



SKI & SNOWBOARD AVALANCHE LEVEL I FIELD SEMINAR

OVERVIEW: This exciting MAS Avalanche Level I Seminar is targeted at advanced skiers and snowboarders wishing to learn the fundamentals of avalanche safety while utilizing slopes in and around the Bear Valley Mountain Resort. This course provides a complete introduction to the avalanche phenomenon, avalanche terrain, decision making, and rescue. This is an ideal first course for those new to traveling in avalanche terrain and a great review or upgrade for anyone who has some experience or prior training but feels they need a skills “tune-up.” The Level 1 is designed as a stand-alone course for back-country travellers; it also serves as an introduction to avalanches and is a lead into the AIARE Level 2 Course for those who wish to progress.

Participants on a Level 1 Course can expect a minimum of about six hours of classroom instruction and about 10 to 12 hours of field instruction in the following subjects:

- Types of avalanches
- Characteristics of avalanches
- An introduction to how avalanches form and release
- Avalanche terrain
- Trip planning and preparation
- Travel techniques
- Decision making
- Avalanche rescue

AVALANCHE SKILLS TOUR: MAS recommends an optional third day spent in the field and completing the AIARE Level I curriculum. This section of the course puts your “avalanche education” into motion. A short morning lecture precedes a backcountry tour to assess avalanche terrain, safe traveling techniques and fine-tune your rescue skills. Participants can opt to either take the “Avalanche Skills Tour” in succession (recommended) or registering for the course on a later date.

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

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

PREREQUISITES

- Good physical fitness
- Advanced skiing and snowboarding skills
- Avalanche Awareness Lecture recommended
- Prepared to travel in the backcountry

MEETING TIME & PLACE: The course starts at 9 AM at either the MAS “Ski Cabin” or MAS Office depending on the best logistics for the specific class. We will notify each participant the week prior to the starting date on the exact meeting location. Each day finishes between 4-5 PM. Be prepared for both indoor lectures and outside sessions and bring lunch and snacks for both days.

• **MORE COURSE INFO. & EQUIPMENT LIST ON REVERSE SIDE** •

MORE AVALANCHE FIELD COURSE INFO. & EQUIPMENT LIST

LODGING PACKAGE ("MAS SKI CABIN"): 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

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: as close to the width of the skis' waist preferred. Make sure your glue and fasteners are in good working order. Available for rent through the MAS office by advanced reservation (\$5/day)

SNOWBOARDERS

- Snowboard Boots.
- Snowboard & Bindings (make sure everything fits and works properly before the course)
- Snowshoes (MAS will provide if needed).
- Ski Poles (MAS will provide if needed).

EQUIPMENT

- Avalanche beacon (457 MHz), probe pole, and shovel (MAS will provide these if you don't have them)
- Day pack to hold extra clothing, lunch, and avalanche safety equipment.

ETC...

- Sunglasses and goggles (very useful in foul weather)
- Toiletries, personal medications and first aid supplies you know you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- 1 liter water bottle
- Headlamp
- Camera and film (optional)
- Writing material for taking notes
- Two lunches and snacks

MOUNTAIN ADVENTURE SEMINARS PROVIDES

- Avalanche safety equipment (beacon, shovel & probe)
- First aid kit, repair and contingency supplies
- Professional instruction
- AIARE (American Institute for Avalanche Research & Education) Level I course material, handouts and curriculum

