



## Speed riding : Flying with mini wings and skis

**Do you want to fly all year round ?**

**Try a new free flying sport !**

Speed riding is a real discipline, a unique sport, modern, enjoyable and accessible but demanding.

Within 5 years, this sport became more precise and more technical to reach today a good level of maturity, but we still have to structure its evolution.

It is a question of remaining careful and not shooting ahead in passing too fast under too small wings, or by flying in too turbulent conditions.

The French Federation of Free Flying classifies this new discipline as “paragliding with skis”.

This activity is thus practised on snow and consists in skiing and in flying along a slope, with a light harness and a small wing (10 to 16m<sup>2</sup>), easy to pilot, on off-piste areas (only on authorized spots !).

The objective is not to steal height and for a long time, but to play with the relief as a freeride skier would, and to slide fast with “touch and go” styles and “flair” landing.

### **Programme :**

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School slope : learning to control the take off and the piloting of the wing while sliding down on a small slope. You will progress with your rhythm: first sensations of lift. Acquisition of the automatism by repetition of the basic gestures. Control of your direction and respecting the flying plan. Depending on the wind conditions, glide like kite-surf techniques and fly by gravity.

Regarding to your progress, the access to the big runs will take one to three days on the school slope, where the instructors help you with radio guidance and debriefing.

The instructors will adapt their teaching to your progress. Depending on that, you will access more or less quickly to smaller wings and start to make 90° or 180° flying, which generates a strong rate of fall and increases a lot of speed, while staying in the contact of the snow.

## Level required & physical conditions

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The speed-riding instructors are paragliding instructors with the FFVL's speed-riding qualification, but they are neither ski-instructors nor mountain guides.

You have to be a good skier (level "class 3 adult" certified by a ski school or a ski instructor is demanded), but no flying experience is necessary. It is accessible to all, from 14 years-old (with parental compulsory authorisation for the minors).

A medical certificate which stipulates that you can speed-ride is required for the delivery of the licence & insurance.

Flying is a voluntary act of break with the everyday life, your motivation and your involvement will be the conditions of your progress in a said activity "at risks". You will be the only pilot on board !

You are conscious that you will be on a off-pist area and you are responsible of your engagement.

## 2009 Rates

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- **Collective lessons, Beginners & Advanced**, from 4 to 10 trainees, price per person :

à 100 € for the day on the Le Tour Col de Balme school slopes (+/- 4h30 on skis).

à 10 % discount for the minors on the beginners and advanced courses.

- **Big Off Pist day & Randonnees**, from 4 to 7 trainees, price per person :

à 200 € the day on authorized off pist of the Grands-Montets glacier, or randonnee (Epée du Tacul, Col du Passon, Bassin d'Argentière, ...).

- **Private lesson on Le Tour Col de Balme school slopes**, price for 1 or 2 trainees :

à 300 € per day, included the equipment.

- **Private booking of a Mountain-Guide**, price per person :

à 300 € per day.

## 2009 Dates

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### \* beginners & advanced :

From the opening of the skilifts of "Le Tour Col de Balme".

For the collective lessons : Saturday, Sunday, Monday and Tuesday, from dec. 20<sup>th</sup> to april 21<sup>st</sup> 2009.

We reserve the right to cancel and to pay off a day if the minimum number of participants is not reached. (3 people minimum)

For the private lessons : Everyday, booking at the latest watches over it for the next day.

\* **Big off pist days, ski touring** : As soon as the state of the snow-covered coat lends itself to it. On constituted groups, everyday.

In case of bad weather report, the reserved days are put back or paid off.

## **The prices include**

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- The tuition of one or several instructors\* with a state diploma paragliding BEES 1st degree and speed riding FFVL's qualification + a high mountain guide for the big off pist on glacier or ski touring days.
- The flying equipment (speed riding wings : Gin, Niviuk, Ozone, Bio Air Technologies, with speed riding or light paragliding harness, free fly helmet, radio with earphones).

## **The prices do not include**

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- the ski material, the avalanche security system & the back protection. Possible to hire in any sport shop in Chamonix.
- the licence & insurance (see general conditions for more infos).
- the ski pass : prices informations' : [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr) or tel +33 (0)4 50 53 22 75.
- the half-board in refuges for you and the mountain guide instructor if necessary.

## **Personal equipment**

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Ski Equipment (free ride / off pist material), without ski poles or with telescopic poles, rescue avalanche system, back protection, goggles (sunglasses are not enough to protect from relative wind).

\* 1 instructor for max 4 trainees.

## **Other possibilities : Our shop Air Developpement Mont-Blanc proposes :**

### **à You are an experimented and autonomous speed riding pilot**

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- **Speedriding rental equipment :**

à Speedriding wings & harnesses : Bullet, Nano, Nooky, Skate, ... & Sup'Air harnesses : 40€/ day.  
( 350€for ten days)

à Rescue avalanche system equipment : 15€/ day.

à Back protection : 5€/ day.

Repair or replacement at your expense if the material damaged or lost. A deposit is asked at the level of the new value.

- **Speedriding shop :**

à Possibility of buying to order all thus material of speedriding. Inform you !!

à Possible to try 1 day the equipement : 40€ deductible if you buy it.

(Attention, we do not have all the types of wings at the shop, it is necessary to reserve in advance).

# REGISTRATION FORM

**Family Name** \_\_\_\_\_ **Firstname** \_\_\_\_\_ **sexe** \_\_\_\_\_  
**Nationality** \_\_\_\_\_ **Date of birth** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Zip Code** \_\_\_\_\_ **Town** \_\_\_\_\_ **Country** \_\_\_\_\_  
**Cell phone** \_\_\_\_\_ **Home phone** \_\_\_\_\_  
**Email** \_\_\_\_\_  
**Job** \_\_\_\_\_ **weight** \_\_\_\_\_ **kg**

Do you have an CR insurance valid for speed riding & paragliding for the present year : NO / YES

If yes, please join a copy or give us the licence's number : \_\_\_\_\_

If not, you have to do your licence on line on the FFVL website : [www.ffvl.fr](http://www.ffvl.fr).

If you do not understand french, give us a call.

Person to contact in case of accident: \_\_\_\_\_ Tel \_\_\_\_\_

How did you hear about our school? (Internet, magazines, friends...)?  
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## Do you have any experience in the following sports :

Activity	Level of experience :	Number of hours practiced :	Pilot licence :
Speed riding			
Paragliding			
Free fall			
Snow Kite			
Kite surf			
Skiing			Minimum level: « class 3 Adult ». Please join a certificate delivered by a ski instructor or a ski school
Other			

**Date of the course chosen** \_\_\_\_\_

Please send a deposit of 100 € to the paragliding school of « Les Ailes du Mont Blanc ».  
 I recognise i took knowledge of the general conditions, prices and cancellation conditions.

At \_\_\_\_\_ the \_\_\_\_\_ Signature :

**Authorisation for the teenagers under 18 year old** : I undersigned \_\_\_\_\_

Authorise my son / my daughter, \_\_\_\_\_

To take part of the paragliding / speed riding course chosen above and discharge "Les Ailes du Mont-Blanc" of any responsibility.

At \_\_\_\_\_ the \_\_\_\_\_ Signature :

## General information & Cancellation conditions

### General informations :

#### The price of the courses include:

- à **The flying equipment** (speed riding wings, harness (without back protection), radio with earphones, helmet). You are responsible of your equipment during your course. If you damage or lose it, you will have to replace it. The quality of the material you will have is good, we will ask you to take care of it.
- à **The teaching of one or two instructors** (professional state diploma BEES 1<sup>st</sup> degree or student instructor second module with FFVL's Speed riding qualification. 1 instructor for 4 trainees and/or 1 mountain guide on glacier areas.

#### The price of the courses do not include:

- à **The ski pass** (prices informations' on [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr) or tel+33(0)4 50 53 22 75).
- à **The Insurance Aerial Civil Responsibility** which is obligatory. You must provide a medical certificate for its delivery. Different Options are possible and not obligatory like individual accident. If you already have a ACR, you must provide us a copy and you will have only to take the FFVL's membership.
- à **The personal equipment:** ski clothes, ski material (free ride type), the avalanche security system, the back protection.
- à **For your board and lodging** the tourism office of Chamonix will give you all the informations: Tel : +33 (0)4 50 53 00 24 fax : +33 (0)4 50 53 58 90 . We can also advice you if you need, please contact us.

**Some courses could be open with constituted group of minimum 4 persons.** Please, contact us.

**Payment:** by cash money, cheque, credit card (VAD possible), bank transfers

#### You have to send us before the beginning of the course:

- à **Your registration form** well filled and signed with authorisation of the parent for the minors of minimum 14 year's old.
- à **A deposit of 100€** to the school « Les Ailes du Mont Blanc » which confirm your registration.
- à **A medical certificate of aptitude** to practice paraglide & speed riding (valid three years for the 18/40 years old, one year for the people older than 40 and the competitors, three months for the teenagers).
- à **A cheque for the FFVL** (membership & insurance minimum, without options, +/- 35€, or 25 € if you have already a valid Aerial RC insurance.
- Or à **A copy of your insurance** if you already have one.
- à **An attestation of "level 3 class adult" of skiing**, delivered by a ski instructor or a ski school.

The meeting for the trainees will be on the first day of the course, at our office, 24 av de la Plage in Chamonix (just before the landing field of Bois du Bouchet). We will tell you the exact hour of our first meeting when we confirm your registration, soon as we have received your deposit. Most of the times, meeting is at 8 or 8.30 a.m.

### Conditions of cancellation :

In case of cancellation from us, due to meteo reasons, of half a day or a full day, you will pay only the half day you have done.

All half days started will be invoiced even if there is no fly due to the bad evolution of the conditions, if the team takes the decision to go to the flying site.

Any booked day will be invoiced if you don't show up (except for exceptional medical reasons).

Our structure keeps the right to modify or to cancel a course in case of not reaching the minimum of registrations.

If the client cancel his registration before the beginning of the course, we will issue a bill of cancellation costs.

Less than 30 days before the start of the course: 100% of the deposit.

The trainee engage all his responsibility concerning his physical and psychological aptitudes to the practice of speed riding & paragliding. You must be conscious of your engagement in a sport considered as a risky sport. You will be the only pilot onboard !

Flying is a voluntary act of breaking with the everyday life. Your motivation and your implication will be the guaranty of your progression.

### Research for quality :

à **To give you informations as good and as quick as possible**, our structure is equipped with a telephone, a cell-phone, an e-mail address, a website address, and a secretary now all year round.

à **For your information :** actualised documentation, technical files, web site.

à **Label FFVL « French school of Free Flying » N° 03940 :** this label is delivered by the French federation of free flying (FFVL). The school is declared as sportive establishment to the youth and sport ministry N° ET 001273 which guaranty the quality of the teaching.

à **The conformity of the flying sites** (adapted to a good pedagogic progression), quick access (road or lift)

à **The qualification of the instructors**, all with the state diploma (BEES 1<sup>st</sup> degree option paragliding or trainee-instructor 2<sup>nd</sup> module). One instructor on two has the FFVL's speed riding qualification. A Mountain-guide for the course in glacier area. All instructors and guides are covered by RC professional insurance.

à **The quality of the equipment** (actual conception, adapted to the weight and to the level of the trainees. Speed riding harness, helmet in the standards EPI (=SPUR), recent radio with earphones).

à **The individual validation of your progression** with the FFVL speed riding passport (cycle 1 to 2, level white to brown, to the pilot licence).

à **Practical, theoretical briefing,**

à **Small groups** for a more personalise teaching.

à **Rotations in minibus and lift :** efficient and quick

à **Debriefing room equipped** with pedagogic supports: board, maps, pictures, bibliography, TV video

à **Satisfaction form** at the end of each course.

Informations about the legal requirements of teaching the Speedriding activity : The prefect of Haute-Savoie (only) asks for the bi-qualification (BEES ski & paragliding) while recognizing unofficially the qualification of the paragliding instructors. Today, only the FFVL recognized and worked on the organization of the activity; the FFVL is able to supply an insurance RCA to the trainee as well as to the instructor.

Looking forward to an official status (recognition by the French Ministry of Health, Youth and Sports) of the FFVL as being the Federation agent (today only the FFVL made the demand for the Ministry which will rule for the delays of the Olympiad), the Ministry declared informally to the federal people in charge that nothing being officially established, the diplomas of paragliding and / or skiing could allow the teaching of Speedriding.

Our instructors were in the first group for the speedriding qualification, FFVL, 2004. They are strong of 4 years of experience of teaching this activity and were representatives by the FFVL for an educational reflection of the specifications (passport of speed riding). Besides, they worked for the "club des grattes ciel" in the development of the sites in Chamonix and in the implementation in association with the City hall of Chamonix and the Company of the Mont Blanc of perpetuated and organized sites.

Les Ailes du Mont-Blanc – Ecole professionnelle de Parapente & speed riding

24 av de la plage - 74 400 Chamonix Mont-Blanc

Tél. +33 (0)4 50 53 96 72 – Mob. +33 (0)6 20 46 55 57

Email. [info@lesailesdumontblanc.com](mailto:info@lesailesdumontblanc.com) – Web. [www.lesailesdumontblanc.com](http://www.lesailesdumontblanc.com)

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