

Rec Level 1 Avalanche Course – Pre-Course Information

Sponsored by Yöstmark Backcountry Tours

December 19-21 2020, January 22-24 2021, February 12-14 2021

Goal: To provide a fundamental understanding of avalanches by examining snowpack, weather, terrain, and human factors associated with avalanche formation and triggering. The course length and curriculum meet the Level 1 Course guidelines of the American Avalanche Association.

Notes:

Day 1: You are encouraged to wear street clothes to the morning session, but have your snow clothes / touring gear with you and be prepared for the afternoon session. Approximately one hour is allotted for lunch and travel, so please either bring a lunch or expect to purchase from a nearby restaurant.

Day 2: Be prepared to spend a full day in the field! Bring adequate food, water, and clothing to spend 10 hours outside in snow.

Day 3: Meet prepared to spend 5 hours in the field, but you are encouraged to bring street clothes with you as the afternoon session will be in the classroom.

Required Gear for Field Sessions:

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|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Skis, snowshoes, or splitboards | <input type="checkbox"/> Warm layers (extra puffy for digging) |
| <input type="checkbox"/> Skins | <input type="checkbox"/> 2 pairs warm gloves or mittens – (1 light & 1 heavy) |
| <input type="checkbox"/> Boots | <input type="checkbox"/> Warm hat |
| <input type="checkbox"/> Ski poles (also for snowboarders) | <input type="checkbox"/> Water bottle & snack food |
| <input type="checkbox"/> Avalanche Transceiver | <input type="checkbox"/> Optional: Inclinometer, compass, fieldbook & pencil, snow saw, magnifying lens, crystal card, folding ruler, thermos |
| <input type="checkbox"/> Shovel | |
| <input type="checkbox"/> Avalanche probe | |
| <input type="checkbox"/> Sunscreen | |
| <input type="checkbox"/> Lip balm with SPF | |
| <input type="checkbox"/> Ski pants or bibs | |
| <input type="checkbox"/> Ski jacket or shell | |

Covid Protocols: We will have two indoor classroom sessions for this class, located upstairs at Yostmark. Masks are required and we will provide appropriate distancing and hand sanitizing stations in the classroom. We retain the right to move these sessions to a Zoom format if the situation requires. Field sessions will work in small groups with no greater than a 3:1 student: teacher ratio, using masks in snowpits. Please contact Yostmark if you have questions or concerns.

Required Pre-Course Work:

In order to be ready for class on Day 1, please complete ALL 5 sessions in the free online course presented by Know Before You Go: <http://kbyg.org/>
Start reviewing the morning forecast and the Western Wyoming evening forecast discussion at <http://jhavalanche.org/> Poke around on the JHavalanche website.

In addition: we will be sending out via email (also available on Yostmark Backcountry Touring website <https://yostmark.com/backcountry-adventures/avalanche-courses/>) a set of reference documents that we will be using in class on Day 1. Please read through these before the course begins.

Attachments:

- ATES Avalanche Terrain Evaluation Scale
- Mindset list (2 docs)
- AM/ PM form Travel Planning template (Word doc)
- Avalanche Problems list and definitions
- Stability tests and scoring

If you have a laptop or tablet, please plan to bring it to class on Day 1.

Recommended Pre-Course Reading (strongly advised):

Snow Sense: A Guide to Evaluating Snow Avalanche Hazard, (5th ed.), Fredston, J. & Fesler, D., 2011, Anchorage: Alaska Mountain Safety Center, Inc.

Avalanche Essentials: A Step by Step System for Safety and Survival, Bruce Tremper, 2013, The Mountaineers Books.

If you have any questions please call or email

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