

# AVALANCHE SKILLS TRAINING – LEVEL 1

The Avalanche Skills Training Level 1 Course will provide an entry-level decision-making framework that is based on the most advanced curriculum available from the Canadian Avalanche Center. This 2-day, 1-evening course is an entry level Avalanche Safety program that introduces the subject from the ground up and gives students a solid foundation of knowledge. Designed around the CAC **Avalanche Skills Training - Level 1 Course** (AST-1) curriculum, this course is an excellent introduction to the backcountry and will help students understand avalanche basics, identify avalanche terrain, use of the Avaluator and CAC bulletins, plan and carry out a trip, use appropriate travel techniques in avalanche terrain and carry out a companion rescue.

## **Dates (2011/2012 season)**

Classroom Sessions: December 15<sup>th</sup>, 6 – 10 pm

Field Days: December 17<sup>th</sup> and 18<sup>th</sup> all day

## **Cost:**

**\$229 + HST**

- Students must supply their own lift passes to the top of Shames Mountain for all field days
- Students are responsible for their own transportation to and from field locations
- Students must supply their own personal equipment (see equipment list)
- Food and drinks are not included

## **Bookings and Cancellations**

Call our office at (250) 615-3252 as far in advance as possible. 2 weeks is the *minimum*. A 25% deposit is required to confirm your booking. The balance is payable 2 weeks prior to the course start date.

Cancellations less than 30 days from start date forfeit any deposit paid, cancellations less than 14 days from course start date forfeit full payment.

## **The Avalanche course includes**

- Instruction by professional Avalanche Safety educators
- Avaluator
- The Bruce Jameison book; Backcountry Avalanche Awareness
- SVE & CAA-developed course materials, updated 2011
- Industry recognized AST-1 Certificate of Completion
- Use of a snow saw, rutschblock cord, and snow observation kit

## **Prerequisites**

No previous avalanche course or training is required; intermediate or better skiing/"boarding ability is required. Touring equipment required (or snowshoes for snowboarders); see equipment list.

Participants should be comfortable with their touring equipment and be prepared to spend full days in the backcountry.

A great website for some refresher material is at <http://www.virtualmountains.ca/> We recommend viewing some of this before your course. We also recommend being quite familiar with all the pre-course reading you receive when you book.

## **Location**

There is 1 classroom evening in Terrace from 6 to 10 pm. Location will be announced shortly before the course start date.

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The 2 field days are spent at a variety of field locations based from Terrace, often at Shames Mountain just 30 minutes West from Terrace.

## *Guides and Instructors*

SVE instructors are excellent educators; experienced in teaching these skills and conducting well run, professional courses. All Instructors on the AST 1 courses are at least Active Members of the CAA (Canadian Avalanche Association) while the course leader is at least a Professional Member of the CAA. Additionally, All SVE staff also have advanced first aid training, and many of the Instructors are also professional Guides certified through the ACMG (Association of Canadian Mountain Guides).

## *Itinerary and Objectives*

This course focuses on teaching practical methods of understanding, recognizing and avoiding avalanche hazards, including terrain evaluation, snowpack structure, weather, safe route finding and avalanche rescue techniques.

Our format includes 6 hours of theory and 12 hours of practical fieldwork. The theory sessions include pre-requisite reading that ideally is done before the course (manuals are issued at time of registration).

The following are targeted learning outcomes for AST-1 course:

- Understand the basics of avalanche formation and release.
- Identify avalanche terrain.
- Know the steps required to plan and carry out a trip.
- Use the Avaluator™ as a decision-making tool in areas where trips are rated using the Avalanche Terrain Exposure Scale (ATES) and where Avalanche Danger Ratings and Avalanche Bulletins are available.
- Find resources for obtaining ATES terrain ratings if their trip is not rated.
- Find resources for obtaining Avalanche Danger Ratings and Avalanche Bulletins if these are not available.
- Use appropriate travel techniques in avalanche terrain.
- Carry out a companion rescue.

## *Logistics and transportation*

Students are responsible for their own transportation, accommodation, food and equipment as listed. We encourage students to ride share on all courses but cannot guarantee that a ride will be available. All field days will be based from Shames Mountain though we will meet in Terrace briefly prior to going to the ski hill.

Students are encouraged to stay in Terrace for the field days of this course in order to minimize driving times to/from course areas.

Due to the variability of snow and weather conditions, we cannot guarantee that the course will be held in the locations stated, or conducted in the same order as listed.