



International Commission for Alpine Rescue

WELCOME TO THE ICAR CONGRESS

A Guide for First-Time and Returning Delegates

Welcome, and thank you for joining us at the ICAR Congress. Whether this is your first Congress or your tenth, this gathering is one of the most important weeks of the year for our community. This is where commissions set direction, working groups do real work, and rescuers from around the world exchange the ideas that shape how we operate back home. This short guide will help you get the most out of your time here, and help you support the people around you who are experiencing it for the first time.

Set Up Your ICAR Website Account

Your Congress registration is separate from having an account on the official ICAR website. Even if you're all set for Congress itself, make sure you also have an account on the ICAR website, that's what gets you newsletters, updates, and important announcements going forward.

- **Not sure if you have an ICAR website account?** If you're not sure whether you have one, or need help setting one up, talk to your team director.

When You Arrive

When you arrive at Congress, head to the registration desk first. That's where you'll get your badge, schedule, and all the practical details you need for the week.

- **New to a commission?** If you haven't been added as a delegate or member yet, your team director can help get you added so you're properly recognized and connected to your commission.
- **Want to learn more first?** you can always reach out to that commission's president directly for more information about their commission's work, priorities, and how to get involved.

Understanding the Room: Seating & Structure

Congress sessions are working sessions, and the seating reflects that. Knowing the layout ahead of time will help you feel confident walking into any room.

- **Front seats with tables:** These are reserved for working members actively participating in that commission's business.
- **Chairs in the back:** These are for guests, observers, and visitors from other commissions.

- **New to a commission or new to ICAR altogether?** it's perfectly fine, and encouraged, to sit mid-to-back for your first session in a commission. Take time to get a feel for how the room runs before jumping into a front-table seat.

Get Involved: This Is a Working Congress

ICAR Congress isn't a spectator event, it's where recommendations are drafted, working groups do their work, and research moves forward. That work depends on hearing from as many diverse voices and experiences as possible, including yours.

- **Plan to participate:** Join a commission and take an active role in the discussions, working groups, and votes.
- **Visiting another commission's session?** If a session in another commission catches your interest, feel free to attend. Listen first, let that commission's members do their work, and offer feedback or perspective when it's appropriate and welcomed.
- **Remember:** you're a guest in that room. Don't take a working member's seat, and if the room is full or too crowded, please choose a different session rather than crowding out the members who need to be there.
- **Attend and participate as much as possible:** Show up, speak up, and engage as much as you're able to. The more voices in the room, the better our collective work becomes.

Visit Our Partners

Please make time to visit our partner booths and talk with the people staffing them. They are genuinely looking for your feedback and field insights. The ICAR Congress is one of the best opportunities they have all year to hear directly from rescuers and to build products that we all rely on in the field. Your perspective, good or critical, helps shape better equipment and tools for everyone.

Fill Out the Surveys

At the end of the Congress, you'll be asked to complete one or two surveys. Please take the time to fill them out. This feedback directly informs our future work, organizational decisions, future events, and how we continue to improve ICAR for everyone. Your input matters, even if it feels small.

Quick Reference: Do's and Don'ts

✓	Set up your ICAR website account so you get newsletters and updates.
✓	Head to the registration desk when you arrive to get your badge and event details.
✓	Talk to your team director about becoming a delegate or member if you aren't one yet.
✗	Sit at a front table only once you're an active working member of that commission.
✓	Sit mid-to-back your first time in a commission (or at ICAR) to get a feel for the room.
✓	Visit partner booths and share honest, constructive feedback.
✗	Skip the end-of-Congress surveys — they shape our future work and events.
✗	Jump into another commission's working session and take over the discussion.
✓	Listen first when visiting another commission, and offer feedback when it's welcomed.
✗	Take a seat that belongs to a working member when visiting as a guest.
✓	Choose a different session if the room is full or too crowded — don't crowd out members.
✗	Stay quiet all week — your voice and experience are part of why we're all here.