



LEARN

LEAD

CLIMB

CLIMBATHON

Climbathon 2017

Himalayan Mountaineering Leadership Programme

17th July to 09th August 2017



1.0 **WHAT IS CLIMBATHON 2017?**

It is a platform that brings together practising mountaineers from India and abroad with the objective of broadening and deepening their "**mountain sense**" through mutual sharing and learning, under the mentorship of experienced instructors.

This programme is run by the IMF under the auspices of Ministry of Youth Affairs and Sports.

1.1 **WHAT CAN I EXPECT?**

Sometimes expectations are best clarified by stating them negatively:

CLIMBATHON 2017 is **NOT** a traditional mountaineering expedition set against the goal of summiting at all costs.

ALSO

It is **NOT** a traditional mountaineering course structured by didactic teaching.

CLIMBATHON 2017 will be a 24 day programme with 17 days spent on the mountain, designed for active mountaineers who are looking forward to enhance their foundational knowledge, skill and leadership through sharing of experience and expertise, structured by a problem based group learning.

Climbathon 2017 will be run along two integrated streams:

Climbathon – Foundation : Will be the introductory Climbathon stream, open to all new and first time applicants who will be selected on the criteria elaborated below.

Climbathon – Assessment : Candidates from Climbathon Foundation 2014 , 2015 & 2016 will be invited to participate in the assessment programme, based on the ratings and recommendations of their assessors.

Once enrolled and accepted , the candidate will be placed in charge of leading a group of approximately 6 -10 foundation course participants through all the programme stages: Giving instructions, coaching, mentoring and supporting. The assessment candidates will be responsible for the absolute group safety, demonstrate effective team leadership skills, and helping the group solve its problems, both social and technical.

The final assessment of the assessees will be on the basis of their overall leadership skills as they lead their team of Foundation participants in a small expedition to a local peak of 6000 to 7000 meters and display their overall mountain sense and leadership. They will be accompanied by an assessor, who basically will stay on support mode, observe performance and assess, getting directly involved only if safety issues crop up.

1.2 **WHO CAN PARTICIPATE?**

Climbathon 2017 is open to all men and women from India and abroad,

(i) over 18 years and under 35 years of age

(ii) having completed their Advanced Mountaineering Course from any of the recognized mountaineering institutes or schools and

(iii) must have been active in mountaineering expeditions during the last 3 years.

1.3 **WHERE AND WHEN WILL IT BE HELD?**

Suitable Glacier near Pensi La in Kargil region of Jammu & Kashmir which will give access to several peaks of 6000 M height with varying levels of difficulty.

OR

The Bara Shigri Glacier located in Lahoul & Spiti district of HP which will serve as the base giving access to an amphitheatre of around 25 peaks of 6000m height with varying levels of difficulty.

When? **17 July -09 Aug 2017**

Details of reporting place and time will be intimated later.

1.4 **WHAT SHOULD BE MY BASE FITNESS LEVEL?**

Climbathon is a physically demanding activity which requires robust physical fitness and a past history free of high altitude illness. Before participation, you should be able to :

- (a) Run 10km nonstop, and
- (b) Walk with 20 kg load over 300-600 m gradients for 6-8 hours

Suggested reading : **Mountaineering . The Freedom of Hills – 8th Edition**
UIAA website

1.5 EQUIPMENT All participants will be expected to bring their personal climbing gear. The list of required eqpt is low:

- (a) Climbing boots
- (b) Trekking shoes
- (c) Socks and stockings (Min 4 pairs)
- (d) Crampons
- (e) Harness
- (f) Tape sling
- (g) Cordelettes
- (h) Wind proof suit
- (i) Down jacket
- (j) Thermal suits (Min 2 sets)
- (k) Gloves woollen
- (l) Mittens
- (m) Waterproof gloves
- (n) Sun goggles (2 pairs)
- (o) Balaclava
- (p) Woollen cap
- (q) Rucksack
- (r) Helmet
- (s) Carry mat
- (t) Water bottle
- (u) Head lamp
- (v) Ice axe
- (w) Duffle bag
- (x) Jummar
- (y) Descender
- (z) Carabiner (2 screw gated)
- (aa) Gaiters

1.6 **RISKS & HAZARDS** Though safety is of paramount importance, one should understand clearly that **all forms of mountaineering involve inherent, embedded risks which could at times lead to injury or death. All participants must be aware and accept these risks.**

1.7 **WHAT IS THE APPLICATION PROCEDURE?**

IMF will begin accepting applications for participation wef 27Feb 2017. The application form can be downloaded from the IMF website : www.indmount.org. Applications will be accepted upto **25 Mar 17** and close thereafter. Filled applications are to be sent to the following address

- Honorary Secretary, IMF, 6 Benito Juarez Marg, Opp Anand Niketan, New Delhi -110021.
- E-mail: vinod.chauhan@indmount.org, secretary@indmount.org
- Fax: 011 24113412

1.8 **WHAT IS THE APPLICATION PROCESS?**

(a) You will access, fill and return the application form to IMF latest by 25 Mar 2017. (Application form available on IMF website : www.indmount.org)

(b) Your application will be processed by IMF and shortlisted candidates will be sent a **LOG BOOK** which has to be duly filled and posted back to IMF along with a medical fitness certificate for mountaineering latest by 01 May 2017.

(c) Based on a review of the duly authenticated log book data and a brief telephonic interview, candidate selection will be finalized.

(d) Selected candidates will be notified by 20 May 2017 who will then confirm their participation and complete the remaining formalities (risk statement & fees) by 15 Jun 2017.

Risk statement : All participants are expected to submit a certificate for assumption of risks and indemnifying IMF in the event of any accident.

Registration Fee : All participants will be required to pay a non-refundable registration fee of Rs 5000. Climbers from outside India will be charged a fee of US \$500.

*** IMF Affiliate Members will be required to pay Rs 4200/- only.**

Deserving & needy may apply to IMF for scholarship/grant.

DISCLAIMER:IMF reserves the final right to select or reject an individual's application based on its judgement.

1.9 **WHAT SORT OF ACTIVITIES DO I EXPECT FROM CLIMBATHON?** The work plan/ course schedule for Climbathon 2017 is given below

For Kargil Region

DATE	ACTIVITY/EVENT/LEARNING MODE	TIME	SITE
17 Jul	Reporting & Registration at Srinagar	9AM - 1 PM	Srinagar
	Introduction to Climbathon : Structure & Process	3 PM-4PM	
	Team Formation Process -I (Interactive format)	4 PM- 6 PM	
18 Jul	Departure for Kargil		Kargil
19 Jul	Departure for Pensi La. Set up Road head camp	7AM	

	Experience sharing Team session	6 PM- 7 PM	
20 Jul	Acclimatization at Road head camp		
	River crossing (Learning-in-action)	9 AM- 11 AM	
	Learning- Walks(Teaching & Learning moments while walking) Team Formation Process -II (Interactive format)	12 – 1PM 3PM – 4 PM	
	Developing 'Situation Awareness & Mountain Sense'	4PM - 5PM	
	Leadership, Communication & the team (Role plays and drama) Responding to Disasters (simulation exercises will be carried out	5PM- 6PM 6 PM – 7 PM	
21 Jul	Trek to Base Camp	7: 30 AM	
	Learning- while on trek: Discussion points- Creation & Maintenance of 'Situation Awareness' and 'Mountain Sense' taking into account all the circumstantial variables viz: Weather, hazards, safety audits, changing performance levels of participants, communication & motivational leadership	9AM - 10 AM	
	<u>Learning- at rest point (Snack break)</u> Status review- 5 min presentations +15 min group discussions	11AM- 11:30 AM	
	Acclimatization (Interactive lecture, Role plays, Team work)	4PM- 5 PM	
22 Jul	<u>Leading through</u> Crisis & Team conflicts (Concepts, drama & Role play)	9AM - 10 AM	Base Camp
	<u>Gender Talk</u> Exchange of "Ideas, Concerns & Expectations' between Women & Men on a mountaineering expedition	10 AM- 11 AM	
	<u>First Aid:</u> Designing Rapid Response Systems in resource scarce conditions (concepts, Simulations,Drama)	1130AM- 1 PM	
	Mountaineering & Ethics (Concepts, Problem solving through Team work)	3 PM-4 PM	
23 Jul	Assessing Hazards & Managing Risks: Decision making & Judgement (Concepts, Problem solving in teams)	9AM- 10:30 AM	Base Camp
	Medical issue at High altitude: Rapid Recognition & Response (Concepts, Team based problem solving)	11 AM- 1 PM	
	Camping Basics, Hygiene & Sanitation	3PM-4:30 PM	
	Expedition Environmental Audits (Concepts, Role plays, Group work)		
	<u>Surviving Outdoors:</u> Sharing experience, skills and helping each other to set up bivys and outdoor cooking skills	5 PM onwards	
24 Jul	<u>Interactive Dynamics:</u> Centre of gravity, stance, gait & balance, force vector analysis	9AM- 10 AM	
	Ropes, Knots & Mountain Technologies:Safety checks, use & improvisation. (Instructor led: concepts, skills and experience sharing by participants)	10AM- 1 PM	
	<u>Leading on glacier</u> (Group work)	3 PM- 5 PM	
25 Jul	Move to High Camp at 5000 M	7 AM	High Camp
	Setting camps on Glaciers	Pre lunch	

	Situation Awareness & Mountain Sense- Group Sessions & Learning Walks	3PM- 4 PM	
	Group Exchange': Learning from experience & skill sharing	5 PM - 6 PM	
26 Jul	Learning in Action' :Mixed pitch climbing :Dry Tooling-Snow, ice & rock with crampons & ice tools :Assessing & crossing snow bridges :Making V-threads & ice bollards :Crevasse rescue	7AM- 1 PM	High camp
	Assessing & Responding to Avalanche Risk	3PM- 4:30 PM	
	Experience & Skills sharing session	5 PM - 6 PM	
27 Jul	Action-Learning': Learning & improvising while climbing (Assessing risks, safety, tackling seracs & ice falls, mixed pitch climbing)	6AM - 1 PM	
	Learning on descent: Risks & safety on post -summit descent: team activity	1 PM - 1:30 PM	
28 Jul	Team based recce and selection of mountain to climb	5 AM- 12 PM	
29 Jul	Wind up camp site	8 AM	
	Recap of Experiential Learning points & skills during the last 2 days : Group sharing activity	9AM-10 AM	
	Closing the Learning Gaps' - Need based special mentorship skilling sessions	10 AM -12 PM	
	Return to Base Camp	12 PM - 1 PM	
30 Jul	Expedition planning, plan presentation & approval . Incident & Command situation room at Base Camp	9AM - 4 PM	
31 Jul	Move to respective climbing areas	5 AM	
01-03 Aug	Summit attempt days		
04 Aug	Return to Base Camp (Post lunch)		
05 Aug	Camp wind up & feedback sessions		
06 Aug	Base Camp to Road head to Kargil		
07 Aug	Return to Srinagar		
08 Aug	Adm Day		
09 Aug	Debrief & Valedictory function		
10 Aug	Dispersal		

Caveat : The schedule is subject to modification contingent to unanticipated mountain variables and resource person constraints.

For Bara Shigri Glacier

DATE	ACTIVITY/EVENT/LEARNING MODE	TIME	SITE
17 Jul	Reporting & Registration at Manali	9AM - 1 PM	ABVIMAS, Manali
	Team Formation Process -I (Interactive format)	3PM-5PM	-"-
18 Jul	Introduction to Climbathon : Structure &Process	9AM- 10 AM	-"-
	Team Formation Process -II (Interactive format)	10 AM-11 AM	-"-
	Leadership, Communication & the team (Role plays and drama)	11:30- 1 PM	-"-
	Responding to Disasters	3PM-6PM	-"-
19 Jul	Departure for Batal	7AM	-"-
20 Jul	Trek to Snout Camp	7:30 AM	From Batal
	River crossing (Learning-in-action)	9AM - 10 AM	Enroute
	Acclimatization (Interactive lecture, Role plays, Team work)	4PM- 5 PM	Snout Camp
21 Jul	<u>Leading through</u> Crisis & Team conflicts (Concepts, drama & Role play)	9AM - 10 AM	Snout Camp
	<u>Gender Talk</u> Exchange of 'Ideas, Concerns & Expectations' between Women & Men on a mountaineering expedition	10 AM- 11 AM	-"-
	<u>First Aid</u> : Designing Rapid Response Systems in resource scarce conditions (concepts, Simulations,Dram)	1130AM- 1 PM	-"-
	Mountaineering & Ethics (Concepts, Problem solving through Team work)	3 PM-4 PM	-"-
	Experience Sharing Team session	4:30 PM- 7 PM	-"-
22 Jul	Assessing Hazards & Managing Risks: Decision making & Judgement (Concepts, Problem solving in teams)	9AM- 10:30 AM	Snout Camp
	Medical issue at High altitude: Rapid Recognition & Response (Concepts, Team based problem solving)	11 AM- 1 PM	-"-
	Camping Basics, Hygiene & Sanitation	3PM-4:30 PM	-"-
	Expedition Environmental Audits (Concepts, Role plays, Group work)		
	Learning- Walks(Teaching & Learning moments while walking)	5 PM - 6 PM	-"-
	Developing 'Situation Awareness & Mountain Sense'	6 PM- 7 PM	
	Experience Sharing Team session	6 PM- 7 PM	-"-
23 Jul	Trek to Intermediate Camp	7 AM	From Snout
	Learning- while on trek: Discussion points- Creation & Maintenance of 'Situation Awareness' and 'Mountain Sense' taking into account all the circumstantial variables viz: Weather, hazards, safety audits, changing performance levels of participants, communication & motivational leadership		
	<u>Learning- at rest point (Snack break)</u> Status review- 5 min presentations +15 min group discussions	11AM- 11:30 AM	

	<u>Surviving Outdoors</u> : Sharing experience, skills and helping each other to set up bivvys and outdoor cooking skills	Post lunch	
24 Jul	Trek to Base Camp	7 AM	
	<u>Outdoor Learning session</u> : whole group at lunch point- Team presentations on 'Situation Awareness & mountain sense'		
	Instructors Meeting	Post dinner	
25 Jul	<u>Interactive Dynamics</u> : Centre of gravity, stance, gait & balance, force vector analysis	9AM- 10 AM	Base Camp
	Ropes, Knots & Mountain Technologies: Safety checks, use & improvisation. (Instructor led: concepts, skills and experience sharing by participants)	10AM- 1 PM	
	<u>Leading on glacier</u> (Group work)	3 PM- 5 PM	Bara Shigri Gl
26 Jul	Move to High Camp at 5000 M	0.25	High camp
	Setting camps on Glaciers	Pre lunch	
	Situation Awareness & Mountain Sense- Group Sessions & Learning Walks	3PM- 4 PM	
	Group Exchange': Learning from experience & skill sharing	5 PM - 6 PM	
27 Jul	Learning in Action'	7AM- 1 PM	
	:Mixed pitch climbing		
	:Dry Tooling-Snow, ice & rock with crampons & ice tools		
	:Assessing & crossing snow bridges		
	:Making V-threads & ice bollards		
	:Crevasse rescue		
	Assessing & Responding to Avalanche Risk	3PM- 4:30 PM	
	Experience & Skills sharing session	5 PM - 6 PM	
28 Jul	<u>Action-Learning</u> ': Learning & improvising while climbing to Gunther's Col (Assessing risks, safety, tackling seracs & ice falls, mixed pitch climbing)	6AM - 1 PM	
	Independence day celebration: Flag hoisting at Gunther's Col		
	<u>Learning on descent</u> : Risks & safety on post -summit descent: team activity	11AM - 11:30 AM	
29 Jul	Wind up camp site	8 AM	High Camp
	Recap of Experiential Learning points & skills during the last 2 days : Group sharing activity	9AM-10 AM	
	Closing the Learning Gaps' - Need based special mentorship skilling sessions	10 AM -12 PM	
	Return to Base Camp	12 PM - 1 PM	
30 Jul	Team based Recce & selection of mountain to climb & Expedition climbing	5 AM - 6 PM	Base camp
31 Jul	Expedition planning, plan presentation & approval . Incident & Command situation room at Base Camp	9AM - 4 PM	

01 Aug	Move to respective climbing areas	5 AM	
02-03 Aug	Summit attempt days		
04 Aug	Return to Base Camp (Post lunch)		
05 Aug	Camp wind up & feedback sessions		
06 Aug	Base Camp to Snout camp		
07Aug	Return to Manali		
08 Aug	Adm Day		
09 Aug	Debrief & Valedictory function		
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Caveat : The schedule is subject to modification contingent to unanticipated mountain variables and resource person constraints.