

Eagles Ski Club Avalanche SMT2 Course



This is a three-day avalanche course incorporating and expanding on the Swiss Mountain Training Level 2 standard.

Dates: Meeting the morning 8.30am Monday 19th January and leaving the evening Wednesday 21st February 2026. 3 days on the mountain: Monday 19^h to Wednesday 21st February 2026 inclusive.

Venue: Hotel du Cerf Le Sepey near Leysin Switzerland. [Hôtel - Restaurant du Cerf - Le Sépey - Suisse](#) Tél : +41 24 491 11 94 email : info@lecerf.ch

This avalanche courses follow the Swiss Mountain Training syllabus. Swiss Mountain Training (SMT) is an organisation supported by SLF (Swiss Avalanche forecasting association) Swiss Mountain Guides and Swiss Health and Safety department.

Cost £400 per person, plus accommodation based at the Hotel du Cerf Le Sepey near Leysin Switzerland

Certification can be given by [Swiss Mountain Training](#)
SMT certificates are CHF25 each extra as I have to purchase them from the Swiss mountain guides association. They are optional.

Swiss Mountain Training Level 2

The Course syllabus.

- Snow problem types and the avalanche phenomena.
- Risk management in avalanche terrain.
- Analysing and documenting the snowpack analysing snow profiles
- Understanding the avalanche forecast
- More in depth theory of snow science and avalanche awareness
- Assessing the snowpack for stability
- How to create an overview of the current avalanche risk and be able to make an avalanche forecast.
- Group management to enhance safety in avalanche terrain and route finding in avalanche terrain and managing the risk.
- Develop a greater situational awareness in the field so that you better informed decisions on safe snow, travel and route finding.
- Use of avalanche transceivers for search and rescue. Advanced use of transceivers and avalanche rescue procedures.
- Use of avalanche probes and shovels for efficient rescue
- Leadership skills

Course Outline

Day 1 Theory on the avalanche phenomena and Avalanche Rescue

The morning is spent on theory to understand the avalanche phenomena with a classroom session covering snow science and the mechanisms that trigger avalanches.

Understanding better the avalanche forecast and being able to plan and risk manage a ski tour (Munter 3x3 risk management matrix).

Theory of avalanche rescue. Understanding the limitations of using a transceiver and how to compensate.

An outdoor training session on avalanche rescue protocol and the effective use of transceivers, probes and shovels.

Rescue scenarios and first aid.

Day 2 Snow Profile and Stability tests. Analysis and planning.

Applying the 3 x3 risk management and looking at group management to increase safety while travelling.

We travel to a suitable venue to analyse a snow profile as a tool to enhance our understanding of snow science so that we can further develop our understanding of snow science.

We will look at various stability tests and discuss their limitations.

Using our completed snow profile along with the current weather and avalanche information to review the current avalanche risk.

During the evening, we will make an avalanche forecast using the data from the snow profile analysis and weather forecast. We will also consider potential itineraries for the next day and discuss the merits of these in terms of safety and quality of snow for skiing.

Being in the right place is incredibly important in avalanche terrain and a defensive approach is encouraged.

Day 3 Planning and Risk Management.

A ski touring day when we put the first two days in practice.

Emphasises are on leadership skills and using group management techniques to enhance safety in avalanche terrain.

Students will take turns to lead, and risk manage the avalanche danger. Managing the group in terms of spacing and route selection are important safety considerations.

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