

Climbing camp Dôle 1 2024 / 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 climbing camp Dôle 1 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 :

- CAMP BOOKING FORM**
- E-BANKING PAYMENT FORM OR POST PAYMENT FORM**
- REGA CARD PHOTOCOPY OR REGA PAYMENT FORM**

| | | |
|--|--|--|
| <p><u>TO SEND US TO :</u></p> <p>Progression Swiss climbing school Boîte postale 252 La Bouriaz CH-1265 La Cure info@progression-dole.ch</p> | <p><u>E-BANKING /E-FINANCE :</u></p> <p>Bénéficiaire : ALAN DELIZEE Banque du bénéficiaire : UBS SA Case Postale 1002 Lausanne IBAN CH690024324345789341Z N°clearing 243 BIC :UBSWCHZH80A</p> | <p><u>BY POST :</u></p> <p>Versement pour : UBS SA Zurich IBAN CH690024324345789341Z ALAN DELIZEE Compte postal : 80-2-2</p> |
|--|--|--|

Place, date..... signature

Climbing camp Dôle 1 / Detailed program :

This week consists of 5 days of climbing and multisports in Jura. 35 minutes from Geneva, the mountain of La Dôle is the central point over the Lake of Geneva facing Mont Blanc. It is a magic place with various sectors of climbing, attractive view, a rich fauna (chamois, hawks ...) and a rich flora to be observed.

Supervised by a swiss mountain guide of the region, the children climb on beautiful cliffs of limestones, learn knots, raise up on fixed ropes, abseiling on a rope, do accrobranche, observe herds of chamois and various species of birds, go through magnificent routes, make a fire to cook swiss cervelas in the middle of nowhere, to have fun et make new friends.

We train them step by step in the crag of La Dôle. They learn : how to do a safe climbing knot, how to progress safely on the rock. During this period of apprenticeship, we go by foot to a climbing area conceived specially for the children. Day by day, they build up their physical condition but also their climbing technic. The children sleep in dormitories in the chalet Pile-Dessus, swiss style, called also « chalet of the children». They have lunch in the middle of nowhere nearby the cliff. The children can take a shower in the chalet 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.

D1 : Reception of the parents and the children in the chalet Pile-Dessus, checking children's outdoor gear, filling waterbottle for a day, preparing lunch and rucksack. Activities of socialization to get acquainted and become integrated into the group. Give the technical gear for the week. Observation of La Dôle chamois herd (couple and cameras more than advised), Jura's ant-hills, explanations on the local flowers (gentian, orchis vanilla, thistle). Games.

D2 :. Learning how to do a safe climbing knot, how to progress safely on the rock, tope rope easy climbing, accrobranche, raise up on fixed ropes. If possible, visit of a high mountain pasture and have a little drink. Visit of cows, veals, goats, pigs, rabbits and two small cats. Games.

D3 : Rock climbing in the crag of La Dôle, 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, descent in a tope rope situation. During the day, preparation of a fire by the children, cooking a swiss cervelas at the end of a wood stick. Games

D4: Playful day linked to climbing activity : games by team, speed competition, climbing with bandaged eyes, technical exercises, problems to be solved. After dinner, preparation of luggage for the next day.

D5 : Cleaning the chalet in the morning. Preparing the luggage. Climbing, learning how to do abseiling, abseil an overhang, return of the technical gear. Going back to chalet Pile-Dessus to meet the parents. Debriefing for the return of the children at the house.

Price Sfr. 690.- / age : 7-10 years

Dates : July 1-5 / July 8-12 / July 15-19 / July 22-26 / July 29-August 2 / August 5-9 / August 12-16 / October 14-18 / October 21-25 2024.

Included : night in dormitories, breakfast, lunch, dinner, technical gear (harness, climbing shoes, helmet, carabiner ...), 5 days with a swiss mountain guide.

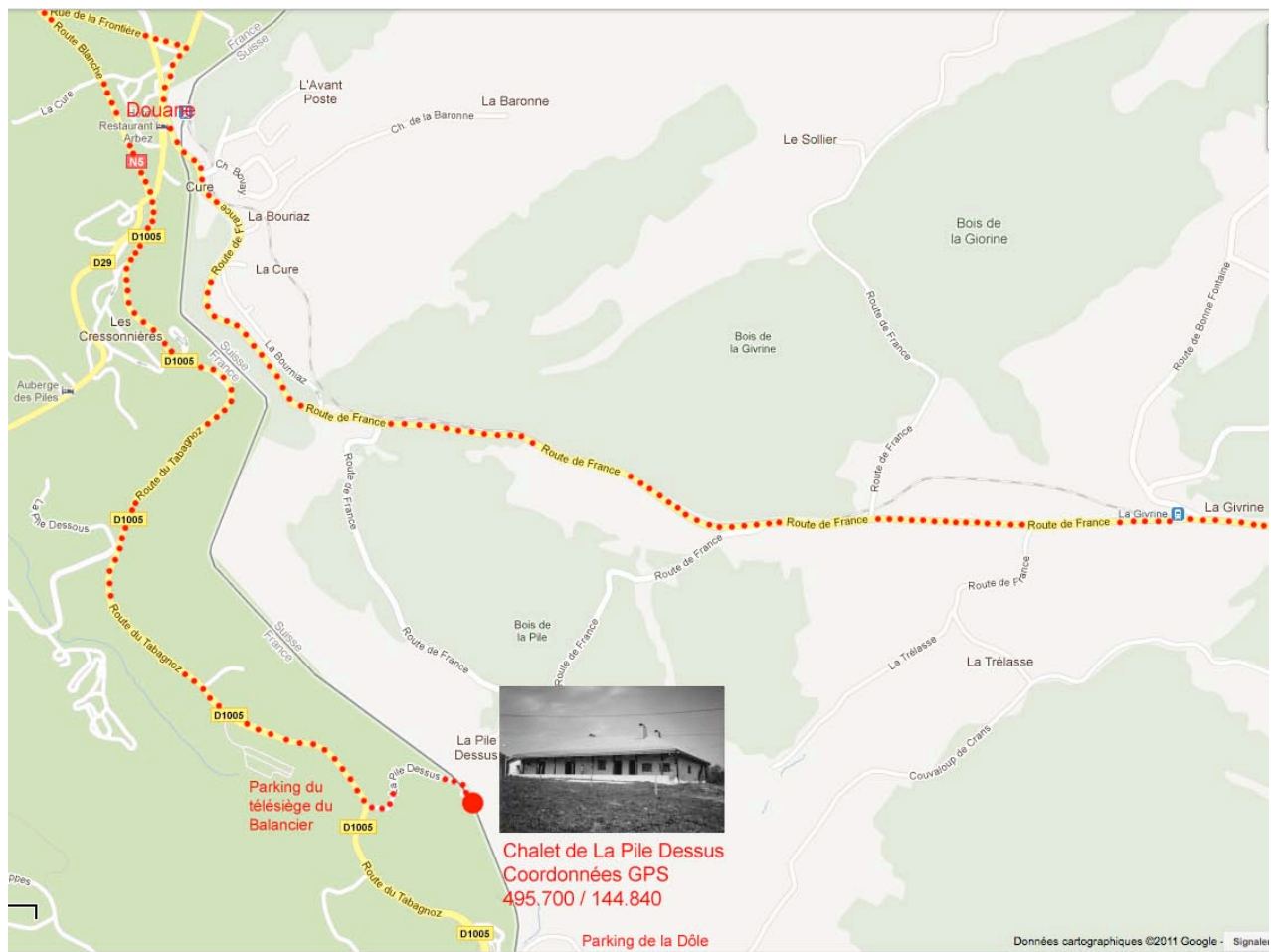
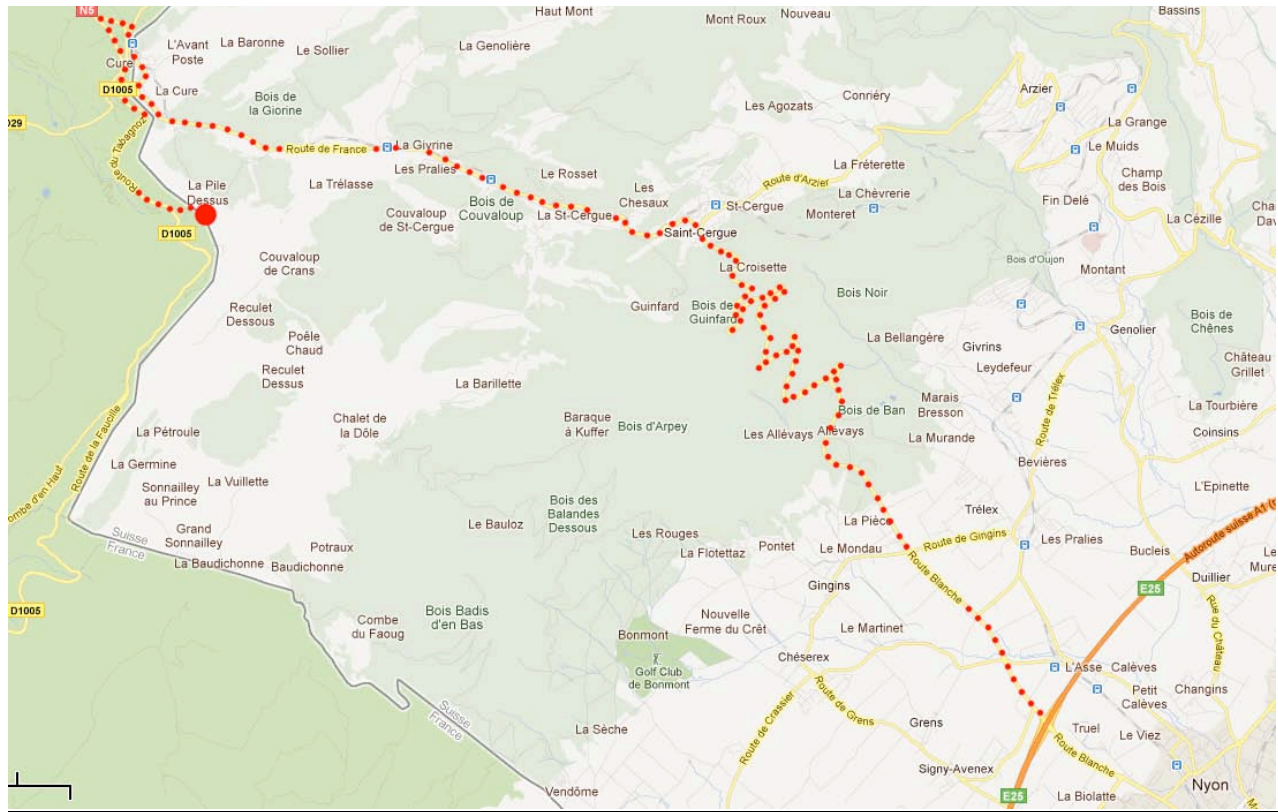
Not included : transport to the start and from the end of the camp



Climbing camp Dôle 1 / Practical information :

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|---|--|
| Meeting point | On Monday at 10 am at « chalet de La Pile-Dessus », la Barillette |
| Access | By the highway Lausanne – Geneva, take Nyon exit, follow the road direction St Cergue - la Cure, cross the border Switzerland-France, then go direction La Dôle. Just after the winter parking lot of the « balancier » chairlift, go to the left («Chalet Côté Dôle »), go again to the left on a path (small sign « La Pile Dessus CAF Châlon ») to La Pile-dessus Chalet. |
| End of the camp | Friday at 16 pm at the alpin club chalet of la Pile-Dessus at La Dôle |
| Instructor | Swiss mountain guide |
| Tourism office St Cergue | Tél. 022 / 360.13.14 |
| Money for the week | Plan some money for your child during the week (swiss francs and euros) for the possible personal spending (kiosk, postcards...) |
| ID card | Compulsory, to give to the guide at the beginning of the camp |
| Accommodation | alpin club chalet of la Pile-Dessus at La Dôle with shower for D1 à D5 |
| 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 chalet) |
| Phone number Climbing school Progression | 022 360 02 60 / 079 457 23 57 |
| Level | The Dôle 1 camp and the Dôle 1+/2 camps are together at the chalet de la Pile-Dessus |

Escalade La Dôle 1 / Chalet access map:



Climbing camp Dôle 1 / 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
- swimming suit, bath towel

- 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 !

Climbing camp Dôle 1 / Terms and Conditions :

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.