



CONNECT
S N O W S P O R T S

Zermatt Handbook

BASI Level 1 & 2

Autumn 6-Week BASI Ski Instructor Course

15th October - 26th November 2022



We hope you are looking forward to embarking on your ski instructor training journey with Connect. Well done on taking action on your dreams and getting yourself here.

Upon successful completion of this course, you will have completed all required elements for obtaining your BASI Level 2 Certificate: BASI Level 1 Exam, BASI Level 2 Exam, Child Protection Module, First Aid Course and 70 Shadowing Hours.

We have put together this welcome package to help you prepare and to provide you with some initial information, emergency information and some general info on what to expect in the upcoming days and weeks.

welcome



company profile

We offer exceptional ski instructor training courses in Zermatt, Switzerland. We specialize in training instructors in the BASI system. The British Association of Snowsport Instructors (BASI) is a UK based membership association responsible for the training and licensing of snowsports instructors and coaches.



our tips for a great season

- Maintain a professional attitude
- Always arrive 5 minutes early!
- Look the part!
- Have fun, but play by the rules
- First impressions are hugely important





On arrival in Zermat you will be greeted by a member of staff and shown your accommodation.

What happens next depends on your arrival time, but generally these initial few hours is time used to get settled and unpacked.



On Sunday morning at 10am we will meet in the lobby of the accommodation and the group will head out on a tour around town.

We will make sure we get things like ski rental, lift pass etc sorted.



Monday there will be a team ski meeting at 9am at the ski lift (meeting point TBC).

We will spend the full day on the mountain, making sure we are prepared for the upcoming week.

Monday evening there will be a meeting with your Trainer and Mentor.





accommodation

Our trainee accommodation is located in a selection of 4* apartments in the centre of town in Haus Dent Blanche. The 4-star house Dent Blanche is located in the most central, yet quiet area of “Old Zermatt” (Hinterdorfstrasse) with the shops, restaurants, cinema, ski bus, mountain lifts and the railway station just a stroll away.

All apartments are equipped with radio, Smart TV, DVD, Free WIFI, Fully equipped kitchen, Dishwasher, Nespresso machine, Filter coffee machine, Electric kettle, Bed linen, Towels, Bath, Shower, Balcony (furnished), Mountain views, lift in the house. The house has a ski room with private ski lockers including boot heaters.

Zermatt Holidays, Hinterdorfstrasse 76,
3920 Zermatt, Switzerland.
Phone: +41 27 968 11 30





training days what to expect

Your training is designed specifically for you to become an awesome Level 2 Ski Instructor. It is important to ensure you give yourself plenty of time to get to the morning meeting point. You should be ready for action 5 minutes prior to your start time i.e. boots on and all geared up.

You can bring a packed lunch with you in a small backpack or you can bring money and buy lunch on the mountain. Go prepared each day for a full day away. Most of your time will be spent on the snow with some time spent inside working on theory.

At the end of the first day your trainer will let you know the location to meet for the following training sessions. Thank them and be sure to be early the next day!



timeline of events

Here you will find an outline of the next 6 weeks. Please note that this is subject to change as we will do our best to manage weather conditions.

Arrival	15.10
Orientation Day	16.10
On-Mountain Orientation	17.10
Training	18.10
Training	19.10
Training	20.10
Training	21.10
Day Off	22.10
Day Off	23.10
Training	24.10
BASI Level 1 Exam	25.10
BASI Level 1 Exam	26.10
BASI Level 1 Exam	27.19
BASI Level 1 Exam	28.10
Day Off	29.10
Day Off	30.10

Training	31.10
Training	01.11
Training	02.11
Training	03.11
Training	04.11
First Aid Course	05.11
First Aid Course	06.11
Training	07.11
Training	08.11
Training	09.11
Training	10.11
Training	11.11
Day Off	12.11
Day Off	13.11
Training	14.11
BASI Level 2 Exam	15.11
BASI Level 2 Exam	16.11
BASI Level 2 Exam	17.11
BASI Level 2 Exam	18.11
Day Off	19.11
Day Off	20.11
BASI Level 2 Exam	21.11
BASI Level 2 Exam	22.11
BASI Level 2 Exam	23.11
BASI Level 2 Exam	24.11
Final Free-Ski Day	25.11
Departures	26.11

sample social calendar

Your Mentor will discuss this with you and plan an evening social calendar that you will love! There are other activities we can add on your days off like climbing, hiking, ice skating etc but we will plan this together.

Arrival	15.10
Meal Out	16.10
Meal Out	17.10
-	18.10
Yoga or Fitness	19.10
Ski Servicing	20.10
Aprés Drink	21.10
Day Off	22.10
Day Off	23.10
-	24.10
-	25.10
Yoga or Fitness	26.10
-	27.19
End of Exam Social	28.10
Day Off	29.10
Day Off	30.10

-	31.10
Open Mic	01.11
Yoga or Fitness	02.11
Training	03.11
Training	04.11
First Aid Course	05.11
First Aid Course	06.11
-	07.11
Open Mic	08.11
Yoga or Fitness	09.11
Ski Servicing	10.11
Fondue Night	11.11
Day Off	12.11
Day Off	13.11
-	14.11
-	15.11
Yoga or Fitness	16.11
-	17.11
Aprés Drink	18.11
Day Off	19.11
Day Off	20.11
-	21.11
-	22.11
Yoga or Fitness	23.11
End of Exam Social	24.11
Final Free-Ski Day	25.11
Departures	26.11



your trainer what to expect from them

Your trainer is in charge of everything that takes place on the mountain on skis. If you have a question relating to skiing or training, ask your trainer. Your trainer is responsible for training you on the mountain, providing you with a weekly timetable for on-snow and off-snow training, and ensuring you have all the required information for meeting times and meeting points.

Your trainer is also responsible for ensuring that you have a working understanding of the technical criteria for any of your upcoming exams. They will aid this process by having a weekly meeting with you to ensure that you have a current and up to date action plan for your training.





your mentor what to expect from them

You will be assigned a mentor who you will meet on arrival. They will be responsible for helping you with any and all issues off the mountain. If you are feeling unwell, if you need to talk to someone, if you have a problem with the accommodation etc, you can speak to your mentor and they will help point you in the right direction. Feel free to call them throughout the day, and drop them a WhatsApp message if late at night. In case of emergencies, you can call them 24/7. Your mentor lives in Zermatt full time and is also a ski instructor. They should be used as a source of information and guidance and want to be used as such!

Mental Health

Mental health is not a black and white issue; everyone experiences the strains of the daily life in different ways. Your mentor is there for you should you need to talk to someone, or alternatively the numbers in this document are available to you if you are struggling.





your responsibilities what do we expect from you

You are responsible for your own time keeping and getting to training on time and ready to perform. You are responsible for ensuring that you are fit and healthy and ready to train. If you need help with this, you are responsible for asking your mentor. You are responsible for behaving in such a manner so as to not harm the reputation of Connect. You are responsible for behaving in accordance with the Student Behaviour Contract.

During your training you will be given the tools to become a great instructor. The training requires dedication and effort from you the trainee. The Trainer will not be able to make the changes for you, you will be expected to put the work in to see the results.



important information

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Zermatt is Car Free! - There are electric taxis and buses to get people around the resort. You can find information on bus schedules [here](#), and taxi numbers [here](#).

Switzerland Emergency Numbers

Ambulance: 144

Police: 117

Fire Department: 118

International emergency number: 112

Suicide and Crisis Helpline 143

www.143.ch

Piste and rescue service: +41 (0) 27 966 01 01

What to do in case of an emergency:

- Assess the situation and the condition of the patient.
- Secure the accident site and perform first aid.
- Call 144
- Describe the situation, exact location and symptoms to the emergency call centre.
- Stay with and care for the injured person until help arrives.
- Instruct the emergency responder.

Doctors in Zermatt

ÄRZTE/ DOCTORS VOR/ BEFORE/ AVANT/ AVANTI/ PREVIO 20H00

Ban	Dr. Bannwart, Bahnhofplatz 6, Haus Viktoria B	Tel. 027 967 11 88
Bie/Cri	Dr. Bieler/ Dr. Cristiano, Getwingstrasse 30, Haus Pasadena	Tel. 027 967 44 77
Brö	Dr. Brönnimann, Schluhmattstrasse 15, Haus Monazit	Tel. 027 967 19 16
Stö	Dr. Stössel, Bahnhofstrasse 50, Seilerhausareal	Tel. 027 967 79 79





**enjoy your
course!**

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