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  ALPTRUEh 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
      40cm x 30cm)
      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 ALPTRUEh), 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

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