

Alpine Ascents International

AVALANCHE LEVEL I COURSE

Contemplating the powder at the boundary line, but not sure what to make of that new foot of snow? Sign up for the AIARE Avalanche Level 1 and spend 24 hours learning about snow mechanics, hazard evaluation techniques and develop your avalanche judgment for the backcountry. This course is designed for all types of backcountry travelers including: snowshoers, skiers, snowboarders, mountaineers, ski patrol, and mountain guides. Student/Instructor Ratio is 6:1

Cost: \$285.00

Course A

3-Day Weekend Course: January 14 - 16, 2012

Saturday - lecture day at the Alpine Ascents office; Sunday - Monday in the field

or

Course B

Regular Weekend Course: February 3 - 5, 2012

Friday night lecture 6:30-9:30pm; Saturday in the field 7:30am- 2:30; lecture 4-6pm;
Sunday in the field 8:30-4pm.

(The Lecture portion takes place in our Seattle office, the Field portion of the course takes place at Snoqualmie Pass)

Course curriculum includes:

- Weather
- Avalanche Phenomenon
- Bonding Tests
- Trip Planning
- Decision Making
- Transceiver check (group/independent)
- In depth Transceiver search
- Terrain management (safe, efficient, fast)/ w/ up hill track/ downhill
- Snowpack
- Terrain Analysis
- Avalanche hazard ratings
- Human Factors and Risk Assessment
- Rescue -Self-rescue/Companion rescue
- Simple Transceiver search
- Map work/ Compass technique-bearings

QUALIFICATIONS: Beginner snowshoeing or intermediate alpine, telemark or snowboarding ability required. Previous backcountry experience is not required.

To Register: Fill out an Online Program Application at <http://www.alpineascents.com/register.asp> or call 206-378-1927. You may skip the Fitness/Climbing bio section of the expedition application.

COST INCLUDES: Student handbook, evening lectures and field instruction. **Course participants also receive a 10% discount in the Alpine Ascents retail store on the course dates.**

COST DOES NOT INCLUDE: Transportation to field location, transceivers, shovels, probes or touring equipment. A detailed equipment list will be sent to all participants.

Cancellation Policy amendment: Our standard cancellation policy is in effect, however the non-refundable registration fee is \$50 for this course, not \$200.

COURSE ITINERARY:

Lectures

Course A: Saturday January 14th, 2012, full day at the Alpine Ascents office.

OR

Course B: February 3rd, 2012, 6:30 to 10:00 pm; and February 4th, 2012 4-6pm after field experience

Field

Meet at the Mt Margaret Trailhead at 7:30 am

Lecture Sessions: We cover the following topics: Snowpack, Avalanche Phenomenon, Terrain Analysis, Stability Evaluation, Avalanche Hazard ratings, Human Factors and Risk Assessment, Decision Making.

Field Day 1: Arrive at the Mt. Margaret Trailhead at 7:30 am and get ready for the day. Meet at 8:00am, perform a gear check, do introductions, and then start our tour. We learn how to use the gear efficiently, including learning more about transceivers, probes and shovels. We will practice terrain analysis, stability evaluation, decision making, transceiver check, terrain management.

Field Day 2: We continue our education by focusing on terrain management, track setting, and more advanced transceiver techniques. We brings all the skills together and move into tour planning, map and compass navigation and take a closer look at the snowpack by digging a test pit to find any slabs and learn about self-rescue and companion rescue

AIARE Level 1 and 2 Avalanche Courses Suggested Reading

These references are recommended reading before taking a Level I or II Avalanche course. They provide background information that will allow students to learn more while taking the course. Some of the material may already be familiar to you; however, it will provide an excellent review that will allow you to tackle more difficult and new concepts. Some of the advanced material will be more easily understood in the class if you have already been exposed to it. These books are available online for purchase or in your local library, bookstore, or mountain shop.

Avalanche Handbook (2006) 3rd ed. D. McClung & P. Shearer, Seattle, 342 pp.

Avalanche Safety for Skiers and Climbers (1999) 2nd ed., T. Daffern, Mountaineers, Seattle, 192 pp.

Snow Sense: a guide to evaluating snow avalanche hazard (1994) 4th ed, S. Fredston and D. Fesler, Alaska Mountain Safety Center, Anchorage, Alaska, 115 pp.

Backcountry Avalanche Awareness (1997) B. Jamieson, Canadian Avalanche Association, Revelstoke, BC, Canada, 42 pp.

Sledding in Avalanche Terrain - Reducing the Risk (1998) B. Jamieson and D. Svederus, Canadian Avalanche Association, Revelstoke, BC, Canada, 50 pp.

The Snowy Torrents - Avalanche Accidents in the United States:1980-1986 (1996) N. Logan and D. Atkins, Colorado Geological Survey Special Publication 39, Denver, CO.



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Alpine Ascents AIARE Avalanche Course

Equipment List

For Lecture:

- Course handbook. (provided)
- Notebook.
- Pen.
- Water and snack.

For Field Days:

Essentials

- Beacon.** This needs to be on the 457 frequency. Available for rent for \$5/day from Alpine Ascents Rentals department.
- Shovel.** Small collapsible style.
- Avalanche Probe.** (Some ski poles include this function.)
- Snow transportation:** this can be snowshoes, skis, or a snowboard. Your skis need to be telemark or alpine touring bindings with skins; alpine trekkers are acceptable. Snowboarders should have a split board or use snowshoes for the approach. Snowshoers bring ski poles.

Clothing

- 1 pair synthetic liner socks**
- 1 pair heavier synthetic or wool blend socks**
- Gaiters.** Overboots are going to be the warmest, but regular gaiters will keep snow out.
- Pair of double plastic climbing boots:** Highly recommended if snowshoeing to keep your feet dry and warm.
- Long underwear top and bottom.** Capilene or some other synthetic is most desirable.
- Soft Shell pants.** Schoeller or Spandura.
- Warm sweater top of some sort.** Pile or Synchronilla.
- Pile jacket.**
- Good quality rain/wind pants and jacket.** A full storm system will ensure you stay warm even on the coldest days. Bibs are good to avoid the gap between pants and top.
- Warm hat.**
- Visor hat.** (for sun)
- Liner gloves.**
- Shell gloves or mittens.** Mittens are warm, but you lose dexterity.
- Down or synthetic jacket.** To keep warm while standing in the cold.

Miscellaneous

- Daypack.** A pack of about 2000 -2500 cubic inches is plenty big enough.
- Sunglasses.** High quality with keeper leash. The type with side shields is recommended. If you wear corrective glasses you might want a second pair.
- Goggles and a face mask.** Great to have if it becomes stormy.
- Sunscreen and lip screen.** SPF 30+. Make sure the lip stuff actually contains a sunscreen. A 1oz. bottle will be sufficient
- One or two 1-quart plastic water bottle(s) with insulating jacket.**
- Thermos.** For hot drinks during the day.
- Headlamp.** With extra batteries and bulb
- Notebook and paper.** The waterproof style of note book is good for inclement weather.

Food

- Water, snacks and lunch for the day.