



Avalanche Skills Field Day Pre- Course Information Package



Thank you for choosing Island Alpine Guides for your avalanche skills training. This package contains some back-ground information about your course and information to help you prepare for the course including meeting times and places and a complete equipment list.

If you have any questions at all please do not hesitate to contact us by email at info@islandalpineguides.com or by telephone on 250 400 2870.

We hope that you find the course enjoyable and informative,

Jan Neuspiel
Director/Guide - Island Alpine Guides



Avalanche Skills Field Day

Pre- Course Information Package

Meeting Time and Place:

We typically start the course by meeting at 08:30. Our office will send out an email a few days before the course to inform you of the meeting location.

Course Overview

This full day of field work forms the second half of the Avalanche Skills Training One course. It typically follows the Avalanche Skills Intro course. We will spend all day outside working on the Avalanche Canada prescribed curriculum to complete the requirements for the AST1 certificate. The subject matter includes:

- Terrain recognition
- Route finding
- Safe travel
- Stability Evaluation
- Hazard recognition
- Small party self rescue

Preparation

The equipment list provided will prepare you to be comfortable in the field regardless of the weather, rain, snow or shine.

The choice to use skis, split-board or snowshoes is up to you. Choose what mode of transport you are most comfortable with. If you are not at least an intermediate level skier, snowshoes might be a more prudent mode of transport. Split-boards are welcome on courses but please ensure you are familiar with how they work and the limitations of the equipment. Mostly proficiency with the change overs needs to be practiced. If you are reasonably competent skier or snowboarder and are bringing snow shoes for uphill travel, we still recommend that you bring your skis or board as they will make the descents more efficient. Make sure that you bring a pack that can carry your skis or board on ascent.

If you don't yet own your own touring gear but would like to use it for this course, [Ski Tak Hut](#) offers 25% off backcountry rentals (skins, boots, and skis or a splitboard) for all Island Alpine Guides customers while on one of our trips or courses. It's a great way to try it out before you commit. **The voucher with further instructions can be found at the end of this document.** If you are using any of the equipment for the first time, it's a good idea to practise changeovers (downhill to touring mode) before the course.



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Ensure you bring along a warm jacket of down or synthetic material to keep you warm outside. There is a fair amount of standing around during demo sessions. Extra gloves are a must as you are often digging around in the snow and your gloves will become soaking wet rapidly. A thermos of hot tea is a nice comfort!

AST1 Equipment List

Items marked with “+” can be provided by IAG. Please let us know if you require this item from us. Items marked with “*” are optional.

Clothing

- ★ Synthetic, wool or silk thermal underwear top and bottom
- ★ Wool, fleece or pile sweater or jacket
- ★ Insulating pants of wool, fleece or pile
- ★ Wind and waterproof jacket and pants
- ★ Down or synthetic jacket for extra insulation on top
- ★ Toque
- ★ Mitts or gloves + spare pair as they will get wet

Gear

- ★ Touring Skis / Snowshoes / Split Board
- ★ Poles
- ★ Boots
- ★ Skins
- ★ Avalanche Transceiver +
- ★ Shovel +
- ★ Avalanche Probe +
- ★ Compass *
- ★ Altimetre *
- ★ Toilet Paper
- ★ Personal small first aid kit (blister kit)
- ★ SPF Lip Balm
- ★ Sunscreen
- ★ Water Bottle
- ★ Lunches
- ★ Thermos *
- ★ Sunglasses
- ★ Ski Goggles



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★ Back pack to carry everything on this list

Please be sure that all clothing and equipment is in good repair and functioning properly with boots fitted properly to bindings. Be sure that skins are fitted properly to skis or boards and that they stick properly.

If you are bringing your own avalanche transceiver, be sure that it is a modern, digital, three antenna transceiver and that it has fresh batteries in it.

Malfunctioning or inadequate equipment uses up precious learning time for all participants. Please come properly prepared.

RISKS, DANGERS, HAZARDS AND WAIVER

All Island Alpine Guides courses and trips take place in an outdoor, wilderness environment. This means that as a participant you will be encountering various risks, dangers and hazards some of which include avalanches, cornices, crevasses, cliffs, trees, creeks, rockfall, difficult travel conditions, weather, illness, equipment failure, wild animals, becoming lost as well as the possibility of mistakes being made by IAG guides and instructors. To participate in these activities you will be required to read and agree to our [waiver](#) as part of the registration process. You will also be required to sign the waiver at the start of the course or trip. In doing so you will waive or give up certain legal rights including the right to sue or to claim compensation following an accident.

If you are a minor (under 19 years of age), we require your waiver to be signed by your parent or legal guardian. In this case, please download the appropriate waiver from the link above, print it, have your parent/guardian sign it, scan or photograph the completed copy and send it to info@islandalpineguides.com. Minor students arriving without a waiver signed by their parent or legal guardian will not be allowed to participate in the course or trip.



ISLAND ALPINE GUIDES

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25% OFF VOUCHER FOR BACKCOUNTRY RENTALS AT SKI TAK HUT

**This voucher is only valid for backcountry rentals being used
*for an IAG course or trip.***

To get 25% off, you ***must*** bring the following with you to Ski Tak Hut when picking up your rentals:

- 1) A printed copy of this voucher
- 2) A printed copy of the Island Alpine Guides booking confirmation, which you received by email when you registered. This booking confirmation must show that you are renting the gear precisely for the dates that you are on an IAG course or trip.

If you do not have the above two things with you when picking up the gear, you will *not* receive the 25% discount. No exceptions can be made.