

# Rec Level 1 Avalanche Course - Schedule

Sponsored by Yöstmark Backcountry Tours

December 14-16 2018 January 19-21 2019 February 16-18 2019

Thank you for signing up for the Rec Level 1 Avalanche course. Please refer to this schedule for detailed times and locations.

**Goal: To provide a fundamental understanding of avalanches, by examining snowpack, weather, terrain, and human factors associated with avalanche formation and triggering.**

## DAY 1 – City Center, 60 S Main Driggs, ID

- 0800 Introductions - goals and schedule (both)
- 0820 Why avalanche education is important - “Know Before You Go” – Case Study
- 0840 Avalanche Types and Nomenclature, Common Avalanche Problems
- 0910 Terrain
- 1000 Break
- 1010 Snow - Formation above the snow surface, Changes below the surface
- 1040 Snow – Changes on the surface
- 1115 ALPTRUTH
- 1145 Rescue Presentation
- 1230 Break for lunch and travel to Teton Canyon
- 1330 FIELD SESSION – Meet at the Teton Canyon winter parking lot/ or Grand Targhee as necessary – Beacon use/rescue
- 1700 Done for the day

## DAY 2 – Full Day Field Session

- 0730 FIELD SESSION – Meet at Victor Ice Rink – *Please carpool*  
Beacon function check, informal and formal stability tests, ongoing snowpack / avalanche observations, avalanche nomenclature, route finding and safe travel protocols, and decision-making in avalanche terrain.
- 1600 Done for the day

## DAY 3 – AM Field Session/PM Classroom

- 0730 FIELD SESSION – Meet at Victor Ice Rink  
Beacon function check, practice terrain assessment, snow observations, pit assessment, and decision making
- 1200 End Field Session
- 1330 CLASSROOM SESSION – City Center - *Starts Promptly!!!*  
Snow behavior, avalanche mechanics, and deficit zones
- 1430 Backcountry avalanche forecasting and decision-making and human factor =  
Avalanche Smart Card
- 1500 Decision-making scenarios
- 1615 Formal review, debrief, and questions
- 1645 Evaluations
- 1700 Course finishes