

Rec Level 1 Avalanche Course - Schedule

Sponsored by Yöstmark Backcountry Tours

December 19-21 2020, January 22-24 2021 February 12-14 2021

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.

Mission Statement: Choose Terrain to Match the Conditions

DAY 1 – Yostmark (upstairs)

- 0800 Introductions - goals and schedule
- 0820 Trip Planning- The Avalanche Bulletin
- 0915 Trip Planning- Terrain and ATES
- 1000 Trip Planning- Mindset and human factors
- 1030 Trip Planning- Putting it all together for tomorrow's plan
- 1115 Rescue Presentation
- 1200 Break for lunch and travel to Teton Canyon
- 1300 **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 Meet at Victor Ice Rink
 - Beacon function check, informal and formal stability tests, ongoing snowpack /avalanche observations, route finding and safe travel protocols, and decision-making in avalanche terrain. Fill out PM form.
 - 1600 Done for the day
- Homework:** Fill out AM form for tomorrow's field session

DAY 3 – AM Field Session/PM Classroom

- 0730 **FIELD SESSION** – Meet at Victor Ice Rink
- Have AM form filled out for today.** Beacon function check, practice terrain assessment, snow observations, pit assessment, and decision-making.
- 1400 Fill out PM form, end Field Session
- 1500 **CLASSROOM SESSION** – Yostmark - *Starts Promptly!!!*
- Review of backcountry conditions
- 1515 Snow behavior, avalanche mechanics, and deficit zones
- 1600 Decision-making and backcountry avalanche forecasting
- 1645 Debrief and evaluations
- 1700 Course finishes