



NSW ALPINE SCHOOL

Alpine Activity Centre

For your stay at the Alpine Centre, you will require the following items, this is not intended to be a comprehensive list of everything you could need but indicative.

- Bedding- sleeping bag and liner sheet, pillow
- Toiletries -toothbrush, toothpaste, soap, shampoo etc.
- Bath towel, Shower thongs, shower bag
- Sleepwear
- After ski clothing

Rolls

Participants (Novices)

To have fun and learn along the way.

PLs

PLs will lead their Patrol. Day-to-day decisions regarding the operational control of the Patrol will be their role. (PLs are Guides in training).

Guides

Guides will be guiding the PLs over the course. Guides will be available for technical support. Guides will be allocated dedicated roles; Patrols will be under the guidance of multiple Guides throughout the course.

Proficiency Description

Novice Participants

New to skiing/snowshoeing

Safe Participant

Starting qualification.

Trained Participant

You have the experience and skills.

Assistant Guide

Pathway to Guide.

Assistant Guide requires technical skills such as Alpine Awareness, Skiing or Snowshoeing First Aid. You will need to demonstrate if you have these skills.

Guide

Guide is a Scouts NSW Appointment available to Rover Scouts and Leaders.

To become a Guide, you need to gain and demonstrate all the technical skills needed to run a safe activity. You must also hold a current Wilderness First Aid accreditation.



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Course Outline

2025 NSW Alpine School												
Discipline	Patrol	Guide / AG	PL	Sunday 13 July	Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July	Friday 18 July	Saturday 19 July	Sunday 20 July	
	Snowshoe	Snowshoe Day-Tour		Travel Day: This includes pickup, introductions, kit check & initial fitness/snowshoe session	Lessons	Round Robin	Round Robin	Day Tour	Day Tour	Day Tour	released from Alpine Centre by 12:00 noon.	
		Snowshoe Overnight			Lessons	Round Robin	Round Robin	Snowshoe to camp	In the field	Snowshoe back		
	XC Day Tour	Day Tour Scouts			Lessons	Round Robin	Round Robin	Day Tour	Day Tour	Day Tour		
		Day Tour Venturers			Lessons	Round Robin	Round Robin	Day Tour	Day Tour	Day Tour		
					Lesson	Round Robin	Round Robin	Day Tour	Day Tour	Day Tour		
	XC Overnight	Venturer A			Lessons	Round Robin	Round Robin	Ski out to camp	In the field	Ski back from camp		
		Venturer B			Lessons	Round Robin	Round Robin	Ski out to camp	In the field	Ski back from camp		
		Venturer C			Lessons	Round Robin	Round Robin	Ski out to camp	In the field	Ski back from camp		
					Lessons	Round Robin	Round Robin	Ski out to camp	In the field	Ski back from camp		
					Lessons	Round Robin	Round Robin	Ski out to camp	In the field	Ski back from camp		
	Extension Overnight	Adventurous Venturers		Faster Master	Round Robin	Ski out to camp	In the field	In the field	Ski back from camp			
		Adventurous Adults		Faster Master	Round Robin	Ski out to camp	In the field	In the field	Ski back from camp			
				Faster Master	Round Robin	Ski out to camp	In the field	In the field	Ski back from camp			



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Round Robin General Information

The Round Robin is a set of activities designed to teach the skills required for safe snow activities.

- One or more Guides will staff each base.
- The Patrol Leader will lead their Patrol to each base at the designated time.
- There will be 15 minutes of travel time between bases, an opportunity to practice skiing skills.
- The activity at each base will take 30 minutes.
- A base location map will be supplied; it gives a general location only, due to changeable weather/snow conditions.
- An orange marker pole with a pendant will indicate the location.

	Activity	Equipment
Base 1	Weather & Risk Assessments	
Base 2	Snow caves	Snow shovel
Base 3	Snowball	Snow
Base 4	Emergency Shelters	Snow shovel, snow saw, bothy bag, bivy bag
Base 5	Blind Leading the Blind	Black-out goggles (10 pairs), line
Base 6	Handball	Cones, bean bag
Base 7	Snow camping	Tent, snow shovel, stove etc.
Base 8	Avalanche Awareness	Snow shovel, probes, ice axe



2025 Course Programme

Sunday		Monday	
	Travel		Lessons at Perisher
1:30 pm	Pick up Gear Rhythm Cooma	5:30 pm	Reveille
		6:00 pm	Breakfast
2:30 pm	Arrive Alpine Centre	7:00 pm	Leave Alpine Centre
3:30 pm	Lesson 1 on grass	8:00 pm	Arrive Pipers Gap
5:00 pm	Questions & answers Dining Hall	3:30 pm	Depart Perisher
6:30 pm	Dinner	6:30 pm	Dinner
9:30 pm	To Bed	9:00 pm	To Bed
10:00 pm	Lights Out	9:30 pm	Lights Out
Tuesday/Wednesday		Thursday/Friday/Saturday	
	Round Robin at Perisher		Activities at various locations
5:30 am	Reveille	5:30 am	Reveille
6:00 am	Breakfast	6:00 am	Breakfast
7:00 am	Leave Alpine Centre	7:00 am	Leave Alpine Centre
8:00 am	Arrive Pipers Gap	8:00 am	Arrive Activity Location
3:00 pm	Depart Perisher	3:30 pm	Return to activity base
6:30 pm	Dinner	6:30 pm	Dinner
9:00 pm	To Bed	9:00 pm	To Bed
9:30 pm	Lights Out	9:30 pm	Lights Out
Sunday			
	Pack up & Travel		
7:00 am	Reveille		
7:30 am	Breakfast		
10:00 am	Vacate the Alpine Centre		
11:00 am	Return gear to Rhythm Cooma		
11:30 am	Leave for home		