

American Avalanche Institute
Level One Refresher Course

Evening Session	
6:00 PM	Introductions and goals for the course Share contact info Pre-Test Review
6:40 PM	Avalanche Problems and the Hazard Scale - 7 common avalanche problems – and how to ‘treat’ them - Review metamorphism and snow surface changes as needed
7:40 PM	Topographic Map Review - Measuring slope angles and distances - Determining decision points and escape routes
8:00 PM	Season Review of snowpack → current advisory Backcountry Checklist Tour Plan for the next day – Set time & place to meet
9:00 PM	Done for the evening
Field Session	
0730 AM	Meet at Roadhead – Review morning avalanche bulletin – revise stability assessment and travel plan as needed using Backcountry Checklist (based on overnight changes)
	Transceiver Function Check Companion Rescue review and practice - Strategic Shoveling - Possible scenario
	Efficient snowpit analysis and site selection - Test + pit (demo and practice) - What can snowpits tell you... and what they can't - ECT (extended column test) introduction/review
	On the fly topics: - New developments in avalanche rescue/ survival technology - Group size and decision-making - What avalanche problems are we dealing with
	Terrain assessment and group management - Students lead as much as appropriate - Instructor role-models as appropriate
3:45 PM	Wrap-up at roadhead - What questions remain - Where a mentor could be useful - Next steps in avalanche education (formal and informal)
4:15 PM	Class finishes