



# AIARE AVALANCHE LEVEL II SEMINAR

The MAS Avalanche Level 2 Course is 4 days and develops an understanding of snowpack formation and metamorphism. Observation guidelines and recording standards for factors that influence and indicate snowpack stability are presented. Avalanche formation and release are discussed. A stability analysis and forecasting process is introduced. This course is designed for those who have an interest in expanding their knowledge and understanding of snow stability and snow stability factors. It is ideal for snow safety and guiding professionals, people interested in these and related careers, and recreational practitioners who are looking for advanced knowledge and skills. The Level 2 serves as a pre-requisite for AIARE Level 3 courses.

Participants on a Level 2 Course can expect about 12 - 15 hours of classroom and 20 - 24 hours of field instruction and practice in the following subjects:

- Avalanche formation and release
- Snow stability factors
- Observing and recording weather
- Observing and recording the snowpack
- Observing and recording avalanche activity
- Stability analysis and forecasting

**LOCATION:** Bear Valley, CA (elevation 7093 ft.) in the central Sierra between Tahoe and Yosemite approximately 2 hours east of Stockton along Highway 4.

**PREREQUISITE:** Avalanche Field Level I course or equivalent

## **COURSE OBJECTIVES:**

- Review how weather, terrain, and snowpack affect avalanche hazard.
- Review avalanche rescue and learn new techniques for transceiver search.
- Sharpen analytical tools by comparing snowpack against weather trends.
- Learn to use a variety of snow stability tests (shovel shear, compression & rutschblock)
- Hone decision making with practical scenarios.
- Gain a better understanding of snow metamorphosis as it relates to snow stability.
- Learn techniques for managing risk when avalanche hazard exists.

**MEETING TIME & PLACE:** The course starts at 9 AM on day 1 then 8 AM each day thereafter. You can expect to finish each day between 4-5 PM.

**LODGING PACKAGE (OPTIONAL) :** MAS has leased a cozy ski cabin in Bear Valley for the 2007/2008 winter season. This stylish dwelling is available to MAS course participants and their guests. Conveniently located only two minutes walk from the old BaseCamp Lodge, this snowbound cabin is a great way to enjoy Bear Valley during your MAS program or adventure.

The cabin sleeps 4-6 people comfortably in two private rooms and a loft. All guest share bathrooms on two floors. A large and well lit living room is comfortably furnished around a cobblestone fireplace. The kitchen is nicely equipped with modern amenities and guests are welcome to use the kitchen or gas barbeque to cook meals.

Rates: (includes linens and a self-serve breakfast)  
Private room: \$65/single & \$25 additional person  
Single bed in loft: \$40

• **EQUIPMENT LIST ON REVERSE SIDE** •

## AVALANCHE FIELD COURSE EQUIPMENT LIST

### SKIERS

- Boots\*: high-top waterproof leather or plastic Nordic boots; plastic randonee or light alpine boots
- Skis\*: metal edged skis are recommended. Modern waxable telemark skis, alpine touring, or nordic backcountry skis with patterned bases.
- Bindings\*: either 3-pin, cable, NNN BC, randonee or alpine bindings with touring adapters. Make sure bindings are secure and fit boots properly. Check your binding screws.
- Climbing skins\*: are necessary, close to the width of the skis' waist. Available for rent through the MAS office.

### SNOWSHOERS

- Sturdy insulated waterproof leather hiking boots or snowboard boots; "Moon boots" and Sorel's, although adequate, are a bit heavy and sloppy for snowshoeing.
- Snowshoes (modern 22-32 inch snowshoes are usually big enough). Available for rent through the MAS office.

### EQUIPMENT

- Poles\*: telescoping probe poles are the best, but regular ski poles will suffice.
- Waterproof gaiters may not be needed depending on your boot and pant system
- Avalanche beacon (457 MHz), probe pole, and shovel (MAS will provide these if you don't have them)
- Snow study kit with slope meter, crystal card, and magnifying glass (optional)
- Day pack to hold extra clothing, lunch, and avalanche safety equipment.
- Sleeping bag for bunk lodging option. Private room upgrade has prepared beds.

### CLOTHING

- 1 pair synthetic liner socks and two pair heavier synthetic or wool blend socks, hiking style.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight.
- Warm shirt: expedition polypropylene or light fleece type.
- Fleece jacket, light down or synthetic fill jacket.
- Good quality rain/wind waterproof/breathable jacket and pants.
- Warm hat, sun hat, and neck gaitor
- Warm winter gloves: an extra pair during stormy weather is recommended
- Casual clothing for the BaseCamp Lodge

### ETC...

- 4 lunches and snacks
- Sunglasses & goggles
- Toiletries, personal medications and first aid supplies (e.g. moleskin, ibuprofen)
- Sunscreen and lip protection
- Two 1-liter water bottles
- Headlamp or flashlight (always a good idea)
- Camera and film (optional)
- Writing & light reading material (optional)
- Bathrobe and slippers for walking to the showers in the BaseCamp Lodge (lodging package)

### MAS PROVIDES

- Avalanche safety equipment if needed
- A.I.A.R.E. (American Institute for Avalanche Research and Education) Level II course material, handouts and curriculum
- Four nights bunkroom accommodations at BaseCamp (lodging package)
- First aid kit, repair and contingency supplies
- Professional instruction

\* gear rentable from a mountaineering shop

