

Day One

- Lesson 1 Equipment: Adjust crampons, harnesses, helmets and backpack set-ups
- Lesson 2 Environment: Leave no trace and wildlife discussion
- Lesson 3 Onsite safety: Current hazards and safety protocols
- Lesson 4 Performance ice climbing specific equipment reviewed
- Lesson 5 IceXpert technique foundation reviewed and implemented.
- Lesson 6 Participant technique comparison with iceXpert technique i.e. strengths and weakness, and recognizing areas to be focused on for progression.
- Lesson 7 Belaying: Technique building exercises specific to each participant

Day Two

- Lesson 8 Progression from previous day: IceXpert ice climbing technique broken down into important phases and concepts according to each participants needs.
- Lesson 9 Technique: demonstration and exercises designed to resolve any bad habits and ingrain good technique in stance, balance and the 3 dimensional plane.
- Lesson 10 Optimal route finding strategy
- Lesson 11 Optimal protection placement
- Lesson 12 Route strategy: learning to rest, conserving energy and setting a pace
- Lesson 13 Critical safety and acceptable level of risk decision making.
- Lesson 14 Progression evaluation and feedback Ongoing practice with emphasis on any weaknesses: error correction fine-tuning