



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 6 years, this sport has become more refined and more technical to have today a good level of maturity, but we still have to structure its evolution.

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

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 16m²), easy to pilot, on off-pist areas (in authorized areas !).

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

Programme :

School slope : learning to control the take off and piloting the wing while sliding down a small slope. You will progress with your rhythm and the first sensations of lift. Acquire automatic reactions by repeating the basic movements. Control your direction and respect the flight plan. Depending on the wind conditions, glide using kite-surf techniques or fly by gravity.

Depending on 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° turns in speedflying, which generates a strong rate of fall and increases a lot of speed, while staying in contact with the snow.

Level required & physical conditions

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, except for 1 unique discovering day) , but no flying experience is necessary. It is accessible to all, from 14 years-old (with parental compulsory authorisation for minors).



A medical certificate which stipulates that you can speed-ride is required for delivery of the licence & insurance (except if you only do 1 unique discovering day).

Flying is a voluntary act outside of everyday life. Your progress in this activity will depend on your motivation and engagement. You are the only pilot onboard !

You are conscious that you will be on an off-piste area and that you are responsible for your own actions.

2010 Rates

- **Collective lessons, Beginners & Advanced**, from 4 to 10 trainees, price per person :
 - 105 € for the day on the Le Tour Col de Balme school slopes (+/- 4h30 on skis).
 - 10 % discount for minors on beginners and advanced courses.
- **Big Off Pist day & Randonnees**, from 4 to 7 trainees, price per person :
 - 205 € 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 :
 - 310 € per day, included the equipment. (+155 € for one extra person, 3 person maximum).
- **Private booking of a Mountain-Guide**, price per person :
 - 310 € per day.

2010 Dates

* beginners & advanced :

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

For the collective lessons : Friday, Saturday, Sunday, Monday and Tuesday, from dec. 19th to april 25th 2010.

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

For the private lessons : Everyday, book at the end of the day (max) for the following day.

* **Big off pist days, ski touring** : As soon as snow conditions allow ! Please enquire.

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



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The price includes

- 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 piste on glacier or ski touring days.
- Flying equipment (speed riding wings : Gin, Niviuk, Bio Air Technologies, with speed riding or light paragliding harness, free fly helmet, radio with earphones).

The prices do not include

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

Personal equipment

Ski Equipment (free ride / off piste 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 :

→ You are an experimented and autonomous speed riding pilot

- **Speedriding rental equipment :**

- Speedriding wings & harnesses : Bullet, Nano, Nooky, Skate, ... & Sup' Air harnesses : 40€ / day.
(350€ for ten days)
- Rescue avalanche system equipment : 15€ / day.
- Back protection : 5€ / day.

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

- **Speedriding shop :**

- Possibility of buying to order all speed-riding equipment. Please enquire !
- Possible to try the equipment for one day : 40€, deductible if you buy it.

(Note : we do not have all types of wings in the shop, necessary to reserve in advance).



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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 number : _____

If not, you have to do your licence on line on the FFVL website : 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...)?

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 for the courses or two days or more.
Other			

Date of the course chosen _____

Please send a deposit of 105 € to the paragliding school of « Les Ailes du Mont Blanc ».

I have read and understood 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 :



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General information & Cancellation conditions

The price of the courses include:

- **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.
- **The teaching of one or two instructors** (professional state diploma BEES 1st 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:

- **The ski pass** (prices informations' on www.compagniedumontblanc.fr or tel +33(0)4 50 53 22 75).
- **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.
- **The personal equipment:** ski clothes, ski material (free ride type), the avalanche security system, the back protection.
- **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:

- **Your registration form** well filled and signed with authorisation of the parents for the minors of minimum 14 year's old.
- **A deposit of 105€** to the school « Les Ailes du Mont Blanc » which confirm your registration.
- **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).
- **A cheque for the FFVL** (membership & insurance minimum, without options, +/- 27€ or 32 € if you have already a valid Aerial RC insurance.
- Or → **A copy of your insurance** if you already have one.
- **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 reason's).

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

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 engages all his responsibility concerning their 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 :

- **To give you information as well 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.
- **For your information** : actualised documentation, technical files, web site.
- **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.
- **The conformity of the flying sites** (adapted to a good pedagogic progression), quick access (road or lift)
- **The qualification of the instructors**, all with the state diploma (BEES 1st degree option paragliding or trainee-instructor 2nd 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.
- **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).
- **The individual validation of your progression** with the FFVL speed riding passport (cycle 1 to 2, level white to brown, to the pilot licence).
- **Practical, theoretical briefing,**
- **Small groups** for more personalised teaching.
- **Rotations in minibus and lift** : efficient and quick
- **Debriefing room equipped** with pedagogic supports: board, maps, pictures, bibliography, TV video
- **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.

The French Ministry of Health, Youth and Sports has decided that the FFVL is the Federation agent for Speedriding. 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 have over 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 gratte 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

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