

**Climbing camp Dôle Indoor 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 ?

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Has he a particular diet ?.....

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

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 Climbing camp Dôle Indoor 2020 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 590.- 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. HEALTH INSURANCE & RESCUE CARD**

<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><b>Bénéficiaire : ALAN DELIZEE</b> Banque du bénéficiaire : UBS SA Case Postale 1002 Lausanne IBAN CH690024324345789341Z N°clearing 243 BIC :UBSWCHZH80A</p> <p>BY POST</p>	<p><i>Versement pour :</i> UBS SA Zurich IBAN CH690024324345789341Z ALAN DELIZEE <i>Compte postal :</i> 80-2-2</p>
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Place, date..... signature .....

## **Climbing camp Dôle Indoor / Detailed program :**

This week consists of 5 days of climbing Indoor. By minibus, we go everyday to different climbing walls in Lake Geneva region. This climbing camp is for beginners or those who already climbed. We train the children step by step to learn : how to do a safe climbing knot, how to progress safely on the wall. They have lunch in the climbing centers. They have meal all together around a big table and participate in the preparations of the meals. Vegetables or fruits are present every day for lunch. Games are organized during the day.

Little by little, we train the children in the rope technics, the knots, the techniques of climbing on a artificial wall. Supervised by an instructor, the children climb beautiful routes in modern and varied climbing centers. First steps in wall climbing, bouldering technics, learning knots, first climbing routes, team games, pedagogical and progressive climbing learning with patient and focused instructors to children. Learning, gain self-confidence, while having fun and making new friends, that's our motto.

D1: briefing with the parents and the children at the meeting point (Geneva, Nyon, Lausanne), children's equipment checking, check of personal equipment for the day, start of the trip to the first climbing center. Socialization activities to get to know each other and to integrate the group. Distribution of technical material for the week. Games & fun activities in the climbing room. Climbing routes on the climbing wall. At noon, rest and preparation of the lunch by the children.

D2: climbing, familiarization with the use of climbing techniques in bouldering traverses, other climbing routes on the climbing wall. Progression of the climbing's learning, balance of the body, positioning of the feet, rythm of progression, breathing, reading the wall. Top rope : how to go down correctly. Games & fun activities in the climbing room. Lunch.

D3: learning and consolidating the knot (figure of eight) and belay (half-hitch), easy climbing with climbing shoes on the wall, top rope course, how can I do my own knot for climbing, how to become independant on belaying someone. At noon, preparation of the picnic by the children.

D4: fun day related to climbing: team games, speed contest, blindfolded climbing, technical exercises, problems to solve. Games & fun activities in the climbing room. At noon, preparation of the picnic by the children.

D5: Climbing more difficult routes. Climbing on fixed rope. Learning the descent, how to rappel down, rappel tehnique on an overhang (in spider thread). Games & fun activities. Return of the technical equipment. Trip back to the meeting point. Debriefing with the parents. Children go back home.

Price Sfr. 590.- / age : 6-9 years  
Dates : June 17-21 / June 24-28/ July 1-5, 2024.

Included : transport with a minibus, lunch, free entry in the climbing center, technical gear (harness, climbing shoes, helmet, carabiner ...), 5 days with an instructor.

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



**Climbing camp Dôle Indoor / Practical information :**

Meeting places, starting and finishing meeting points	Highway Lausanne – Geneva : Restoroute Lavaux (Lausanne), restoroute La Côte (Rolle), exit highway Nyon station Shell (Centre commercial Signy), Geneva airport : Arrivals, coach side		
Meeting time & meeting points	Days Lausanne side :	Aller	Retour
	Lavaux :	9 :00	16 :00
	La Côte :	8 :30	16 :30
	Nyon :	8 :15	16 :45
	Geneva airport :	8 :00	17 :00
	Days Geneva side :		
	Geneva airport :	9 :00	16 :00
	Nyon :	8 :45	16 :15
	La Côte :	8 :30	16 :30
	Lavaux :	8 :00	17 :00
Start and end of the climbing courses	9 h 30 and 15 h 30		
Coaching	Climbing instructor		
Level	Must be able to prepare his climbing backpack and carry alone his technical gear helped by an adult. Total beginner or a children who already climbed		
Equipment rental	You can rent or buy your child's missing equipment at Décathlon in Bussigny (Lausanne), Raoul Sport in Nyon and Décathlon in Meyrin (Geneva)		
Nyon Tourism office	Tél. 022 365 66 00		
Pocket money	Provide a little pocket money (Swiss francs) for any personal expenses (extra drink, souvenir, postcards, etc.), to put in the backpack pocket with the identity card !!		
Mobile telephone number from the instructor leader	Ask the instructor leader during the briefing on Monday (the mobile network doesn't work well in climbing centers)		
Phone number Climbing school Progression	022 360 02 60 / 079 457 23 57		

### **Climbing camp Dôle Indoor / Equipment, gear :**

- 1 pants for the walking + 1 compulsory rain pants ( K-Way)
- Gore-Tex jacket / Kway
- polar fleece
- extra clothes
  
- good mountain shoes like low trekking shoes, or good sneakers
  
- hat
- cap
  
- waterbottle min 1 L
- solar cream
- sunglasses
  
- good backpack for the whole equipment 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 equipment 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 Indoor / Terms and Conditions :**

This camp is supervised by an instructor. The camp can be cancelled following the conditions or a lack of participants.

Prices :

Our camp prices are for 1 person. They include an instructor, lunch, technical gear, transport from the meeting point. The extra-costs or souvenirs 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 expeled 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 instructor or the school. The participant cover itself suitably in health insurance and accidents (including the climbing accidents). Every participant must have a personal health insurance and rescue card.

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.