

American Avalanche Institute

Level 1 avalanche course

Night 1:

- 1800 Introduction, goals, schedule
- 1815 Decision-making scenario
- 1835 Avalanche types and Nomenclature
- 1855 ALPTRUTH & the Avalanche triangle – interaction of snowpack, weather, terrain, and humans
- 1925 Introduction to Avalanche Forecast center page and other resources
- 1940 Terrain and Safe Travel Protocols
- 2035 Know Before You Go video
- 2100 Done

Night 2:

- 1800 Weather and its influence on avalanches and mountain snowpack
- 1825 Snow changes below the surface
- 1900 Snow formation – above the surface and at the surface
- 1940 Human Factor and its role in decision-making
- 2010 Tilt Board Demo (or videos of avalanches in motion)
- 2030 Plan for the next day's tours – interpreting the avalanche bulletin, tour planning resources, decision-making areas, etc.
- 2100 Done

Day 3: Full day in field

- 0800 Meet at roadhead: review avalanche forecast center advisory and recent weather/avalanche data
 - Beacon introduction, range test, function test, single beacon practice, rescue scenario
 - Terrain analysis, safe travel procedures, ongoing snow observations and testing on the fly
 - Formal stability tests (ST, CT, ECT), snow grain and layer identification
- 1630 Done

Day 4: AM: Field, PM: Class

- 0730 – 1300 Field: terrain analysis and route finding, informal stability tests and test pits
- 1400 Snow behavior, avalanche mechanics, and trigger points
- 1500 Backcountry avalanche forecasting and decision-making
- 1530 Avalanche Decision-Making Scenarios
- 1630 End of course review and debrief, evals
- 1700 Done