

**Mountaineering camp Moiry 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 ?

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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.

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 Mountaineering camp Moiry 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 890.- 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><b>Bénéficiaire : ALAN DELIZEE</b> Banque du bénéficiaire : UBS SA Case Postale 1002 Lausanne IBAN CH690024324345789341Z N°clearing 243 BIC :UBSWCHZH80A</p> <p style="text-align: center;"><u>BY POST</u></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 .....

## **Mountaineering camp Moiry 1 / Detailed program :**

Level 1 alpine mountaineering. Ascent of a F-PD summit. Our basecamp is the CAS Moiry alpine club hut (Grimentz) in the Val d'anniviers, accommodation in dormitories. Climb to the Moiry hut, rock course, climbing, ice course on the Moiry glacier, climbing with crampons the Pigne de La Lé (3396 m) in the Grimentz valley. Camp for beginners who want to train in alpine mountaineering (with a good physical condition and a base in climbing). Lunch take place in nature in the mountains. Breakfast and evening meal take place in the mountain hut, participants help the gardien with the hut tasks.

D1: Welcome to Signy Shell Station on Monday at 10:00 am, minibus to Grimentz. Walk to the CAS hut in Moiry, Alpine instruction.

D2: First climbing routes, most important elements of climbing technique, improvement of belay technique, rope maneuver, practice of lead climbing. Positioning of the protections, body, rope, installation of the top-rope, installation of a belay, installation of natural protections, climbing in big mountain shoes.

D3: Alpine rock instruction: equipment, knots, rope handling, rope coils, short rope technique, self-awning techniques, use of ice axes and crampons, bases for preparing an alpine ascent, route selection and weather.

D4: alpine glacier instruction : ice course, how to use crampons. Use 12 spikes, lateral, frontal crampons technique, ice axe technique, balance exercises with the ice axe, cut steps in the ice, rope technique on a glacier.

D5: summit ascent of the week : Pigne de La Lé (3396 m) and back to the valley, Minibus trip back to Signy Shell gas station. End of the course at 16 h 00 in Signy.

Price Sfr. 890.- / age : 13-17 years

Dates : June 17-21 / June 24-28 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



**Mountaineering camp Moiry 1 / Practical information :**

Meeting point	On Monday at 10 am at Signy's Shell Station
Access	By highway Lausanne – Geneva, take exit Nyon, leave direction St Cergue, at the first roundabout, Shell station is left
End of the camp	Friday at 16 h at Signy's Shell Station
Transport	By minibus or/and by car, duration of the journey 2 h 30
Pocket money	Provide some pocket money for possible personal expenses (restaurant, drinks, extras etc.)
Accommodation	Moiry Swiss alpine club hut (CAS) in Grimentz (Val d'Anniviers)
Instructor	Swiss certified mountain guide
ID card	Compulsory, to give to the guide at the beginning of the camp
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

## **Mountaineering camp Moiry 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 on the glacier or 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, crampons, ice axe)

### **- ID card, don't forget !**

Technical gear supplied by PROGRESSION:

- climbing shoes, climbing shoes,
- helmet
- harness
- carabiner
- ice axe
- crampons

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 !

## **Mountaineering camp Moiry 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 mountain hut, lunch, technical gear, transport from the meeting point. 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.