



MEM Mountain Emergency Medicine



Course Programme Summer incl. Practical Helicopter Training incl. Canyoneering Module

6 days as part of MEM Master Course University of Insubria

Course Start

09:00 Meeting at the Air Zermatt base in Zermatt

Contents

Risk management in mountain rescue, specific circumstances of medical treatment in the field

Organised rescue techniques

Patient bag, vacuum mattress, stretcher, horizontal net

Training on improvised rescue techniques

Practical training in anchors, belays, belay stations, braking systems, pulley and hoist systems, joining ropes, load transfer systems

Rescue on via ferrata, various practical training sessions

Theory on Tyroliennes, forces, construction, features, setting up a Tyrolienne system for stretcher transport, lifting and lowering systems

Suspension trauma, rescue in flight sports (parachute, paragliding, glider etc.)

Basics of caving and cave rescue

Basics of canyoneering and canyoneering rescue, canyoneering equipment, medical equipment, risk management in canyoneering, basics on survival techniques, bivouac, special rope techniques in canyoneering, knowledge of the different terrains and special dangers, moving in calm and streaming water, white water, swim and rescue training, learning the different terrains, swimming, jumping, abseiling, various techniques

General medical circumstances in canyoneering, hypothermia and energy balance in canyoneering, injury treatment in canyoneering

Working with helicopters, getting in and out the hovering helicopter, technical introduction to HEC (human external cargo) procedures and practical training on longline and hoist, load transfer systems with practical training

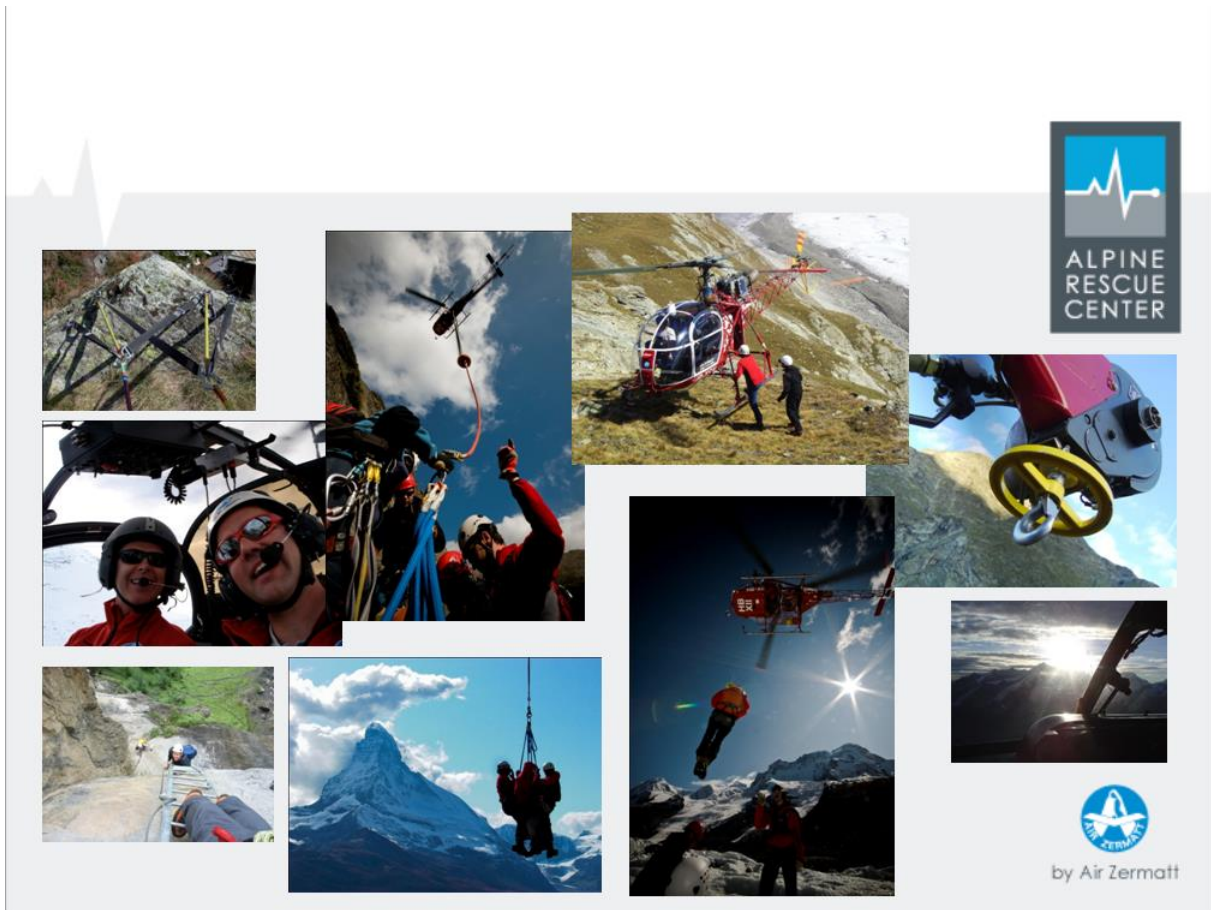
High Altitude Medicine

Flight physiology, air rescue medicine

Injury patterns and trauma treatment in mountain rescue

Written exam

Further skill and knowledge consolidation in a complex practical training scenario as a team work with integrated practical exam



Organization

Our Courses:

Our course is the only one that provides profound knowledge and training on all important topics of mountain rescue by intense experience. We do not just offer a short instruction but let you experience everything in practice (winter, summer, air rescue and canyoneering). For example only with us you will get familiar with all the different techniques of air rescue (hoist, long line, safety, technical etc.). This is why our programme is not as cheap as other courses that only spend very little money on flight time. Also our own staff has to go through these courses. Less than this is not sufficient for the risky activity of mountain rescue in our opinion. Safety cannot be granted without experience, efforts and costs. Please compare!

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).

Preconditions:

Solid basic alpinist experience and education is vital for mountain rescue. We expect our participants to be on an adequate level of these skills when entering the practical course part with Air Zermatt. University of Insubria grants these preconditions via other practical alpinist course parts. The course teachers will interchange about the participant's levels. Only participants with sufficient performance will be accepted. Basic alpinist skills as listed will be needed for the course already, not taught!

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/rescue specialists, international guest speakers of ICAR

Medcom (Medical Commission of the International Commission for Alpine Rescue) and other rescue organizations worldwide, human factors specialists

- 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.
- Lodging:** * If you prefer to look for accommodation yourself we recommend to check on www.zermatt.ch. In this case a refund of the lodging provided by us is not possible.
- Not included:** Dinner, rental equipment
- Equipment:** Backpack, bivouac bag, harness, helmet, 2 carabiners for Italian hitch, 3 screw gate carabiners, some other carabiners (express sets), 1 band sling (240 cm), abseil device, accessory cords (6 mm/5 m, 6 mm/2 m, 6 mm/1 m), dynamic piece of rope 9 mm/3 m if available, dynamic rope if available, via ferrata-set (new generation), climbing shoes, further equipment if available (nuts, friends, ice screws etc.), complete clothing for cold alpine conditions, boots (suitable for crampons), crampons, ice axe, sun protection, sunglasses
- Rental equipment is available in many shops in Zermatt. Please organize to have it when you come to the course.
- For the canyoneering part the complete 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:** The certification will be granted by the University of Insubria.
- If you have any questions about the preconditions or the curriculum don't hesitate to ask us or via the University of Insubria.
- 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.