & WORKSHOPS @ Villa Huinid Pioneros Hotel and Cerro Catedral	ALLOTTED TIME	SPEAKER(S)
1.	Welcome and opening remarks	Starting at 09:00	Moderator
1.1.	Welcome	5 09:00-09:05	Martin Lascano, FASA representative (ESP/ENG)
1.2.	Day outline & debrief	5 09:05-09:10	Urs Hefti, UIAA Medical Commission, Orthopedic Surgeon, Swiss Sportclinic (ESP)
2.	ACONCAGUA: introduction & peak advice	10 09:10-09:20	Mijel Lotfi, UIAA Medical Commission, IFMGA Guide, Teacher mountain skills & mountain medicine, Rescue Aconcagua (ESP)
3.	RESCUE IN ARGENTINA	5 09:20-09:25	Moderator
3.1.	Overview of how rescue is organized in the Argentinian mountains	20 09:25-09:45	Marcelo Parada, FASA Medical Director (ESP)
3.2.	Model 1: El Chaltén	20 09:45-10:05	Dra. Carolina Codó CACH

3.3.	Model 2: Aconcagua and Argentine Northern Andes	20 10:05-10:25	Mijel Lotfi, UIAA Medical Commission, IFMGA Guide, Teacher mountain skills & mountain medicine, Rescue Aconcagua (ESP)
3.4.	Model 3: - Bariloche and Northern Patagonia	20 10:25-10:45	Fran Velazquez, CAX CAB Bariloche
	COFFEE BREAK	30	
3.5.	Panel discussion to compare the situations across the globe	30 11:15-11:45	<ul style="list-style-type: none"> • Dra. Carolina Codó CACH • Fran Velazquez • Mijel Lotfi, UIAA Medical Commission, IFMGA Guide, Teacher mountain skills & mountain medicine, Rescue Aconcagua (ESP) • Marcelo Parada, FASA Medical Director (ESP) • Luigi Festi, UIAA Medical Commission, Senior surgeon, Specialist in emergency and general surgery (ENG) • Urs Hefti, UIAA Medical Commission, Orthopedic Surgeon, Swiss Sportclinic (ESP) • Matthias Hilty, UIAA Medical Commission, Senior Attending Physician, Institute of Intensive Care Medicine (ENG)
3.6.	Q&A	15 11:45-12:00	
	DISTRIBUTION OF LUNCH BOXES	15	To go lunch boxes

	BUS TRANSPORT	30 Leaving at 12:15	From Villa Huinid Pioneros Hotel to Cerro Catedral
	LUNCH BREAK	90	To go lunch boxes
4.	GATHERING & DEBRIEF	15 14:15-14:30	Marcelo Parada, FASA Medical Director (ESP)
5.	WORKSHOP SESSION 1	60 14:30-15:30	See below A.i. - A.vi.
	COFFEE BREAK	30	
6.	WORKSHOP SESSION 2	60 16:00-17:00	See below A.i. - A.vi.
7.	CLOSING REMAKRS	10 17:00-17:10	Marcelo Parada, FASA Medical Director (ESP)
8.	DINNER: ASADO FOR ALL		At Cerro Catedral

	BUS TRANSPORT	30	From Cerro Catedral to Villa Huinid Pioneros Hotel
A.	OUTLINE OF SCHEDULED WORKSHOPS		Venue: Outdoor location & Indoor (Villa Catedral)
i.	Water treatment		Lead: Kastè Mateikaitè-Pipiriené, UIAA Medical Commission, Nephrologist, Diaverum clinic, Lithuania (ENG) Assisted by: <ul style="list-style-type: none"> • Carlos Antonio Nicolau Villegas, UIAA Medical Commission, Urgent Care, Family Medicine, and Travel Medicine (ESP)
ii.	Portable Altitude Chamber and Bottled Oxygen		Lead: Benoit Champigneulle, UIAA Medical Commission, Anesthesiologist-Intensivist Physician (ENG) Assisted by: <ul style="list-style-type: none"> • Eduardo Vinhaes, UIAA Medical Commission, Emergency Medicine General and Thoracic Surgery (ESP)
iii.	Safety of anchors		Lead: Frederico Campos, UIAA Safety Commission, Mechanical Engineer Assisted by: <ul style="list-style-type: none"> • AAGM • CAX CAB Bariloche • Esteban Degregori, FASA Mountaineering Commission Chair, Director of Access Panam (ESP)
iv.	Stretcher Rescue for Expeditions with Scenarios		Lead: Claude Raillard, Swiss Mountain Guide Assisted by: <ul style="list-style-type: none"> • Urs Hefti, UIAA Medical Commission • Marcelo Parada, FASA Medical Director
v.	Roping up on glaciers, improvised crevasse rescue / Training, knots, pulley		Lead: Steve Long, UIAA Training Commission Assisted by: <ul style="list-style-type: none"> • Mijel Lotfi, UIAA Medical Commission, IFMGA Guide, Teacher mountain skills & mountain medicine, Rescue Aconcagua (ESP)

			<ul style="list-style-type: none"> • CA Chaltén
vi.	Pre-acclimatization in a hypoxia tent		<p>Co-lead: Matthias Hilty, UIAA Medical Commission, Senior Attending Physician, Institute of Intensive Care Medicine (ENG)</p> <p>Co-lead: Luigi Festi, UIAA Medical Commission, Senior surgeon, Specialist in emergency and general surgery (ENG)</p>

DAY 3	21 APRIL – FIELD DAY @ Cerro Catedral	ALLOTTED TIME	SPEAKER(S)
1.	Gathering and transport		
1.1.	Gathering for bus transport for those staying in Villa Huinid Pioneros Hotel	Leaving at 08:30	
	BUS TRANSPORT	30	From Villa Huinid Pioneros Hotel to Cerro Catedral
2.	WELCOME AT CERRO CATEDRAL	Starting at 09:00	
2.1.	Day outline & debrief	15 09:15-09:30	Martin Lascano, FASA representative
3.	PRACTICAL STATIONS		
3.1.	Use and transportation on a stretcher with hypothermia packaging to an injured person	60 09:30-10:30	CAX Bariloche

3.2.	Search and rescue work with trained dogs	60 10:30-11:30	CAX Bariloche
3.3.	Simple primary medical care exercises for beginners	60 11:30-12:30	CAX Bariloche
3.4.	Debrief	30 12:30-13:00	All
4.	OFFICIAL END OF COURSE		
4.1.	Distribution of certificates	30 13:00-13:30	UIAA Office
4.2.	Words of thanks	15 13:30-13:45	Peter Muir, UIAA President (ENG) Urs Hefti, UIAA Medical Commission (ESP) Magdalena Kast, FASA President (ESP)
	CLOSING LUNCH "MOUNTAIN COCKTAIL"		
	BUS TRANSPORT	30	From Cerro Cathedral to Villa Huinid Pioneros Hotel