

EMS Logbook Guidelines

A quality day on the mountain should be an off piste route or ski tour, which would involve making all the decisions to ensure the ultimate safety and enjoyment of the group. Ideally the day should include the following:

- The use of a map and or guide book
- Approx times in ascent and descent
- Possible dangers and escape routes
- Weather and avalanche forecast

Time should be spent during these tours gaining practice in all the areas due to be assessed on the Level 4 EMS assessment course:

- Use of Map and Compass
- Route selection in ascent and descent
- Group management and safety procedures
- Choice of skinning and skiing line
- Possible use of the rope

A quality day will include the above and should be presented to your guide/trainer on the first night of the assessment course observing the following guidelines:

- Approx 1000m of ascent
- Approx 1000m of descent
- It must be legible preferably typed
- You must submit a hard copy at the start of the assessment
- Photographic evidence should be included(no need to be high quality)
- Preferably include a map of the tour
- A map of the tour is mandatory for all non European tours
- Tours should be away from the pistes and lift lines even if no lifts are open
- Submit all your logged tours even if more than the stated six
- They should not include ascents of popular itineraries
- There should be minimal ascents in forests
- The tours can be done anytime and don't have to be between training and assessment however ideally there should be some at this time to allow for consolidation.