

2025 Mountain Sports Symposium

Mountain Medicine, Techniques & Safety

DETAILED PROGRAM, 25-26 OCTOBER 2025, PEJA, KOSOVO

DAY 1

25 OCTOBER – THEORY SESSION	ALLOTTED TIME	SPEAKER(S)	Commission
Welcome and opening remarks	Starting at 08:30		
Welcome participants, organizations, delegates and presentation of UIAA	10 08:30-08:40	Andre von Rotz	
Course outline	5 08:40 – 8:45	Urs Hefti	
MOUNTAINS IN KOSOVO Introduction & peak advice	15 08:45 – 9:00	Uta Ibrahim	FBNSK
SAFETY: ROLE OF MOUNTAINEERING ASSOCIATIONS	5 09:00-9:05	Chair: Philippe Quintart	
How to buy new equipment? Why the UIAA Safety Label?	15 9:05 – 9:20	Lionel Kiener	Safety
Safety in Via Ferratas: FBNSK Cases	15 9:20 – 09:35	Mentor Vokshi	FBNSK
Mountain Guide Education in Regions of Transition: The Role of EEMGA/IFMGA	30 09:35 – 10:05	Kyriakos Rossidis	IFMGA/EEMGA
Q&A	10 10:05 – 10:15		
COFFEE BREAK	30 10:15 – 10:45		
MOUNTAIN SAFETY: RISKS & COLD	5 10:45 – 10:50	Chair: Lionel Kiener	
Hypothermia	15 10:50 – 11:05	Urs Hefti	Medical
Frostbite	15 11:05 – 11:20	David Hillebrandt	Medical
Risk Management in Mountain Sports	40 11:20 – 12:00	Alexis Mallon	Safety

Q&A	10 12:00 - 12:10		
Safety in Mountain Sports – Technical and Medical Aspects	20 12:10-12:30	• Kyriakos Rossidis • Alexis Mallon • Mentor Vokshi • Urs Hefti	Safety, IFMGA, FBNSK, Medical
BRIEFING FOR THE AFTERNOON	5 12:30-12:35	• Urs Hefti	
LUNCH BREAK	55 12:35-13:30	Transportation to workshop location takes 5 min	
WORKSHOPS DAY 1	3 x 45 13:30 - 16:30	Participants are split into groups, and get to rotate through all workshops	
Field reduction and improvised splinting		• Responsible: Linda E Keyes • Assistant: Urs Hefti	Medical
Improvised Rescue: Moving an Injured Companion		• Responsible: Deni Hameli • Assistant: Géza Toth & Gebhard Barbisch	Training / Local rescue
Helping Your Second on Multi-Pitch Routes		• Responsible: Alexis Mallon • Assistant: Uta Ibrahimi & Kyriakos Rossidis	Safety/IFMGA/ FBNSK

26 OCTOBER – THEORY SESSION	ALLOTTED TIME	SPEAKER(S)	Commission
Local welcome & presentation of FBAKU	10 08:30-08:40	Arianit Nikçi	FBNSK
Day Outline and debrief	5 8:40-8:45	Urs Hefti	Medcom
MOUNTAIN MEDICINE	5 8:45 – 08:50	Chair: Urs Hefti	
(Waste) water and food: both sides of the alimentary tract	20 08:50 – 09:10	David Hillebrandt	Medical
Acclimatization	15 09:10 – 09:25	Matthias Hilty	Medical
Altitude illnesses	15 09:25 – 09:40	Linda E Keyes	Medical
High altitude trivia game (myths and misconceptions about altitude illness and acclimatization)	15 09:40 – 09:55	Linda E Keyes	Medical
Q&A	10 09:55 – 10:05		
Coffee break	25 10:05 – 10:30		
RESCUE IN THE BALKANS AND BEYOND	5 10:30 – 10:35	Chair: Tarquin Cooper	
Kosovo Mountain Search and Rescue Service	20 10:35 – 10:55	Deni Hameli	Kosovo Mountain Search and Rescue Service
Medical requirements for avalanche rescue missions	30 10:55 - 11:35	Giacomo Strapazzon	EURAC
Q&A	10 11:35 – 11:45		
Panel discussion to compare mountain rescue situations across Europe	20 11:45 – 12:05	- Giacomo Strapazzon - Deni Hameli - Gebhard Barbisch	Rescue organisations Balkans, Medical, Safety

		Géza Toth	
(Re)Bolting: Good practices, corrosion & materials	25 12:05 – 12:30	Per Forsberg & Fred Campos	Safety
BRIEFING FOR THE AFTERNOON	5 12:30 – 12:35	Urs Hefti	
LUNCH BREAK	55 12:35 - 13:30	Transportation to workshop location takes 5 min	
WORKSHOPS DAY 2	3 x 45 13:30-16:30	Participants are split into groups, and get to rotate through all workshops	
Stretcher rescue for expeditions with scenarios		- Responsible: Matthias Hilty - Assistant: Urs Hefti & Geza Toth	Medical
Safety of anchors: Bolting, re-bolting, no bolting		- Responsible: Fred Campos - Assistant: Lionel Kiener & Per Forsberg	Safety
Water treatment for drinking		- Responsible: David Hillebrandt - Assistant: Linda Keyes	Medical
OFFICIAL END OF COURSE			
Distribution of certificates	15 16:30-16:45	Philippe Quintart	
Word of thanks	15 16:45-17:00	- Arianit Nikçi - Urs Hefti - Lionel Kiener	