Canyoneering and Canyoneering Rescue Course for Emergency Physicians, Paramedics, Rescuers and Alpinists

4 Days

Course Start

10:00 Meeting upon previous communication

Contents

Workshop on canyoneering equipment, medical equipment, check of the personal material and handing over the rental equipment
Risk management in Canyoneering
Basics of canyoneering
Basics on survival techniques, bivouac
Knowledge of the different terrains, dangers, influence of the cold
Moving in calm and streaming water, white water, swim and rescue training
Workshop on general medical circumstances in canyoneering
Getting used to canyoneering, learning the different terrains, swimming, jumping, abseiling, various techniques
Hypothermia and energy balance in canyoneering
Special rope techniques in canyoneering
Injury treatment in canyoneering

The training terrain will be chosen from case to case upon conditions (weather, water level, participants level, experience and personal progress) in responsibility of our mountain guide. Examples for Canyons to visit are in Ticino, Malvaglia, Boggera, Iragna, Cugnasco, Progero, Val Grande, Giumaglio etc. or in Valais Zwischbergen or Massa.

In Ticino there are many beautiful and spectacular canyons in different levels of difficulty. Also in Valais there’s very nice Canyons in magnificent setting. Our mountain guide and canyoneering specialist Michael Kimmig will arrange the programme upon group composition and on actual conditions. Michael Kimmig can look back on a long period of experience and is expert of the swiss mountain guides for canyoneering. He has developed the education system of the swiss mountain guides in canyoneering in a leading role.

Depending on the individual experience every participant gets either a basic or advanced course and learns to use the equipment, about safety aspects, rescue techniques and medical circumstances in canyoneering (Dr. Oliver Reisten, emergency physician Air Zermatt, canyoneering guide)

Those who are active in alpine rescue services will profit a lot of this course as canyoneering is in many aspects different from alpine standard techniques and procedures and needs special knowledge and training for proper safety. Therefore only experienced and well trained stuff should take part in rescues in canyoneering terrain. In context with our curriculum to the diploma or certificate for MEM – Mountain Emergency Medicine this course offers the ideal frame to get into the topics of canyoneering.

On the first day the main topic will be to get used to swimming in streaming water and to get used to the terrain. The following days will then be about actual canyoneering techniques. You will have the possibility to apply the skills then in practice under supervision of our expert in technical, medical and rescue settings.
Organization

Our Courses: Our Canyoneering course normally is integrated into our Mountain Emergency Summer course programme. It also can be booked separately.

Language: The course will be held in English language as this is also the international language of aviation. Also we pay attention to the fact that this is an internationally certified course. If needed we can in addition communicate in other languages as well (German, Italian, Spanish, French).

Detailed Programme: The detailed programme and time schedule will be discussed every evening for the next day, adapted on the situation and conditions.

Teachers: Emergency physicians, paramedics of Air Zermatt, mountain guides with specialization on canyoneering and canyoneering guides (Michael Kimmig, Mathias Hediger, Oliver Reisten, Oliver Kreuzer)

Included: Lodging in a hotel or in a mountain hut with breakfast, teacher’s fees, lessons and workshops, helicopter flights, a lunch packet per day in the fields or lunch on the base or in a restaurant, snacks, mineral water and tea or coffee on the base, tickets for cable cars, trains, transfers, entry fees etc., complete rental canyoneering equipment

Not included: Dinner

Equipment: The complete canyoneering equipment is provided. Please bring fleece underwear (shirt and long john) if you might quickly feel cold in the water to wear under the neoprene suit. This can give a lot of additional warmth.

Accreditation: Our course programme is certified by the International Commission for Alpine Rescue (ICAR), the International Society for Mountain Medicine (ISMM) and by the International Mountaineering and Climbing Federation (UIAA) and exceeds the criteria of the “Specialty Course Mountain Emergency Medicine” including the “Add-on Module Air Rescue” by far. We offer the complete course.
After completing all modules and fulfilling the requirements of ICAR/UIAA-ISMM curriculum we can provide the “International Diploma/Certificate for Mountain Emergency Medicine”. In addition a qualification as emergency physician or paramedic upon national standards of your country and the “International Diploma for Mountain Medicine” are required to achieve this final qualification.

If you have any questions about the preconditions or the curriculum don’t hesitate to ask us.

This course is certified by the IAFP (International Association of Flight Paramedics) and by the Swiss Society for Emergency and Rescue Medicine. Physicians may claim these credits (upon national regulations) for the proof of their continuing medical education. For paramedics we will give a certificate about the hours achieved.

IAFP: CE awarded as part of MEM summer
SGNOR: Credits 5
Hours: 32

Realization:

The course will be held under any weather conditions. Under such circumstances it can become necessary to adapt certain parts of the course program, to change the schedule or even to cancel certain parts as planned in the programme. But we will of course try to create a solution to suit for all our course participants. If possible, we will in such case decide in the group how to proceed.

Terms and Conditions:

By booking the course participants expressly accept our effective “General Terms and Conditions” statement.