

Alpine climbing camp 2 2025 / Booking form / Health and insurance form :

| | Name | First name | Date of birth |
|---------------|------|------------|---------------|
| Participant 1 | | | |
| Participant 2 | | | |
| Participant 3 | | | |

Name /first name of one of the parents

Street, number..... Postal code, city

Phone (home) Mobile.....

Phone (work) E-mail

Accident insurance of the participant

Disease: does your child suffer from a disease, an allergy or particular handicap? Does he have to take a specific medicine during the camp ?

.....

Has he a particular diet ?.....

I heard about your school by : internet an advertising a friend T.O. other :

Has your child an insurance REGA, AIR GLACIER or equivalent ?

THE REGA INSURANCE IS COMPULSORY TO PARTICIPATE IN THE CAMP : SEE WWW.REGA.CH, rescue of the health insurance or the other types of insurances are not admitted. If your child isn't Rega member, please book on www.rega.ch

By my signature, I guarantee that my child is to the advantage of an accident insurance and REGA member. I give evidence that my child has the authorization to participate in the Alpine climbing camp 2 organized by PROGRESSION which will take place of :

..... to

Play attention, my registraton is valid only at reception of the camp's amount or CHF 690.- and guaranteed me a place to the camp. I noted the name of my child and dates of the camp in the compartment "communication" of e-banking or post paiement form . I authorize Progression to publish photos and video of the camp for the internet site's gallery and the brochure of the School

To book a camp for your child , you must return by post :

- 1. CAMP BOOKING FORM**
- 2. E-BANKING PAYMENT FORM OR POST PAYMENT FORM**
- 3. REGA CARD PHOTOCOPY OR REGA PAYMENT FORM**

to :

ALAN DELIZEE
(Swiss climbing school la Dôle)
Boîte postale 252 La Bouriaz CH-1265 La Cure
UBS Lausanne St François
Bank account : 457893.41Z
Clearing number: 243
IBAN : CH690024324345789341Z
BIC : UBSWCHZH80A
Post account number UBS : 80-2-2

Place, date..... signature

Alpine climbing camp 2 / Detailed Program :

This week consists of 5 days of climbing in the Alps. Place dependent on the weather and on the season. : Bas-Valais, Piémont, Alpes du Sud, hautes Alpes, Tessin, Grisons. This description is Bas Valais region around Martigny. They learn : how to do a safe climbing knot, how to progress safely on the rock. We train them step by step. During this period of apprenticeship, we go by bus to special climbing areas for learning : Dorénaz, Miéville, Chemin-dessus, St Triphon. The children sleep in dormitories in the campsite of Martigny (only in Eastern). If it's raining, we go indoor on a climbing wall. They have lunch in the middle of nowhere nearby the cliff. The children can take a shower in the campsite in a modern bathroom. They have meal all together around a big table and participate in the preparations of the meals or the domestic works. Vegetables or fruits are present every day for lunch outside and for the dinner. Games are organized during the end of the day

J1 : Reception of the parents and the children Shell petrol station in Signy. Route by bus until Martigny. Go to the campsite TCS of Martigny, night in dormitories.

Learning how to do a safe climbing knot, how to progress safely on the rock, tope rope easy climbing. (Dorénaz la Carrière)

J2 : Rock climbing in Miéville how to use better rock-climbing shoes, bouldering traverses, technics of climbing, balance of the body, location of feet, rhythm of progress, breath, reading the rock.

J3 : Easy and average climbing. (Chemin-dessus or Colombey)

J4 : Multi-pitch climbing in Dorénaz

J5 : Cleaning the camp and climbing in St Triphon, back to Nyon with the bus. Debriefing with the parents in Shell petrol station.

Price : Sfr. 690.- / age : 14-25 years

Dates : April 13-17 / April 22-26 2025.

Included : night in dormitories or tent, breakfast, lunch, dinner, technical gear (harness, climbing shoes, helmet, carabiner ...), bus transport from Nyon, 5 days swiss mountain guide.

Not included : transport to the start and from the end of the camp



Alpine climbing camp 2 / Practical information :

| | |
|---|--|
| Meeting point | Day 1 at 9 am at Shell petrol station |
| Access | By the highway Lausanne – Geneva, take Nyon exit, follow the road direction St Cergue, first roundabout, you will see the Shell petrol station on the left |
| End of the camp | Day 5 at 18 pm at Shell petrol station |
| Transport | Minibus and/or car, duration of the route 1 h 30 |
| Instructor | Swiss mountain guide |
| Tourism office Martigny | Tel. +41 (0)27 720 49 49 |
| Money for the week | Plan some money for your child during the week (swiss francs) for the possible personal spending (kiosk, postcards...) |
| Accommodation | campsite TCS of Martigny (only in Eastern) |
| Mobile telephone number from the guide leader | Ask the guide leader during the briefing on Monday (the mobile network doesn't work well in the mountains) |
| Phone number Climbing school Progression | 022 360 02 60 / 079 457 23 57 |

Alpine climbing camp 2 / Equipment, gear :

- 1 pants for the walking + 1 compulsory rain pants (K-Way)
- Gore-Tex jacket / Kway with hood which protects well the face (in case of wind)
- polar fleece
- extra clothes

- compulsory mountain shoes with stiff soles, low sneakers prohibited !

- hat
- cap
- skiing gloves (for walking in case of bad weather)
- headtorch
- waterbottle min 1 L
- solar cream
- sunglasses
- sleeping bag for D1, D2, D3, D4
- clothes for evenings in the chalet
- slippers for evening in chalet
- sleeping clothes
- toilet bag
- towels
- teeth brush
- medicines if needed
- books for children to go to bed

- suitcase for whole equipment of the week
- rucksack for technical gear of the day (able to contain harness, climbing shoes, helmet, waterbottle, jacket, rain pants)

- ID card, don't forget !

Technical gear supplied by PROGRESSION:

- climbing shoes, climbing shoes,
- helmet
- harness
- carabiner

If necessary, we advise you the following mountain shops :

- Passe Montagne / Geneva
- Passe-Montagne / Lausanne
- Espace Montagne / Monthey
- Yosemite Lausanne

Don't hesitate to buy new gear if you have old equipemnt badly adapted, your child won't regret it !!!

If you have the other questions on the gear, don't not hesitate to call us !

The climbing instructor is a swiss mountain guide fully qualified. The camp can be cancelled following the conditions or a lack of participants.

Prices :

Our camp prices are for 1 person. They include a swiss mountain guide, half board in a chalet, campsite, mountain hut, or hotel, lunch, technical gear, transport. The extra-costs in restaurants, mountain huts are not included.

Group activities :

The instructor/participants ratio respect the swiss safety standards depending the activity. Camps take place in a good atmosphere and respect the well-being of our young participants. Participants who don't respect the team and other participants will be rapidly expelled after a contact with the parents.

Booking :

Your booking is valid only after we received your payment corresponding to the price of the camp.

Cancellation, interruption :

If, whatever reason it is, you cancel the camp after a booking, a restraint of 100 % is counted. Any begun and interrupted camp will not be paid off.

Insurance :

The participants are not assured by the mountain guide or the school. The participant cover itself suitably in health insurance and accidents (including the climbing et mountaineering accidents). Every participant must have a personal rescue insurance (including helicopter rescue). If your child don't have such an insurance, we suggest a formula with the swiss REGA, This insurance cost Sfr.30.- and must be paid before the camp.

Parents responsibility :

The parents assume :

- The full responsibility of the damages caused voluntarily or not voluntarily in the installations or the other objects belonging or rented by PROGRESSION
- Expel costs
- Post costs for forgotten clothes or other objects

Medical file:

Any medical problem must be indicated to PROGRESSION.

Transport:

Every participant comes all on one's own to the meeting point.