



AIARE Sidecountry Avalanche Level I Seminar

The MAS [AIARE Sidecountry Avalanche Level I Seminar](#) provides a complete introduction to the avalanche phenomenon and is designed for advanced and expert skiers and snowboarders more interested in sidecountry versus backcountry excursions. Course focus is on recognizing and mitigating hazards and learning to make good decisions in avalanche terrain. All participants gain a thorough understanding of terrain and snowpack evaluation, trip planning, travel techniques and rescue skills.

COURSE OBJECTIVES

- Understand how weather, terrain, and snowpack affect avalanche hazards
- Learn and practice search techniques with avalanche transceivers
- Understand protocol for efficient search and rescue of avalanche victims
- Gain skills to analyze the snow pack and perform stability tests
- Identify human factors which contribute to avalanche hazard
- Learn how to choose safe routes in avalanche-potential terrain

This course blends classroom and field work and is based on a 24 hour curriculum provided by [AIARE](#) (American Institute of Avalanche Research and Education). Here is an estimate of how your time will be spent during the program:

- Day 1: 50% Classroom; 50% Field work. Topics: terrain, observations, rescue
- Day 2: 40% Classroom; 60% Field work. Topics: instability tests
- Day 3: 20% Classroom; 80% Field work. Topics; travel skills, decision making

PREREQUISITES

- Advanced skiing or snowboarding skills
- Good physical fitness: may be required to hike short distances over snow.
- Either Bear Valley Mountain season pass or lift ticket each day
- [MAS Avalanche Awareness Lecture](#) recommended

ADDITIONAL RESOURCES

- [How to Prepare for an AIARE Level I Course](http://bit.ly/tjt0rQ) (<http://bit.ly/tjt0rQ>)
- [Sierra Avalanche Center](#)
- [Highway 4 road condition](#)

LOCATION

[Bear Valley](#), CA (elevation 7093 ft.) in the central Sierra between Tahoe and Yosemite 2 hours east of Stockton up scenic [Highway 4](#).

MEETING TIME & PLACE

Day 1 starts at 9 AM in the MAS office at the [Bear Valley Mountain Resort](#). Day 2 & 3 typically start 30 minutes earlier each day.

LODGING OPTIONS

[Nordic Loft](#): Affordable bunk & private rooms with shared facilities (209) 753-6556

[Bear Valley Lodge](#): Private rooms with bathrooms. (209) 753-2327

[Bear Valley Vacation Rentals](#): Condo and home rentals (209) 753-2334

[Dorrington & Arnold Lodges](#): 30 minutes from Bear Valley

EQUIPMENT LIST ON REVERSE SIDE

AVALANCHE FIELD COURSE EQUIPMENT LIST

SKIERS

- Boots*: plastic telemark, randonee or alpine boots
- Skis*: telemark, randonee or alpine skies. ≥90mm waist recommended.
- Bindings*: 3-pin, cable, randonee or alpine bindings.

SNOWBOARDERS

- Standard resort snowboard & boots

MISC. EQUIPMENT

- [AIARE Field Book](#) (required - available for purchase at registration \$20)
- Day pack* (approx. 20 liters)
- [Snow Study Kit](#) (optional - available for purchase at registration \$85)

CLOTHING

- Synthetic liner and hiking socks
- Synthetic or wool long underwear top and bottom.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Good quality rain/wind waterproof/breathable jacket and pants.
- Warm hat & sun hat
- Warm winter gloves: an extra pair during stormy weather is nice

ETC...

- Sunglasses and goggles
- Personal 1st aid supplies of items you typically require (eg. moleskin, ibuprofen, etc)
- Sunscreen and lip protection
- 1 liter water bottle
- Headlamp with extra batteries (optional)
- Camera and film (optional)
- Writing material for taking notes
- Two lunches and snacks

MAS PROVIDES

- AIARE Level I course curriculum and professional instruction
- Printed Student Manual for use during course (option to purchase a copy at registration)
- Avalanche safety equipment (beacon, shovel & probe)
- Snow study kit w/ slope meter, crystal card, and magnifying glass (option to buy at registration)
- Group first aid kit and basic field repair supplies
- [CLIF Bar](#) snacks

* gear rentable from MAS or regional mountaineering shops

