

AVALANCHE SKILLS LEVEL 1

Thank you for choosing Grouse Mountain. Included in this letter is important information regarding your program, please take the time to read it carefully.

Be sure to call the Snow and Information line at 604-986-6262 each day to check the current mountain weather and activity information. You can also view this information on our website at www.grousemountain.com

LOCATION AND SCHEDULE

Participants need to be on the 08:15 Skyride to meet the instructor at 08:30 by the fireplace inside the Chalet.

Day 1

The morning of Day 1 is spent inside covering theory. We take one hour for lunch. The afternoon is spent outside practicing companion rescue and demonstrating standard snowpack tests.

There is little to no mountain travel on the first day and skis or snowshoes are not necessary. There is little physical activity during the field session. Please dress warmly – ideally in layers.

08:30	Meeting and Introductions
09:00	Lectures Formation and Nature of Avalanches Avalanche Terrain Avalanche Danger Rating and Public Avalanche Forecasts Decision Making Competence Good Travel Habits and Companion Rescue
12:00	Lunch Break
13:00	Field Session Companion Rescue Avalanche Transceiver Search Techniques Probing and Shoveling Techniques Safety Equipment What to Do if Caught



15:00 **Field Session Standard Snowpack Tests Demonstration**
Compression Tests
Rutschblock

17:00 **End of Day 1**

Day 2

We begin Day 2 with a short lecture inside and aim to get out in the snow as early as possible. Most of the day is spent traveling on the Mountain and practicing the skills covered during Day 1.

We typically cover approximately 5 to 7 km with an elevation gain of about 300m. Travel is punctuated with breaks to practice specific skills. Dressing in layers is highly recommended.

Lunch will be taken in the field. You will not have access to restaurants or microwave ovens. Please plan accordingly.

08:30 **Meeting**

08:45 **Lectures**
Avalanche Terrain Exposure Scale
Trip Planning
Slope Evaluation

09:15 **Review of Current Conditions**

10:00 **Field Session - Mountain Travel**
Pre-trip Check
Avalanche Terrain Features
ATES
Avalanche Types and Sizes
Common Trigger Points
Slope Evaluation Factors
Route Finding
Travel in Avalanche Terrain
Layers in the Snowpack
Rescue Scenario

16:00 **Return From Field and Debrief**

17:00 **End of Course**



EQUIPMENT

Provided:

Course Manual
Avaluator Card
Transceiver
Probe
Shovel
Snow Saw

Participants Are Required to Provide:

Alpine touring / telemark / split board / snowshoeing equipment (skiers and snowboarders need reliable climbing skins)
A backpack (30 litre capacity minimum)
Warm clothes appropriate for mountain travel
Extra pair of gloves
Sun glasses and sun screen
Small personal first aid kit (band-aids, blister care, personal medication...)
Food and water (lunch time on Day 2 is spent outside in the field)

Optional:

Thermos of hot drink and down jacket. (long portions of the field sessions are fairly low intensity)
All avalanche rescue equipment is included but you are encouraged to bring your own if you have any. This will ensure that you get instructions and practice with the equipment you will use on future trips.

SALES ARE NON-TRANSFERABLE AND NON-REFUNDABLE.

ANY LESSON MISSED IS CONSIDERED COMPLETE.

All lessons that are postponed or cancelled due to weather conditions or insufficient snow conditions are NON