

# Level 1 Avalanche Training for Backcountry Skiers and Snowboarders

## Course Description

This course is designed as an introduction to avalanche phenomena as it relates to backcountry skiers and snowboarders. The course format will emphasize practical avalanche awareness and safety measures through hands-on learning. The entire course will be based in the backcountry at one of Sun Valley Trekking's deluxe huts. Group food, lodging, course book, and instruction are included in trip cost.

## Course Objectives

Students who complete this course should be able to:

- ~Identify avalanche terrain
- ~Apply safe route finding techniques
- ~Identify basic snow crystal types
- ~Identify strong and weak layers in the snowpack
- ~Test the snowpack to determine stability/instability
- ~ Apply safe group travel and decision making techniques
- ~Make basic backcountry weather forecasts
- ~Plan a safe route on a topographic map
- ~Perform quick and efficient avalanche rescues



## Course Prerequisites

This is a backcountry course that will require intermediate skiing/boarding ability and good physical fitness. No prior avalanche training is necessary, although some preliminary reading is recommended: Snow Sense by Jill Fredstone and Avalanche Essentials by Bruce Tremper.

## Course Structure:

This hut based avalanche course will be conducted entirely in the backcountry. Backcountry ski touring skills, terrain identification, snowpack evaluation, weather forecasting and rescue techniques will be presented through lectures and hands on student practice. Students should expect to be engaged in the class content from 8am until 7pm while on the course. The class meets the standards for the American Avalanche Association Level 1 guidelines.

*Dates: February 5,6,7, 2016 Price: \$550 per person.*

## Sun Valley Trekking

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