



French Alpine Club FEDERATION - Toulouse * YOUTH COMMISSION



INTERNATIONAL YOUTH CLIMBING CAMP

Ariège, South-West of France – July 06-11, 2024

The main goal of this Youth Climbing Camp is to practice many forms of climbing, one pitch cliffs to long multi-pitch routes, on different types of rock, granite or limestone.

A climbing certificate (skills for indoor climbing indoor, one pitch, multipitch) could be provided at the end (see reference for validation at end of camp).

It will be also possible to go canyoning and caving / speleology; some instructor training may be possible, depending on level and experience).

Date: July 06-11, 2024. Possibility to stay for a shorter period, and to arrive on any day.

Place: Hostel – *Les Oustalous*, Les Cabannes (<http://www.villagesdebeille.com/oustalous.html>), Ariège, South-West of France (120 km from Toulouse / 1h15')

Accommodation and Food: Rooms for 2 people, all meals and lunch packs are provided by the event organiser and will be prepared by the participants.



Staff / Leaders: all the staff are qualified to supervise this event; instructors in Alpinism or Climbing or Canyoning

Participants: Young people aged 16 to 25 years old. Participants should lead climb at a minimum of 5b (French grade). We will accept a maximum of 3 participants per country Federation, and 12 for all Youngs.

Participants under 18 year old must be accompanied by an adult Climber/coach, who will be responsible for them during the camp.

IMPORTANT: consumption of alcohol under 18 years of age is strictly forbidden during the camp.

Equipment: climbing harness, climbing shoes, chalk bag, climbing helmet, belay device and 10 quick draws (UIAA standard/CEN). Sun glasses & cream, waterproof jacket, climbing clothing, sleeping bag, head torch, and wash kit, water bottle, any personal medication.

Insurance: Participants should subscribe to an insurance policy, for accident, rescue, third party liability, and travel, which is valid for participating in the programme of climbing and hiking. This cover note of insurance should be presented to the organisers on arrival.

Entry visas: If your representatives need to obtain entry visa, please confirm their names and passport numbers to the contact emails as soon as possible as Visa processing is a very lengthy process.

Price: 180 EUR per participant, payable by transfer cash on FFCAM CRO Account (see in annex) This price includes: accommodation, full board, leading and organisational costs.

Registration / deadline: Please send the registration form filled, with a caution of 80 Euros. **Dead line is June 15, 2024.** **There will be maximum of 15 participants, so priority will be given to the first demands we receive. An**

Meeting point: Toulouse, on Saturday morning, July 6th, 2024 (the precise location will be provided later, depending on how you arrive -i.e. by plane, train etc.*), or another day at the train station "Les Cabannes". It is also possible to arrive at Toulouse airport on Friday 5th (and also leave on Friday 12th).

***Place, date and time of arrival and transport, which you plan to use (and number of train or flight) :**

- By train in **Toulouse Station** (or there is a station at **Les Cabannes**, 3 minutes away from the gite):
- By plane, at the airport of **Toulouse Blagnac**:

Additional information and registration: Pierre Hullin gaspard1877@gmail.com +33 6 37 89 13 33

About UIAA Global Youth Summit events:

- These events are a great opportunity to meet a varied group of young climbers from home and abroad, and make new friends, as well as exchange climbing techniques.
- During the event we will also share knowledge (demonstrations, lectures and experience) of sport climbing.

Schedule / activities:

The main goal of this youth climbing camp is to practice many forms of climbing, one-pitch cliffs, or multi-pitch routes on big walls, on different types of rock, granite or limestone.

All the climbing sites are described on this link: <http://cafma.free.fr>

- 2022 <https://photos.app.goo.gl/p8c2TF1sdR1QKrL6>
- 2021 <https://photos.app.goo.gl/34kskyc7CmiZxgMJA>
- 2020 <https://photos.app.goo.gl/jWSWsdcgBHnraLNf6>
- 2019 <https://photos.app.goo.gl/15SSekTMWqkZFbSX7>
- 2018 <https://photos.app.goo.gl/3gcDfuY6WPM1rB1A>
- 2017 <https://photos.app.goo.gl/TFEITxsfJWl97oNd2>

July 06th, 2024: Arrival about 10:00 am for the participants – Transport from Toulouse provided by car (with the staff). (Confirmation and arrival times of participants needed). Confirmation of registration, and accommodation in rooms about noon. Lunch at the hostel, then short drive to a cliff, and climb. Dinner at 8:00 pm.

Others days : 08:00-09:00: Breakfast, then participants are in divided in groups by climbing level. Then, climbing or caving (lunch at the climbing sport - lunch pack). 8:00 pm: dinner

Last day, Thursday July 11th – Arrival in Toulouse around 7:00 pm.

REGISTRATION FORM**International climbing and hiking camp in Ariège, South of France****July, 06-11 2024****(TO AVOID ERRORS IN READING YOUR DATA,
WE ONLY ACCEPT FORMS FILLED IN BY COMPUTER – NO HAND WRITING)****FEDERATION:** _____

ADDRESS: _____

PHONE: _____ FAX: _____

E-MAIL: _____

PARTICIPANT:

Name and Family Name			Sex	
Date of Birth		Telephone		
Address				
Email				
Mobile Phone				
Emergency home contact number				
Passport number		Period of validity		
Date of issuing and city				
Please indicate your language preferences.				
Spoken languages	1.	2.		
Special diets: <input type="checkbox"/> vegetarian <input type="checkbox"/> Eat variety <input type="checkbox"/> allergies and intolerances <input type="checkbox"/> special diet				
Details:				
Do you have any special medical needs or allergies that we should be aware of?				
Name and telephone numbers of a person we can contact in the event of an emergency				
Participant climbing experience, level and skills:				
I can tie in /Yes/No/ =				
* I can top rope belay safely /Yes/No/ = using (belay device)				
* I can lead belay safely /Yes/No/ with a (belay device)				
My current on sight level is: _____ My current red point level is: _____				

One registration form per participant.

Place, date and time of arrival and transport, which you plan to use (and number of train or flight) :

- By train in **Toulouse Station** (there is also a station at **Les Cabannes**, 3 min from the gite):
- By plane, at the airport of Blagnac:

Insurance: Participants **should have a collective or individual insurance policy**, which guarantees covering the expenses of the rescue operations should an accident occur in France. In addition, third party liability, accident and travel insurance should be acquired. Please bring a copy of your insurance with you.

Name of the insurance company: _____

Policy number: _____

Participants applying for a UIAA Global Youth Summit event also acknowledge and accept that:

- Safety is a primary concern at UIAA Global Youth Summit Events, but as with all the forms of climbing/mountaineering there is a danger of personal injury or death. The participant must strictly follow the rules given by the leaders.

- Participants at UIAA Global Youth Summit events, and their parents if the teenager is under 18, accept the risks of participation and are responsible for their own actions, which should take into account relevant circumstances such as changing weather conditions.

- To take part in the camp, it is necessary to be medically fit to do the activity and have valid liability and accident insurance which is valid in the country of the event, and which covers rescue and repatriation. Please bring a copy of your insurance with you; the organizers will need it.

IMPORTANT: consumption of alcohol under 18 years of age is strictly forbidden during the camp.

The candidate participation must be approved and confirmed by his country Mountain Federation with the Federation's stamp and Federation's President

Signature (or authorized representative signature)

Stamp

Signature

Participant signature: _____
(Parents or participant if over 18)

Date: _____

Name, surname, telephone, fax and e- mail of the person to contact:

Please send before June 15, 2024 this file by mail to:
gaspard1877@gmail.com and christian.biard@orange.fr



RELEVÉ D'IDENTITÉ BANCAIRE

Identifiant national de compte bancaire - RIB

Banque	Guichet	N° compte	Clé	Devise
10278	02200	00020364301	70	EUR

Domiciliation
CCM TOULOUSE CENTRE

Identifiant international de compte bancaire

IBAN (International Bank Account Number)					
FR76	1027	8022	0000	0203	6430 170

BIC (Bank Identifier Code)
CMCIFR2A

Domiciliation
CCM TOULOUSE CENTRE
29 ALLEES JEAN JAURES
31000 TOULOUSE

☎ 05 61 11 10 97

Titulaire du compte (Account Owner)
C R OCCITANIE F F CLUB ALPINS MO
3 RUE DE L ORIENT
31000 TOULOUSE

Reference for climbing certificate (skills for climbing indoor, one pitch, multipitch)



Evaluation

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This evaluation sheet allows each person to take stock of his or her knowledge. Like an airplane pilot before takeoff, we must first verify that "all systems are go" before leading a group. Essential during learning, this self-assessment tool is also useful pre-season to ensure you haven't forgotten any critical points.

A = Acquired knowledge; V = Visited (reviewed) but not mastered; N = Not acquired or reviewed during training.



Equipment

A V N

- The various types of ropes
- The various types of dynamic ropes
- What weakens a rope
- Inspecting and caring for a rope
- How to single-coil and carry a rope
- How to double-coil and carry a rope
- The various types of carabiners
- Tying a nylon webbing sling
- The best knot for joining two ropes
- How to carry slings

Tying In

- Tie-in knots
- Properly tying in to the harness
- Why partners should double-check each other
- How to orient a quickdraw
- How to clip the rope into a carabiner
- Clipping stances and techniques
- What a fall entails
- How to minimize impact force on the lead climber during a fall
- The pulley effect



Single-pitch routes

- What mindset should the belayer adopt?
- How to belay a lead climber with a conventional device
- How to belay a lead climber with an assisted-braking device
- When is a bottom anchor necessary for the belayer?
- Precautions to take before setting up a top rope
- How to lower your climbing partner
- How to remove quickdraws on top rope

The belay station

- How to quickly protect a belay station
- How to protect a belay station with a more-distant redirect
- What to do when you arrive at a bolted belay station
- How to equalize two anchor points
- How to build a unidirectional anchor
- How to build a multidirectional anchor
- How to use natural anchors
- How to place nuts
- How to place cams
- Where to position a traditional belay station
- How to build a traditional belay station

Multi-pitch routes

- How to correctly anchor into the belay station
- How to belay one or two seconds (two climbers)
- What to do when your second arrives at the belay station
- How to organize/manage the belay station when swapping leads

Rappelling

- How to prepare to rappel
- Which knot to use to join two ropes
- How to set up a rappel



- How to set up your friction hitch and rappel device
- How to tie a friction hitch (autoblock or Klemheist)
- How to pull the rope
- How to execute a series of consecutive rappels

Useful Tips and Troubleshooting

- How to tie off a partner/load on top rope
- How to lower a second with a Munter hitch
- How to lower a second with a plaquette
- How to descend on a rappel rope that is under tension
- What to do if you lose your belay device
- How to assist the second with a difficult move
- How to re-ascend a fixed rope
- Can you protect a rappel from the bottom?
- How to rappel on a damaged rope
- How to pass the knot on a damaged rope
- How to provide assistance to a partner stuck mid-rappel
- How to lower from two unconnected protection points while remaining backed up
- How to retrieve a stuck rappel rope

Notes and Comments

