

Speed riding

This activity is practised on snow and consists in skiing and in flying along off-piste slope, with a light harness and a small wing (10 to 14m²), easy to pilot, on authorized off-piste 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. Also when it is windy, you can use the snow kite technique to play in the wind pulling edges.

Programme:

We practice speed riding at "Le Tour" resort, so the meeting will be at Le Tour or Vallorcine.

Progression is at your own pace and follows the steps of the FFVL speedriding passport, adapted to your current level as well as the topological and aerological specificities of our sites. Acquisition of automatism by repeating the basic movements.

Being aware of the legal obligations associated to the sport, being capable of preparing your equipment and going through your check list

Learning to inflate your wing, balance pendulum movements and steering whilst sliding down small slopes. When in contact with the ground, gravity induced sliding: course control, exploration of the different glide angles (first sensations of flight) and the following of a straight trajectory with an objective of dynamic take-off or sequence of ski turns via wing control (pitching-rolling-yawning), being on control of your speed ... Depending on the wind: aero-towed skiing (wind-kite technique): learning to inflate and take-down the wing with no spinnaker effect, learning to place the wing within the wind window.

The instructor will be pleased to adapt to your current experience and level. If you are a paraglider, skydiver, kitesurfer or freerider, access to the different runs in Le Tour can be done within 2 to 4 days at the Posette school slope.

Level required & physical conditions

- You have to be a good skier (level “class 3 adult” , certified by a ski school or a ski instructor is demanded after the two first discovery days if you want to continue your progression).
- No flying experience is necessary.
- It is accessible to all, from 16 years-old (with compulsory parental 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 2 unique discovering days with the “journée contact” insurance).
- 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 on board!
- You are conscious that you will be on an off-piste area and that you are responsible for your own actions.

Rates

- **Collective lessons, Beginners & Advanced**, from 4 trainees, price per person :
 - 125 € for the day on the Le Tour Col de Balme school slopes (+/- 4h30 on skis).
- **Private lesson on Le Tour Col de Balme school slopes**, price for one day :
 - 1 pilot: 340 €
 - 2 pilots: 175 €
 - 3 pilots: 145 €

Dates

As soon as the skilifts open till their closing: “Le Tour Col de Balme” Posette area

Courses everyday depending on the number of registered students and which course you choose (private or group) and depending on snow quality and weather.

We reserve the right to cancel and to refund a day if the minimum number of participants is not reached. (4 people minimum for collective lessons)

In case of bad weather report, the reserved days are rescheduled or refunded.

The price includes

- Tuition of one instructor with a paragliding DEJEPS state diploma and FFVL’s speed riding qualification
- Flying equipment (speed riding wings, speed riding or light paragliding harness, free fly helmet, radio with earphones).

The prices do not include

- Ski equipment.
- [Licence & insurance](#) (see general conditions for more info).
- [Ski pass](#) : price information: www.compagniedumontblanc.fr
- food and drink during the day

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), gloves (no mittens!).

REGISTRATION FORM

First name : _____ Date of birth : _____
 Family name : _____ Phone : _____
 Sex : _____ Email : _____
 Nationality : _____ Job : _____
 Weight (for the adaptation of the equipment) : _____ kg
 Address : _____

Do you practice any other sports :

Do you have third party liability insurance valid for speed riding & paragliding for the present year : NO / YES

If not, you have 2 options :

- take an insurance for 2 days at 7€, on site
- or take a [licence online, for 9 days or for the year](#) before the beginning of the course. For that you need a [medical certificate](#).

If you do not understand French, please give us a call.

Person to contact in case of accident:

Name _____ 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 ».	

The activity being confidential, we cannot propose training courses every day for lack of filling. To group the pilots who wish for it, thank you for being willing to give us your wishes:

Course chosen	Price per pax	I'm OK to choose this formula (YES / NO)
Private lesson	340 €	
Shared private lesson (2 pax)	175 €	
Shared private lesson (3 pax)	145 €	
Collectiv lesson (from 4 pax)	125 €	

When are you available for the course?

Please send a deposit of 125 € to the paragliding school of « Les Ailes du Mont Blanc ». Check payable to “les Ailes du Mont blanc” or by holiday voucher ANCV, or on-line by credit card or by bank transfer.

I have read & understood the general conditions, prices and cancellation conditions.

At _____ the _____ Signature :

[Authorisation for the teenagers between 16 and 18 year old](#)

General information & Cancellation conditions

Before the beginning of the course you must send:

- **Your registration form** well filled and signed with [parental authorisation minors of minimum 16 year's old](#).
- **A deposit of 125 €** to the school « Les Ailes du Mont Blanc » which confirm your registration.
- A [medical certificate of aptitude](#) to practice paragliding & speed riding **for courses of over 2 discovering days and progression courses**.
- **An attestation of “level 3 class adult” of skiing**, delivered by a ski instructor or a ski school **if you do more than two days of beginners course**.
- The photocopy of your Air Civil liability FFVL covering you for Speed riding if you already possess one: [licence insurance FFVL](#). If you do not possess it, plan of meadow to complete the on-line form on www.ffvl.fr (code school 03940). To do it you must have from a french doctor your [medical certificate of « aptitude à la pratique du parapente »](#) (capacity in the practice of the paragliding and with the speed riding) **for more than 2 days of beginners courses**. Exceptionally, nationals of the European Community and third countries may produce a certificate signed by a doctor registered with the council of his country, on condition that the applicant provide certification of registration of the doctor consulted. The school is required to verify the document. The member retains the medical certificate.

Plan an on-line payment by credit card or send a check to the order of the FFVL date as postmark.

[FFVL licence and insurance information](#) (Fédération Française de Vol Libre), Information on the prices on our website : <http://www.lesaillesdumontblanc.com/fr/content/licence-assurance-ffvl>

Payment: by cash, or [on-line by bank card](#) or by [bank transfer](#). You can also pay by check payable to the school “les ailes du Mont blanc” or by holiday voucher ANCV.

We remind you that on the ski slopes of a ski resort, the rescue services are charged, and that it is advised to contract an insurance allowing a coverage in the event of an accident arisen during the practice of the activity. You can sign it or [with our insurance broker](#); [http:// www.air-assurances.com](http://www.air-assurances.com), or during the purchase of the ski pass. The Company du Mont Blanc offers: [E - gloo assistance repatriation](#): 3 € a day

Cancellation Conditions:

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 number of registered students or in case of bad weather conditions

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 on board!

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:

→ **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 qualification of the instructors**, with the state diploma BEES with FFVL's speed riding qualification or BPJEPS or DEJEPS as second instructor if needed. All instructors and guides are covered by RC professional insurance.

→ **The individual validation of your progression** with the FFVL speed riding passport;

→ **Small groups** for more personalised teaching.

Information about the legal requirements of teaching Speedriding:

[The decree of law of the sport ministry](#) stipulates:

Can teach speed riding only paragliding instructors (BEES 1 er degree and BPJEPS or DEJEPS) who also have, either a ski diploma, or mountain guide diploma.

Today, only the FFVL recognizes and works on the organization of the activity; it is able to supply an RCA insurance to pilots and instructors. The student pilots however have to supply a level certificate of ski Classe 3 adult if they do more than two beginner days.