

Level 1 Avalanche Course AAI Sample Schedule

DAY 1 – AM Field Session/PM Classes

- 0800 Introduction - goals, and schedule
- 0820 “Know Before You Go” Video or forecasting exercise
- 0840 ALPTRUTH and the Avalanche Triangle
- 0900 Avalanche Types and Nomenclature
- 0920 Terrain
- 1000 Snow - Formation above the snow surface
- 1015 Break
- 1030 Snow - Changes on the surface
- 1100 Snow changes below the surface - includes overview of snow climates
- 1200 Human Factor and its role in decision making
- 1230 Break for lunch and travel to field area
- 1330 FIELD SESSION - Meet at Roadhead - ALL groups 6:1 ratio or less
Beacon use - Range check/Function Check
Single beacon practice 50cm to 1m deep - buried in packs or under targets (at least 40cmx30cm)
Demo multiple beacon searching (as time permits)
At least 30 minutes committed to Rescue Scenario
- 1700 Done for the day

Day 2 – Full Day Field Session

- 0730 FIELD SESSION – Meet at Roadhead –*Please carpool !!!*
Beacon function check, informal and formal stability tests, ongoing snowpack and avalanche observations, avalanche nomenclature, route-finding and safe travel protocols, what to do if caught in an avalanche, and decision making in avalanche terrain (Red, Yellow, Green system and ALPTRUTH), further beacon practice (if time allows)
- 1700 Done for the day

Day 3 – AM Field Session/PM Classes

- 0730 FIELD SESSION – Meet at the pre-arranged location(s)
Beacon function check, practice terrain assessment, snow observations, pit assessment, and decision making
- 1230 End Field Session
CLASSROOM SESSION - *Starts Promptly!!!*
- 1330 Snow behavior, avalanche mechanics, and trigger points
- 1430 Backcountry avalanche forecasting and decision-making
- 1500 Decision making scenarios
- 1600 Formal review and questions - often includes slide show as part of review
- 1630 Debrief and Evaluations
- 1700 Course finishes