



Backcountry Education Level 1 Course Overview

The 5-day course (30 hours) is designed to improve the candidate's decision making in backcountry terrain. There is no prior backcountry experience necessary, though **candidates should be capable off piste skiers and reasonably fit**. The course is an introduction to touring methods and ski touring equipment will be used every day. There are many factors influencing our decisions in the mountains, and the aim of this course is to prioritise, strategise, and realise safe backcountry days. The course is a mix of classroom theory and in-field practice. There is generally some basic group homework in the evening/afternoon each day.

Prioritise, strategise, and realise safe backcountry days.

A typical week could look like this, though there may be changes depending on weather, group level, logistics, etc.

Day 1- Meet and ski. Make sure everyone's equipment is adequate and working, do a transceiver search and group check, do a small tour. Candidates must demonstrate the ability to ski proficiently in back country snow.

-6 hours

Day 2- Morning theory (3 hours) and group ski in the afternoon. Theory- avalanche types and general introduction to the avalanche bulletin. Practice group rescue.

-6 hours

Day 3- Morning theory (3 hours) formation of layers in the snowpack. Afternoon- Snow pit and ski tour

-6 hours

Day 4- Choose terrain, field observations, planning. Afternoon ski tour, navigation. Group planning for day 5 tour.

-6 hours



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2024



Day 5- Choose terrain, field observations safe/wise travel. Afternoon ski tour. Candidates prepare and lead a backcountry trip, sharing leading duties.
-6 hours

Candidates must demonstrate:

1. Sufficient ski/ snowboard level in variable backcountry terrain/ snow.
2. Working knowledge with backcountry equipment (touring equipment, transceiver (1 buried beacon found in 5 minutes), shovel, probe, pack organisation.
3. Basic understanding of the avalanche bulletin.
4. Recognition of **red flags**/important field observations.
5. Basic safe travel techniques.
6. Plan and lead ski tours in the backcountry.

The course is structured to provide candidates with the knowledge they'll need to complete the course list required for level 2 training and certification. Active participation and some practice prior to the course is required.

The course also meets the outcome standards/requirements of the American Avalanche Association (AAA) Level 1 and Avalanche Rescue
www.americanavalancheassociation.org/education-overview



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