Techniekschema Alpiene cursussen

Inhoud alpiene cursussen Bergsportreizen: praktijk

● = Oefenen of herhalen: minimum programma onder normale omstandigheden

Methode/techniek	Techniek	Beginners C1 rots	Beginners C1 ijs	Gev. C2 rots	Gev. C2 ijs	Vergev. C3 rots	Vergev. C3 ijs
Voortbewegen in terrein: wegen en paden	Basis	●	●	●	●	●	●
Voortbewegen in terrein: grashellingen, Schrofen	Basis	●	●	●	●	●	●
Voortbewegen in terrein: puin	Basis	●	●	●	●	●	●
Voortbewegen in terrein: blokken	Basis	●	●	●	●	●	●
Voortbewegen in terrein: sneeuw	Basis	-	●	-	●	-	●
Gordel aantrekken, op maat maken, gespen controle	Knopen	●	●	●	●	●	●
Achtknoop, dubbel gelegd en gestoken	Knopen	●	●	●	●	●	●
Zaksteek, dubbel gelegd en gestoken	Knopen	●	●	●	●	●	●
Halve mastworp (HMS)	Knopen	●	●	●	●	●	●
Mastworp (MW)	Knopen	●	●	●	●	●	●
Ankersteek	Knopen	●	●	●	●	●	●
Prusikknoop, gelegd en gestoken	Knopen	●	●	●	●	●	●
Verbinden van heup- en borstgordel met achterband	Knopen	●	●	●	●	●	●
Fixeren van een HMS	Knopen	-	-	●	●	●	●
Gardaknoop	Knopen	-	●	●	●	●	●
Partnercheck inclusief controle touwuiteinde	Praktijk Alg	●	●	●	●	●	●
Touwcommando's	Praktijk Alg.	●	●	●	●	●	●
Basis klimtechniek (3-puntstechniek e.a.)	Praktijk Alg.	●	●	●	●	●	●
Toprope zekeren met HMS of tuberachtige	Praktijk Alg.	●	●	●	●	●	●
Klimpartner zekeren met HMS bij na- en voorklimmen	Praktijk Alg.	●	●	●	●	●	●
Zelfzekering maken met mastworp of met bandschlinge	Praktijk Alg.	●	●	●	●	●	●
Standplaatswissel	Praktijk Alg.	-	-	●	●	●	●
Abseilen (van boven/onder gezekerd of met prusik)	Praktijk Alg.	●	●	●	●	●	●
Abseilen met tuberachtige of met HMS (noodoplossing)	Praktijk Alg.	●	●	●	●	●	●
Opslaan van het hoofdtouw	Praktijk Alg.	●	●	●	●	●	●
Touw verkorten en afbinden	Praktijk Alg.	-	-	-	-	●	●
Inbinden op de gletsjer, met 3 of meer per touwgroep	Praktijk Alg.	-	●	-	●	-	●
Inbinden in rots/ijs in tweepersoons touwgroep	Praktijk Alg.	●	●	●	●	●	●
Tussenzekeringen inhangen	Praktijk Alg.	-	-	●	●	●	●
Standplaats in rots (aan voorhanden zijnde vaste punten)	Praktijk Rots	●	-	●	●	●	●
Spinverankering en rijverankering in rots	Praktijk Rots	●		●		●	●
Schlinges, nuts en friends plaatsen	Praktijk Rots	-	-	●	-	●	●
Opspannen van nuts	Praktijk Rots	-	-	●	-	●	●
Standplaats in rots (op nuts, in alle richtingen belastbaar)	Praktijk Rots	-	-	-	-	●	-
Naklimmen in rots I-II	Praktijk Rots	●	●	●	●	●	●
Naklimmen in rots III	Praktijk Rots	-	-	●	-	●	-
Naklimmen in rots IV	Praktijk Rots	-	-	-	-	●	-
Voorklimmen in rots	Praktijk Rots	-	-	●	-	●	●
Afklimmen in rots	Praktijk Rots	●	●	●	●	●	●
Pickelgebruik in sneeuw en firn	Praktijk Firn	-	●	-	●	-	●
Lopen en sporen in sneeuw en firn	Praktijk Firn	-	●	-	●	-	●
Treden slaan in firn	Praktijk Firn	-	●	-	●	-	●
Remmen in sneeuw en Firn zonder en met pickel	Praktijk Firn	-	●	-	●	-	●
Ingeramde pickel als zekeringspunt	Praktijk Firn	-	-	-	-	-	●
Dodeman maken	Praktijk Firn	-	●	-	●	-	●
Eckensteintechniek met 1 pickel (alle richtingen)	Praktijk IJs	-	●	-	●	-	●
Frontzackentechniek met 1 pickel	Praktijk IJs	-	●	-	●	-	●
Frontzackentechniek met 2 pickels (piolet traction)	Praktijk IJs	-	-	-	-	-	●
IJsschroeven plaatsen	Praktijk IJs	-	●	-	●	-	●
Spinverankering en rijverankering in ijs	Praktijk IJs	-	●	-	●	-	●
Speciale technieken in ijs; Abalakow zandloper e.a.	Praktijk IJs	-	-	-	-	-	●
Klimmen in steil ijs (gletsjerspleet/breuk)	Praktijk IJs	-	-	-	-	-	●
Voorklimmen in ijs	Praktijk IJs	-	-	-	-	-	●
Mannschaftszug	Redding	-	●	-	●	-	●
Seilrolle	Redding	-	●	-	●	●	●
Selbstseilrolle	Redding	-	-	-	-	●	●
Express-Flaschenzug	Redding	●	-	●	●	●	●
Flaschenzug	Redding	-	-	-	-	●	●
Touwverlenging (knoop gewoon door HMS)	Redding	-	-	-	-	●	●
Prusikken (met 1 lange en 1 korte prusikschlinge)	Redding	●	●	●	●	●	●
Münchhausentechniek (als basis met een gardaknoop)	Redding	-	●	●	●	●	●
Passief abseilen / laten zakken van klimpartners	Redding	●	●	●	●	●	●
Houden van een val in een gletjserspleet	Redding	-	●	-	●	-	●

NKBV Alpine courses

Technical content of NKBV Bergsportreizen courses*

● = Practice or repeat during this course. Minimum program under normal circumstances and terrain/weather conditions.

Method/technique	Techniek	Novices C1 rock	Novices C1 ice	Interm. C2 rock	Interm. C2 ice	Advanced C3 rock	Advanced C3 ice
Moving in terrain: paths	Basic	●	●	●	●	●	●
Moving in terrain: grassy slopes, rocky slopes	Basic	●	●	●	●	●	●
Moving in terrain: loose scree	Basic	●	●	●	●	●	●
Moving in terrain: rocks/boulders	Basic	●	●	●	●	●	●
Moving in terrain: snow	Basic	-	●	-	●	-	●
Putting on the harness, adjusting, controlling fit/buckles	Knots	●	●	●	●	●	●
Figure eight (follow-through and on a bight)	Knots	●	●	●	●	●	●
Overhand knot (follow-through and on a bight)	Knots	●	●	●	●	●	●
Munter hitch	Knots	●	●	●	●	●	●
Clove hitch	Knots	●	●	●	●	●	●
Fisherman hitch	Knots	●	●	●	●	●	●
Prusik-knot** (follow-through and on a bight)	Knots	●	●	●	●	●	●
Connecting climbing harness with chest harness	Knots	●	●	●	●	●	●
Fixating a Munter hitch	Knots	-	-	●	●	●	●
Garda-knot	Knots	-	●	●	●	●	●
Safety check (incl. checking end of the rope)	Common tech.	●	●	●	●	●	●
Common commands	Common tech.	●	●	●	●	●	●
Basic climbing techniques	Common tech.	●	●	●	●	●	●
Toprope belaying with Munter hitch or tubular device	Common tech.	●	●	●	●	●	●
Belaying of lead climber/following climber	Common tech.	●	●	●	●	●	●
Attaching oneself to the belay (clove hitch and sling)	Common tech.	●	●	●	●	●	●
Intermediate leading from a belay	Common tech.	-	-	●	●	●	●
Rapelling (with friction hitch as a back-up)	Common tech.	●	●	●	●	●	●
Rapelling with a Munter hitch (back-up technique)	Common tech.	●	●	●	●	●	●
Coiling the rope	Common tech.	●	●	●	●	●	●
Shortening the rope	Common tech.	-	-	-	-	●	●
Roping up on a glacier as a party of 3 or more	Common tech.	-	●	-	●	-	●
Roping up in rock or ice as a party of 2	Common tech.	●	●	●	●	●	●
Placing runners	Common tech.	-	-	●	●	●	●
Building a belay in rock with natural anchors	Tech. rock	●	-	●	●	●	●
Rigging a multidirectional belay (gear) / bolted belay***	Tech. rock	●		●		●	●
Using slings, nuts and cams as gear/runners.	Tech. rock	-	-	●	-	●	●
Multi directional placement with opposing nuts	Tech. rock	-	-	●	-	●	●
Putting up a belay in rock (on gear, multi-directional)	Tech. rock	-	-	-	-	●	-
Following on rock, grade I-II	Tech. rock	●	●	●	●	●	●
Following on rock, grade III	Tech. rock	-	-	●	-	●	-
Following on rock, grade IV	Tech. rock	-	-	-	-	●	-
Leading on rock	Tech. rock	-	-	●	-	●	●
Downclimbing on rock	Tech. rock	●	●	●	●	●	●
Usage of a mountaineering axe on snow	Tech. snow	-	●	-	●	-	●
Walking on and making a track on snow	Tech. snow	-	●	-	●	-	●
Kicking/making steps in snow	Tech. snow	-	●	-	●	-	●
Arresting a fall, with and without an axe	Tech. snow	-	●	-	●	-	●
Belaying with an axe on snow	Tech. snow	-	-	-	-	-	●
Digging in an axe as a snow anchor	Tech. snow	-	●	-	●	-	●
Using crampons 'Eckenstein-techn.' (1 axe)	Tech. ice	-	●	-	●	-	●
Climbing with crampons 'front points' (1 axe)	Tech. ice	-	●	-	●	-	●
Climbing with crampons 'front points' (2 axes)	Tech. ice	-	-	-	-	-	●
Placing ice screws	Tech. ice	-	●	-	●	-	●
Equalized and non-equalized belay in ice	Tech. ice	-	●	-	●	-	●
Making/rapping of Abalakovs	Tech. ice	-	-	-	-	-	●
Steep ice climbing	Tech. ice	-	-	-	-	-	●
Lead ice climbing	Tech. ice	-	-	-	-	-	●
Crevasse rescue – team pull	Rescue	-	●	-	●	-	●
Crevasse rescue – 2:1 pulley a.ka. drop-C ('Seilrolle')	Rescue	-	●	-	●	●	●
Crevasse rescue – self-rescue	Rescue	-	-	-	-	●	●
Express pulley	Rescue	●	-	●	●	●	●
3:1 pulley ('Flaschenzug')	Rescue	-	-	-	-	●	●
Passing a knot (2 knotted ropes) through a Munter Hitch	Rescue	-	-	-	-	●	●
Ascending the rope (2 prussiks; 1 long, 1 short)	Rescue	●	●	●	●	●	●
Self rescue 'Münchhausentechnique' (Garda-knot)	Rescue	-	●	●	●	●	●
Lowering climbing partner/being lowered	Rescue	●	●	●	●	●	●
Catching a crevasse fall	Rescue	-	●	-	●	-	●

BERGSPORT REIZEN
Reisorganisatie van de NKBV

* NKBV-courses are usually in Austria, hence the German/Austrian way of teaching.
** In France the Machard is common. The prusik instead of a Machard is a German/Austrian cultural thing.
*** Bolted belay using a belay sling like this:

