



THE NINE COMMITMENTS GSAB

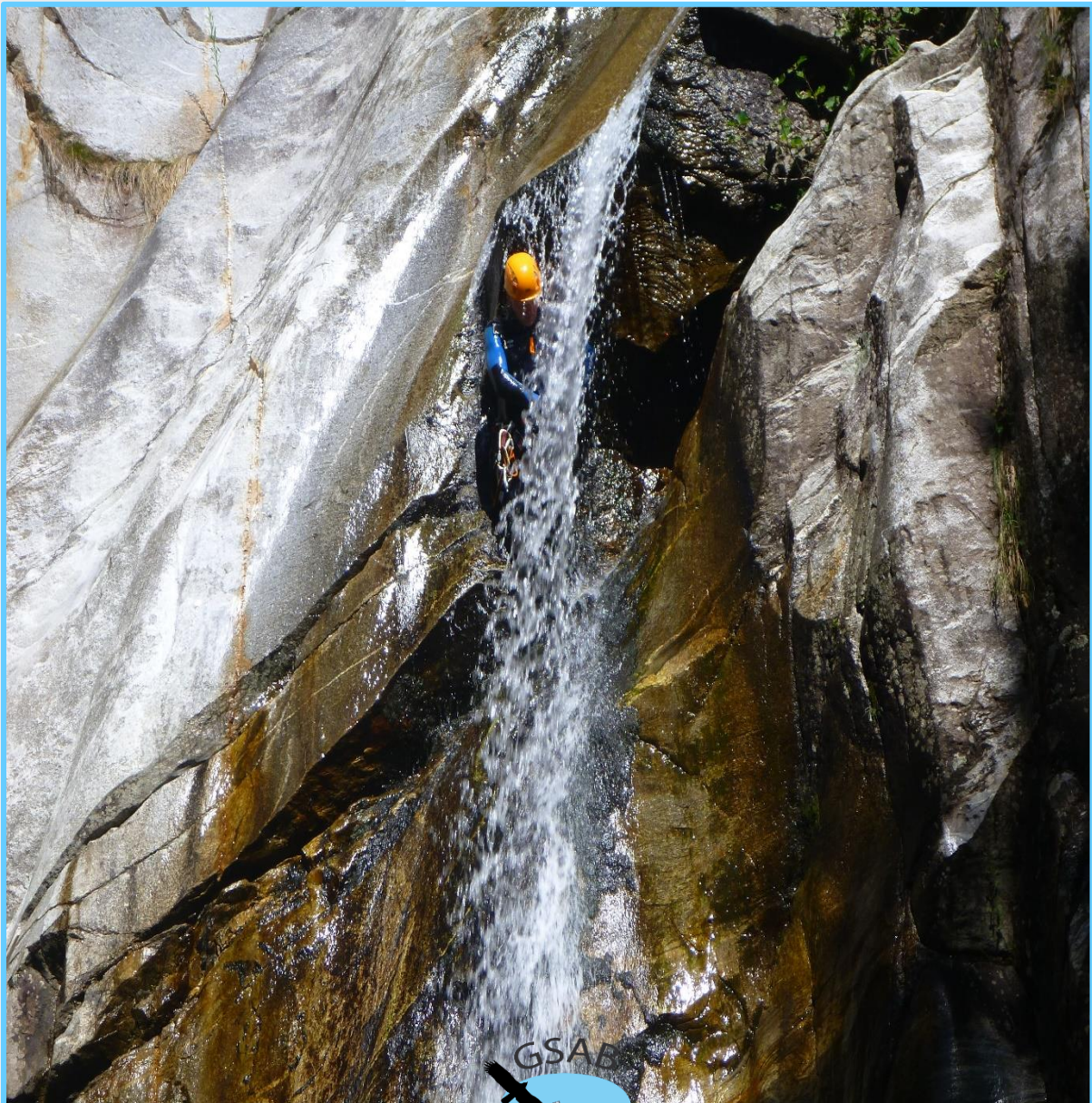
Edition 2021

THE NINE COMMITMENTS OF GSAB AVENTURES

Canyoning is a fun activity, but it can be dangerous if the safety rules are not respected during the progression.

The number of people who go canyoning is constantly increasing, but the number of accidents is not increasing proportionally. This is probably due to the use of numerous professional companies that offer clients a safe practice of this activity.

GSAB Aventures is committed to your safety and that of its guides.



COMMITMENT N° 1: SAFETY COMES FIRST FOR US

If you are a beginner or have little experience, ask a professional to guide you. Tell him your level in canyoning and also your physical condition. He will choose a canyon adapted to your level.

You can't improvise yourself as an independent canyoneer without serious training or professional quality supervision. GSAB Aventures is a certified company. As such, it has defined a safety protocol that has been validated by experts in the field. This protocol is constantly evolving to take into account each event we experience.

- GSAB Aventures only works with professional guides who undergo annual retraining.
- The outings take place in small groups and are supervised by professional guides.



COMMITMENT N°2: OUR OUTINGS ARE PREPARED

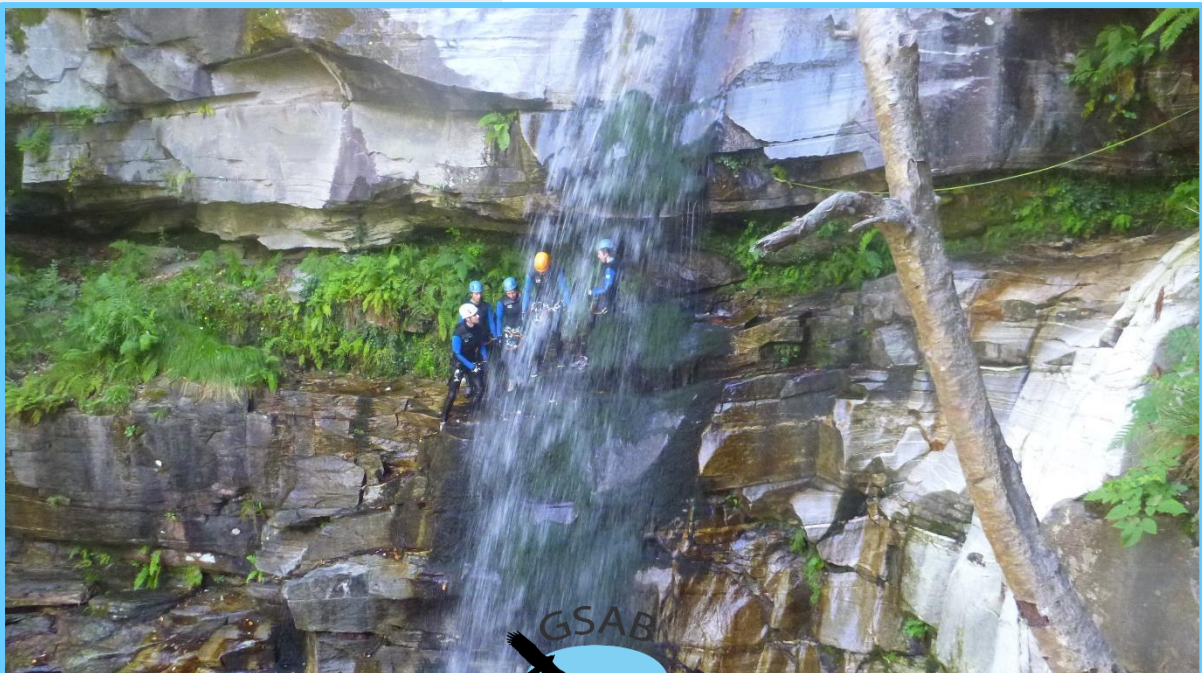
It is up to the group leader to judge the level of the participants, the length, the technical difficulties of the planned canyoning course and the conditions such as the flow, air and water temperature.

Accidents and near misses often happen after the wrong decision was made before the trip.

Examples of common mistakes:

- The canyon is too technical for people with little experience
- The course is too long for non-sporty people
- The water is too cold for children
- No knowledge of the canyon

- GSAB Aventures' guides offer you days where the level is clearly defined. The small size of the groups allows for safe and personal guidance.
- GSAB Aventures offers you days adapted to your skills, age and physical condition.
- We know the places of practice proposed, the approaches, the outings.
- We are informed about the conditions of the canyon.
- We take care of all the preparation and logistics so that you can concentrate on your pleasure.



COMMITMENT N°3: WE MASTER ALL THE TECHNIQUES REQUIRED

In Switzerland, canyoning is free. You will not be asked for a permit to go into a canyon. Moreover, access to canyoning sites is free.

In spite of this great freedom offered to the practitioners, they must be aware of the dangers and risks to which they expose themselves by entering a canyon. They must be trained and informed so as not to endanger their safety.

- ➔ Independent practice without experience is strongly discouraged. At GSAB Aventures, we do everything possible to ensure that your first experience is a success and ends with the joy of having lived an exceptional experience.
- ➔ We teach you, at all times, the best way to progress.
- ➔ We ensure a permanent control of your gestures during the different manoeuvres and correct you if necessary.
- ➔



COMMITMENT N°4: OUR EQUIPMENT IS TOP QUALITY

To practice canyoning in good safety conditions you need good equipment. We provide you with:

A wetsuit: It is there to protect from the cold and maintain body heat. It must therefore be in good condition and well fitted. A wetsuit with holes in it or one that is too large will not do its job and may lead to hypothermia.

Footwear: The quality of footwear is important. They must have a good grip on the rock to avoid slipping and must hold the ankle to prevent sprains. They must be durable.

A harness, lanyards, carabiners and descender: They must also be in perfect condition to guarantee your safety when abseiling or climbing handrails.

Helmet: It is compulsory to wear a helmet. In addition, to protecting you from shocks during slips or falls, it is also your best friend in case of falling rocks...

Progression equipment: The guides have all the necessary equipment to ensure your safety in the technical passages (ropes, karabiners, bags...).

Safety: They also have a first aid kit and means of communication to trigger a rescue, mobile phone, radio.

The investment for a safe practice is therefore very important (more than CHF 500 per person just for the individual equipment) and it is not rare to see people descending with unsuitable and potentially dangerous equipment during the descent.

- GSAB Aventures provides you with top of the range equipment that is perfectly maintained and regularly checked.
- The guides have professional equipment for progression and safety.
- We have emergency equipment in case of problems.



COMMITMENT 5: WE ARE INFORMED ABOUT THE HYDROLOGY OF THE CANYONS

Water is certainly the most important element in canyoning. However, the same river can appear harmless in a wide part of the river and become very dangerous when the canyon becomes narrow or under the effect of a waterfall.

Water movements (drifting, counter-current, siphon, suction...) can be invisible from the surface and cause drowning...

Rope handling must also be well controlled in the current to avoid blocking or losing your rope. For example, if the flow is too strong to abseil down the waterfall, a guided abseil will be used or a dry passage will be sought.

In addition, to avoid being trapped in a canyon in case of flooding, several parameters must be analysed, such as the initial flow of the canyon, the size and nature of the catchment area that feeds the canyon with water, the risk of a storm...

Going into a canyon without any knowledge of white water is, in our opinion, a mistake that can have serious consequences.

- The guides of GSAB Aventures are experienced. They know how to read the water and will play it safe when in doubt.
- They know the manoeuvres that will allow you to avoid difficulties and dangers.
- When they prepare the trip, they check the weather forecast for the day and for the previous days to avoid the risk of flooding.
- They know the possible ways out of the canyon in case of danger.

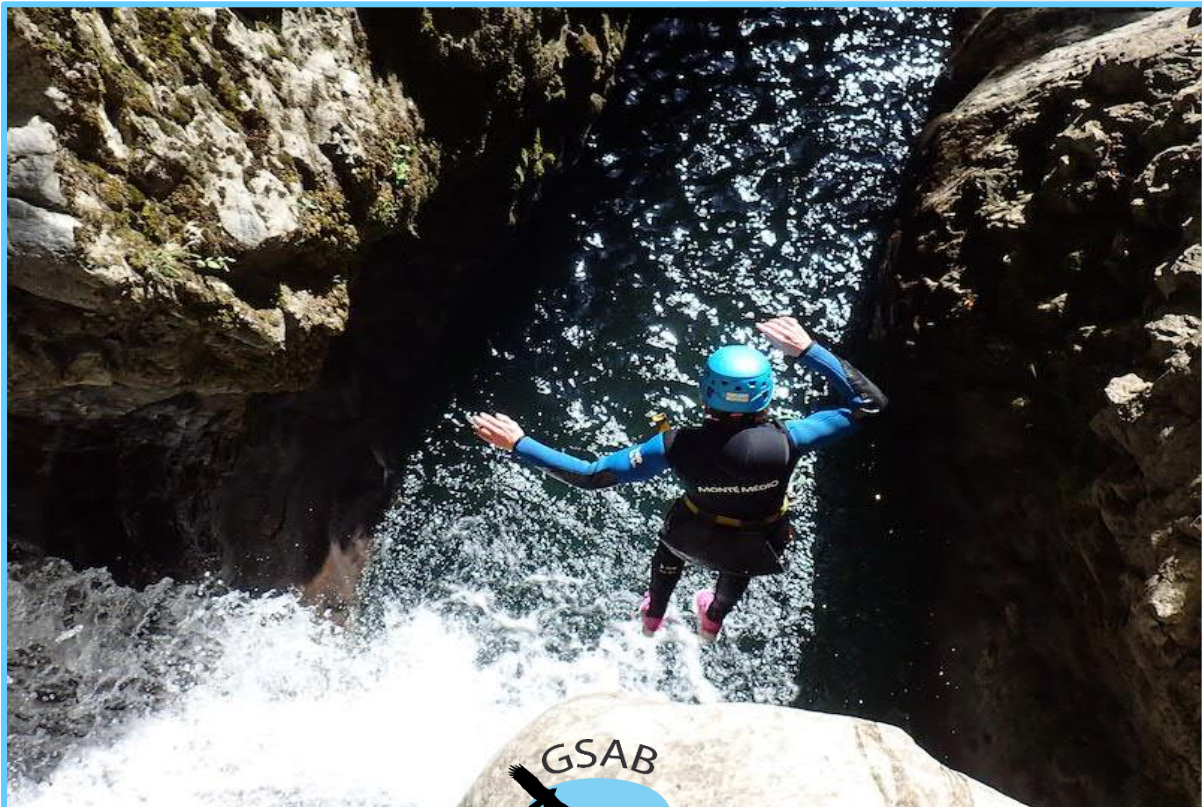


COMMITMENT N°6: WE SHARE OUR KNOWLEDGE WITH YOU

Jumps are highly anticipated and deliver the most adrenaline. But they are also one of the main sources of accidents. Although it is tempting to jump into all the pools in the canyon, it is sometimes better to enter the water slowly. A bad rock hidden under a few feet of water could ruin your ankle and the rest of your descent.

So should you stop jumping in canyoning? No, but there are certain rules to follow and you should always think about the consequences of a badly executed jump.

- At GSAB Aventures, the guides offer you a progressive approach to jumps in terms of both height and technicality.
- You will never be obliged to jump if you don't feel like it, even if your friends for a day strongly encourage you to do so.
- The guide will assess your level and provide you with challenges that are tailored to your needs.
- They will assess the depth of the pools before suggesting a jump.
- They will give you precise instructions on how to jump with the least amount of risk.



Slides are fun and exciting, but even here, poor posture can lead to injury. We are here to guide you.

- At GSAB Aventures we love slides and we will only offer them to you if they are deemed safe.
- Our guides will advise you on the best position to adopt to limit the risk of hurting yourself.
- If necessary, they will install a handrail or abseiling rope to access the slide.



GSAB Aventures – Canyoning safety concept

Abseiling is perhaps as impressive an obstacle as jumping. Ranging from a few metres to a hundred metres for the bigger ones, they require the right equipment, professional rope installation and good control of your emotions. To abseil in canyoning, several techniques must be put in place for maximum safety.

- We ensure your safety during the installation of the abseiling but also from below.
- We provide you with high performance, tested equipment and teach you how to use it.
- We know the techniques to use depending on the type of abseil (dry, watered, arrival in a basin...).
- We know the rope techniques to help you if you get stuck on the way down.



COMMITMENT N°7: WE TAKE CARE OF YOU

As in any sport, hydration is particularly important in canyoning. Even more so as you will not necessarily feel thirsty as you will be progressing in a very humid environment. Dehydration leads to organisational dysfunctions which can in turn be the source of accidents... Dehydrated, you will feel tired, less concentrated, and prone to cramps.

You should therefore hydrate well before the outing and take water with you and drink it as soon as possible while you are in the canyon.

Furthermore, canyoning in often cold water requires a lot of energy. Therefore, it is important to eat well before the trip, for example with a good plate of pasta the day before to fill up on slow sugars. Also remember to have a good breakfast, allowing enough time for digestion before jumping into the water (two or three hours).

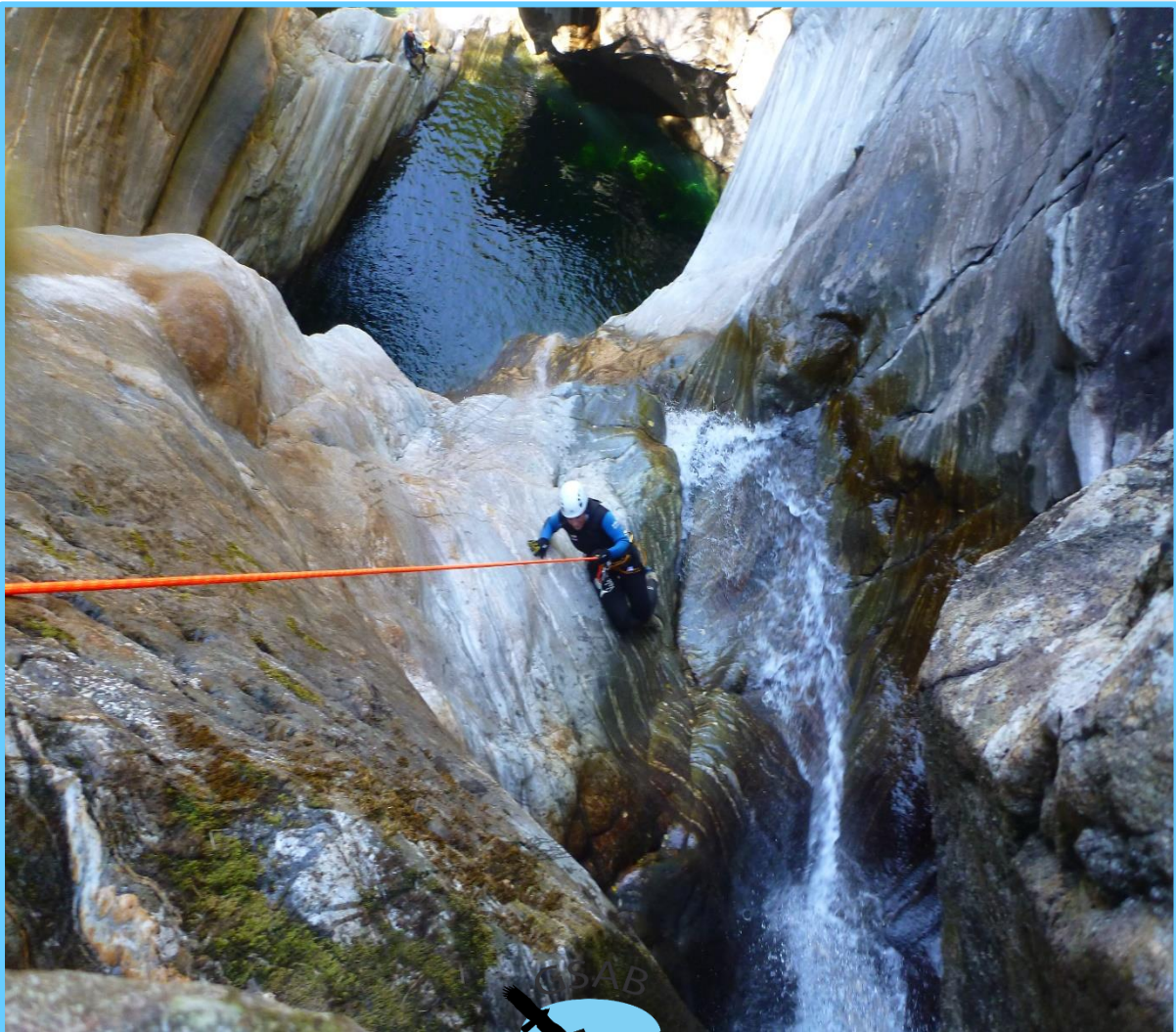
- On the way down, we will offer you a snack to regain your strength.
- We will also have something to drink.
- All this is included in the price of the trip.



COMMITMENT N° 8: OUR GUIDES ARE COMMITTED TO YOU

We, guides, are passionate about canyoning. In general, we practice this activity intensively during our leisure time. By working with GSAB Aventures, we reconcile our passion with our professional life and commit ourselves to your pleasure.

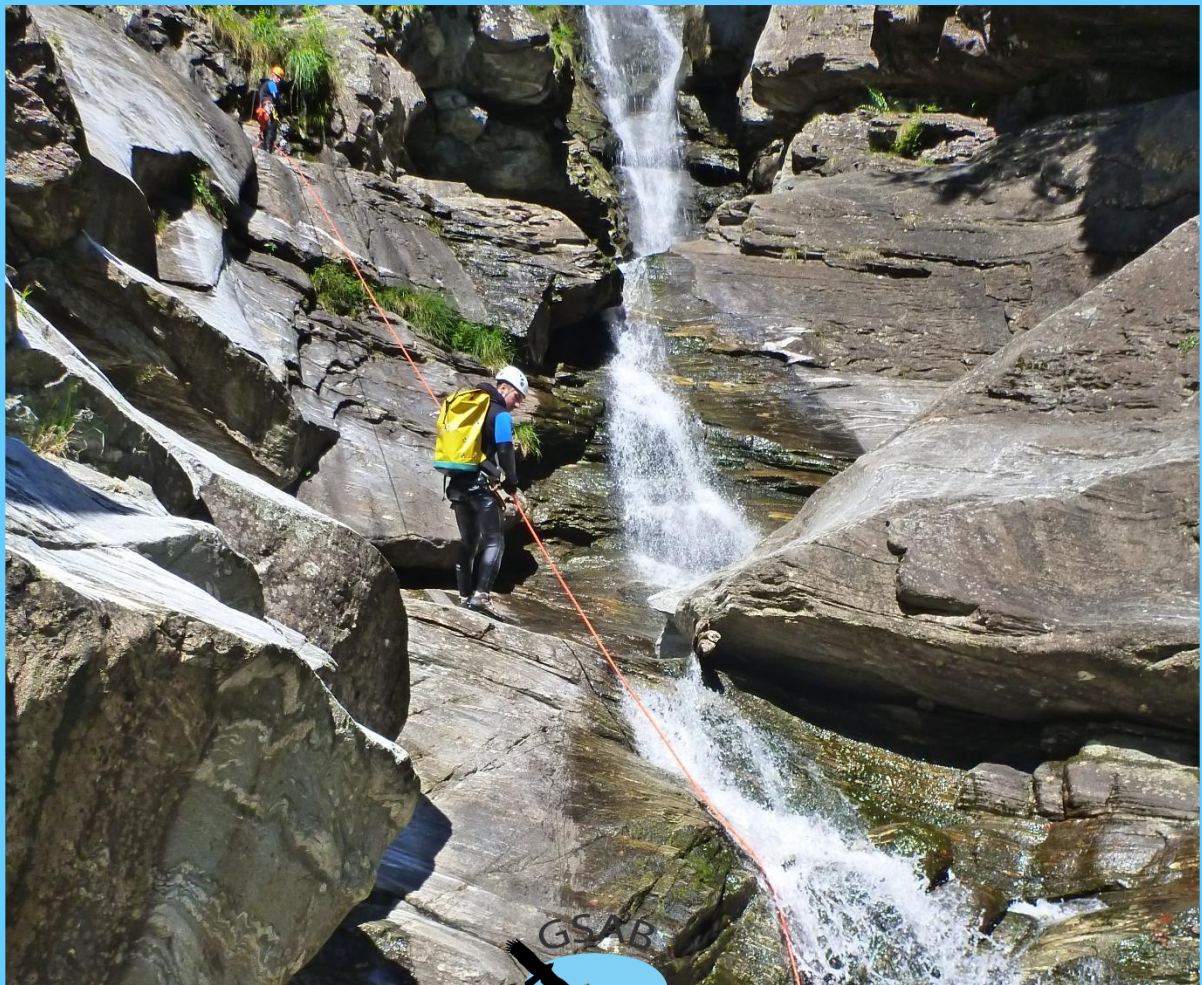
- Your safety is our primary concern.
- We adhere to a strict safety concept.
- We are sober and not under the influence of drugs.
- We aim your pleasure.
- We arrive fit and full of energy.
- We have not partied until late the night before.
- We share our knowledge and seek your autonomy.
- We listen to your needs.



COMMITMENT NO. 9: OUR PRICES ARE STUDIED AS CLOSELY AS POSSIBLE

If you search on the internet, you will probably find agencies that are cheaper than ours. When making your choice, do not forget to compare everything.

- Our company is certified.
- We have a professional liability insurance with Allianz.
- Our guides are trained professionals.
- Our equipment is of excellent quality.
- We know the terrain.
- We adapt our services to your needs and skills.
- Our groups never exceed eight people, unless otherwise agreed with our clients.
- Each group has a minimum of two guides to supervise it.
- We offer a snack during the descent.





GSAB Aventures

Mülimatta 2, 1656 Jaun

www.gsab-aventures.ch

info@gsab-aventures.ch

Suisse : +41 79 778 12 41