



# CERN SKI CLUB

Information days  
(Season 23-24)

- 2/Nov/2023, CERN

- 3/Nov/2023, Foound (Geneva)

# WELCOME / BIENVENUES

- Thanks to all of you who took the time to come to the information days
- Agenda
  - The CERN ski club
  - Activities of the different sections
  - Key dates (inscription)
  - Q&A



# CERN SKI CLUB

- Founded in **1963** under the patronage of the CERN Staff Association
- It is an **association governed by the French law** of the 1st July 1901 and affiliated with the French Ski Federation (Committee Mont Blanc). Its statutes and internal regulations have been approved by the general assembly.
- **Non-profit** association with more than 1000 active members



# NON PROFIT ASSOCIATION

- The club is run by volunteers who help on the different activities
- The activities of the club are organised by its committee composed of 15 members
- We rely on instructors in the different sections, all of them trained under the FFS (French Federation of Ski)
  - Alpine (~50)
  - Snowboard (~19)
  - Touring (~5)
  - Cross-country (~10)
  - Ski fitness (external instructor)
- The offer of courses depends on the number of available instructors.





# ACTIVITIES

- Ski Fitness
- Cross-Country skiing
- Ski Touring
- Downhill ski
- Snowboard

# SKI FITNESS

- Good physical preparation skiing and for snowboarding will enhance your performance and greatly reduce the risk of accidents
- General fitness classes that run from February till end of May (one-hour classes)
  - **Course 1: Ski Fitness**
  - 12 September 2023 – 13 February 2024
  - **Course 2: General Fitness**
  - 27 February 2024 – 28 May 2024



## DAY AND TIME OF SESSIONS

On Tuesday evenings, two sessions to choose from:  
6 p.m. to 7 p.m. 7 p.m. to 8 p.m.

## LOCATION

Gym hall of CO Golette, Rue de la Golette 17, CH-1217 Meyrin

## COST

per person and course  
**90 Euro (includes Club membership)**

# CROSS-COUNTRY SKI



## Group Courses outings

- Package: 5 x 2.5h of instruction (full pack only)
- Classic or Skating
- No transport organised. Carpooling recommended
- No ski pass included

## Levels

Classic	Skating	Level (descriptions on the web)
C0	S0	beginner
C1	S1	Intermediate 1
C2	S2	Intermediate 2
C3	S3	advanced

## DAY AND TIME OF SESSIONS

Saturday mornings between 10h00 and 12h30  
2024: 13, 20, 27 January  
03, 10 February

## Additional outings

2024-02-17 Outing with family and friends  
2024-02-24 Catch up

## LOCATION

La Vattay (FR) (Jura)

## COST

182 Euros (Ski pass not included)

# TOURING SKI

An average **25/30 outings in the season**

- Different outings difficulties:
  - **Easy (F,S1-2, <+800m)** - up to three hours of skiing up and mild ski down
  - **Moderate (PD-/PD, S3, <+1100m)** - three to four hours of skiing uphill and challenging ski down
  - **Advanced (PD+/AD-, S3 >+1100m)** - with more than four hours of the way up and a demanding ski down
- **Minimum ski level:** 3.0/Easy black piste
- **Registration:** every Thursday before scheduled outings  
*Fair-share* basis: minimum of 3 outings ensured.
- Compulsory Practice sessions on the avalanche rescue will take place on: **Sunday 07/01/24, Saturday 13/01/24**



## DAY AND TIME OF SESSIONS

Saturday & Sunday (January – April)

## LOCATION

Different places (Car sharing mode)

## COST

144 Euros



# DOWNHILL SKI (ALPINE)

## Group Courses outings

- Package: 5 x full days of instruction (full pack only)
- 5 Saturdays or 5 Sundays
- Different levels - beginner to expert, off-piste

## DAY AND TIME OF SESSIONS

Saturday or Sunday

January: 13/14, 20/21, 27/28

February: 2/3, 10/11

## LOCATION

Different places (Bus provided)

Les Gets, St. Gervais, Les Contamines, La Clusaz, Avoriaz

## COST

450 Euros All included: Insurance (*carte neige*), transport (bus), lift pass and instructor included

# DOWNHILL SKI (ALPINE)

## Ski level

0	beginner - never skied
0.5	beginner - at ease on green slopes
1	at ease on easy blue slopes
1.5	at ease on blue slopes
2	at ease on easy red slopes
2.5	at ease on red slopes
3.0	at ease on easy black slopes
3.5	at ease on black slopes and mogul slopes

## DAY AND TIME OF SESSIONS

Saturday or Sunday

January: 13/14, 20/21, 27/28

February: 2/3, 10/11

## LOCATION

Different places (Bus provided)

Les Gets, St. Gervais, Les Contamines, La Clusaz, Avoriaz

## COST

450 Euros All included: Insurance (*carte neige*), transport (bus), lift pass and instructor included

# DOWNHILL SKI (ALPINE)

## Transport

- Transport in bus is organised by the club and it is **mandatory**



## DAY AND TIME OF SESSIONS

Saturday or Sunday

January: 13/14, 20/21, 27/28

February: 2/3, 10/11

## LOCATION

Different places (Bus provided)

Les Gets, St. Gervais, Les Contamines, La Clusaz, Avoriaz

## COST

450 Euros All included: Insurance (*carte neige*), transport (bus), lift pass and instructor included

# DOWNHILL SKI (ALPINE)

## Off-piste ski

### INITIATION (3.0TN)

- Skiers with a sound technical base (can handle black runs without problems) who want to discover non groomed runs
- Not very familiar with the use of safety gear and/or snow conditions
- *What can you expect from this course: your instructor will*
  - work mostly on skiing technique in a comfortable off-piste
  - will teach /safety concepts including the use of the safety gear

### INTERMEDIATE/ADVANCED (3.5TN)

- Skiers with a sound technical base and that have experience off-piste (confident and comfortable skiing off piste in moderate terrain)
- Familiar with the use of safety gear (avalanche transceiver, snow shovel and probe)
- *What can you expect from this course: your instructor will*
  - work mostly on skiing technique according to the different types of terrain
  - tips on how to early identify potential threats and navigate accordingly and improving your skills to become more autonomous in the mountains

# DOWNHILL SKI (ALPINE)

## Kids group

- Package: 5 x full days of instruction (full pack only)
- On Saturdays (for the course package) one small group for children (if enough sign up).
- The minimum age accepted is 9 years, they must be able to ski independently with a group (3\*) for a full day and have some pocket money for lunch.
- A responsible adult must be on the same outing but does not have to accompany the children group

## Bring a friend

The “**pass decouverte**” option allows a non-member to join **once**.

It's not possible to participate in a packaged course this way but they can join a group on the non-package outings from mid February.

If the person wishes to return, this one-off membership must be upgraded to a full membership.

# DOWNHILL SKI (ALPINE)

## Outings post-courses

- full day with instructor
- groups formed ad-hoc on arrival
- transport (bus), lift passes and instructor included
- weekend outings: hotel included.
  
- Price: The remaining activities are signed up for individually (membership required), and the prices vary between 50-90 EUR (one day outings) and 200-500 EUR (weekend outings)

## Forseen agenda\*:

17 Feb : Les portes du Soleil (FR)

24-25 Feb : Grindelwald (CH)

2-3 Mar : Pila/Courmayeur (IT)

9-10 Mar : Sestrière (IT)

16-17 Mar : La Thuile (IT)

23-24 Mar : Thyon/Verbier (CH)

29 Mar -1 Avr : Pâques à Chamonix (FR)

6 Avr: Verbier (CH)

13 Avr : Gd. Montets - Special (sortie without guide)

*\*Subject to change in case of need*

# SNOWBOARD

## Group Courses outings

- Package: 5 x full days of instruction (full pack only)
- 5 Saturdays or 5 Sundays

## DAY AND TIME OF SESSIONS

Saturday or Sunday

January: 13/14, 20/21, 27/28

February: 2/3, 10/11

## LOCATION

Different places (Bus provided)

Les Gets, St. Gervais, Les Contamines, La Clusaz, Avoriaz

## COST

450 Euros All included: Insurance (*carte neige*), transport (bus), lift pass and instructor included

# SNOWBOARD

## Levels (goals)

0	<ul style="list-style-type: none"><li>• Understand your snowboarding hardware and settings</li><li>• Learn how to warm up using all the muscles put to use while snowboarding</li><li>• Behave according to FIS rules, respecting nature and instructions of the instructor</li><li>• One foot skating to move about the ski area, flats, etc.</li><li>• Slide, skid and stop on heel and toe side of the snowboard</li><li>• Sliding/skidding turns heels and toes, linking turns</li><li>• Learn how to ride ski lifts (téléski)</li></ul>
1	<p>Stop quickly with counter-rotation Waltzes in both directions Turning variations, using techniques such as rocking and flexion / extension Learn how to ride a ski lift (téléski) safely Initiation to switch, wheelies (tail press) and small jumps</p>
2	<ul style="list-style-type: none"><li>• Carving</li><li>• Initiation to short turns</li><li>• Switch descent with linked turns on easy terrain</li><li>• Jumps using ollie / nollie</li><li>• Nose and tail Wheelie/Butter leading to...Noseslide and tailslide</li><li>• 180 ° spins</li><li>• Nose / tailturn and flat tricks in genera</li></ul>
3	<p>Carving and carving switch 180° spin variations Nose / tailturns, front and back Nose / tailspin Introduction to 360 °, freestyle and freeride in general</p>



# INSCRIPTIONS

- To join the club you first need to make an account on our web-site which will then be validated manually (so be patient)
- Once your account is active you can sign up to be a member, sign up for *carte neige* or sign up for activities and pay online

## SKI CLUB DU CERN

### membership application

**name (\*)**

**first name (\*)**

**sex (\*)**  woman  man

**email (\*)**

**adress**

**zip code (\*)**

## LS: Last season members

Inscriptions open at 7:00 am (except Touring: 8:00 m)

FIFO: First arrive first served

Ski fitness inscriptions are open

# COURSES KEY DATES

Date	Alpine	Snowboard	Touring	Cross-country
06 Nov	LS: 3.0 and 3.5, Kids	LS: 3 and 3A		
07 Nov	LS: 2.0 and 2.5	LS: 2 and 2A		
08 Nov	LS: 1.0 and 1.5	LS: 1 and 1A		
09 Nov				All levels
13 Nov	3.0 and 3.5, Kids	3 and 3A		
14 Nov	2.0 and 2.5	2 and 2A		
15 Nov	1.0 and 1.5	1 and 1A		
16 Nov	0.0 and 0.5	0 and 0A		
17 Nov			LS	
20 Nov			All members	



# CONTACT

SKI CLUB CERN WEB:  
[CERN.CH/CLUB-SKI](http://CERN.CH/CLUB-SKI)

E-MAIL: [SKI.CLUB@CERN.CH](mailto:SKI.CLUB@CERN.CH)

## ENJOY THE 2023-24 SEASON!!