



Avalanche Skills Training Level 1 Course Information

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ACMG Guide:	Erica Roles	
Date:	December 13/14, 2011, or January 26/27, 2012 or February 14/15, 2012 or March 14/15, 2012	
Location:	302 Buffalo Street (across for the CIBC)	
Departure:	8:30am	
Returning:	Around 4:30pm each evening	
Transportation:	12-passenger van	
Equipment:	See Gear List below...	
Food:	Please provide water, snacks and lunch	

This program is sponsored by Parks Canada

What is it?

This is a two-day introduction to safely traveling through avalanche terrain. The first day consists of lectures on the characteristics of avalanches, the mountain snowpack, avalanche terrain and backcountry travel as well as an outdoor session covering avalanche transceivers. The second day is spent in the field (in the Bow Summit area) where we discuss how weather, snowpack and terrain interact to create avalanches and how we can avoid them. This course is based on the standards set by the Canadian Avalanche Centre and a certificate of completion is awarded to those who attend.

Who should go?

If you have ever gone skiing or riding outside the ski area boundary or gone backcountry ski touring or ice climbing then you need to take this course! If you would like to try any of these activities this course is the first thing you should consider doing.

Meeting time and place

You will meet the first day at 08.30 AM. Contact BanffLIFE as to where the classroom sessions will take place. Be prepared to spend time outside on the first day (have warm clothes and boots available) but you won't need ski/snowboard gear. **You will need to bring the transceiver on the first day.**

Safety

Safety is our first priority on all BanffLIFE trips and courses. Instructors on all courses are members of the Association of Canadian Mountain Guides with the appropriate certification. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions. It is important that you understand that you are skiing with a group and that you have to work with the team to



make the day safe for everyone. Safety equipment is provided and you are required to use it as instructed at all times.

A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km² of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!

Risk

All mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and releases the guides, BanffLIFE and the Canadian Avalanche Centre of all liability in case of an accident.

Course Outline

At the end of the course, students should be able to:

- 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.
- Use appropriate travel techniques in avalanche terrain.
- Carry out a companion rescue.
- Understand the limits of their training.



Gear List

Clothing Systems

- Bring lots of warm clothes! You may be outside for most or all of the second day and we will be stopped for periods of time to make snow and weather observations.
- The clothing you use at the ski hill will work well.
- Layering works best for the stop and go activity of ski touring. Plan on bringing several thin and medium layers rather than only a couple of thick ones.
- Synthetic fabrics should be chosen if possible, avoid cotton. Participants need to provide the following:

Long underwear top and bottoms Wool or synthetic is best.

Pants - Your regular ski or snowboard pants will work well. If you have softshell pants or thinner hardshell pants we often like to use those as well, especially in warmer conditions.

Softshell or fleece jacket - We like a hooded jacket, but it's not absolutely necessary.

Insulated parka - A thick insulated parka is great for when you are stopped for a break or having lunch out in the field. Down filled or synthetic materials are both fine.

Shell jacket - A jacket that keeps the wind and wet out. Again, your ski or snowboard jacket should work fine.

Hats - We like having a warm toque for the downhills and a lighter weight one for walking uphill.

Gloves - Bring warm ski-type gloves. A lightweight pair of gloves should also be brought for warm conditions and/or for walking uphill. If you have mitts bring them too if the weather forecast is for cold conditions.

Boots - Your regular ski or snowboard boots will be fine as the uphills are short. If you have access to ski touring boots you can bring them if you wish but they are not essential.

Touring Gear - You will need to provide the following equipment. All of this may be rented at The Banff Ski Lounge (Banff), Wilson Sports (Lake Louise) or Gear Up (Canmore). Contact the BanffLIFE office to ask if there is a group trip to get rental gear for your course.

Skiers

- Skis with alpine touring bindings, or "Alpine Trekkers", or telemark bindings
- Skins
- Avalanche transceiver

Snowboarders

- Split board or snowshoes
- Poles (for walking uphill)



- Skins

- Avalanche transceiver

Other Safety Gear

We will provide the rest of your safety gear (collapsible shovel and avalanche probe). The guides will carry rescue and first aid equipment as well as a radio and/or cell phone for emergency communications.

Other Stuff

You also need to provide the following:

- Lunch and water
- We recommend a thermos with a hot drink.
- Note paper and pen for indoor sessions and notebook and pencil for outdoor sessions
- Sunglasses, sunscreen, sun block for your lips
- Heat packs for your gloves come in handy
- Toilet kit - There will not be toilet facilities in the backcountry! It's best if you avoid defecating out in the field. But if you really need to then have toilet paper and a plastic bag handy. Shit at least 60 m away from water sources and well off trail. Toilet paper needs to be packed out in the plastic bag.

Backpack - Bring a pack big enough to fit all this gear and clothing into!