



Avalanche Skills Training 2 – Rogers Pass

Program Details

Avalanche is the greatest hazard facing the backcountry skier. To fully enjoy backcountry skiing it's crucial to be able to understand the phenomena, to recognize the terrain where avalanches occur and to be able to find routes that minimize risk.

If you're a serious back country skier or winter mountaineer wishing to build a solid knowledge base so as to safely expand your back country horizons then this is the course for you. It will be a valuable investment in your mountain safety!

It's very much a 'hands-on' program featuring extensive practical field experience augmented with evening theory sessions. The curriculum is designed to give a solid grounding in the essentials; the instructors are guides seasoned in touring, heliskiing and forecasting. This program is suitable for those with little or no prior avalanche training!

New this season participants will also be shown how to use the "Avaluator", a new risk assessment tool just made available by the Canadian Avalanche Association.

This course is ideal for those who have the time to take the AST 1 and AST 2 program in one 5 day session and in a really exciting area. For those who can't spare the time we offer AST 1 & 2 courses on weekends in Calgary and Canmore.

2009 Dates

January 25 - 29, February 1 - 5

Price

\$875 CDN includes instruction, books and use of safety and snow study equipment. A certificate will be issued on successful completion. GST is extra. Cancellation Insurance can be purchased for an additional \$46.

Difficulty and Prerequisites

This program is limited to participants 19 years and older unless accompanied by a parent or legal guardian and in which case approval must be given by Yamnuska Mountain Adventures. Participants should be at least advanced intermediate skiers or "split-boarders".

'Advanced intermediate' means that you are comfortable making parallel turns on most terrain at a ski hill and that you have enough ski skills to deal safely with all but the most extreme terrain found at a ski hill (that is to say you can stop, turn around then traverse out of areas you can't handle). You also need to be in good aerobic shape, as you will have to "skin" up everything you ski down. You will get a good workout each day so need to be ready. You will be skiing with a daypack containing your lunch, water and spare clothing.

NO prior avalanche training required.

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Yamnuska Mountain Adventures

200, 50 Lincoln Park, Canmore, Alberta, T1W 3E9, CANADA
1 866 678 4164 / 1 403 678 4164 info@yamnuska.com

Certification

This program follows Avalanche Skills Training 2 course guidelines established by the Canadian Avalanche Association. AST 2 Certificates will be issued to participants who complete the program.

Location

The course will be based at the Glacier Park Lodge at Rogers Pass. From there we make daytrips, mainly to immediately adjacent areas in the Selkirk Mountains.

Meeting Times and Place

Please meet at the lobby of the Glacier Park Lodge at **9.00am B.C. (pacific) time** on the first day. The morning will be spent in the classroom so be dressed for the great indoors!

Curriculum

Considerable flexibility is built into the course delivery. Snow and weather conditions may dictate the order of presentation to some degree. Key topics will be constantly revisited during the program.

Topics Include:

- Avalanche phenomena and theory
- Avalanche terrain recognition
- Avalanche transceiver use
- Avalanche emergency response
- Avaluator Training
- Proper back country travel preparation
- Safe decision making
- Route finding in avalanche terrain
- Safe 'test' skiing
- Snow metamorphism
- Snow stability analysis
- Snow profiles, 'Rutsch blocks'
- 'Shovel' tests and additional field tests
- Use of avalanche 'danger scale' and other information gathered by professionals
- Weather, terrain and the snow pack
- Weather, snow pack and avalanche activity observations

Course Agenda

Day 1: Meet at the Glacier Park Lodge at 9:00am for introductions, a review of course goals and itinerary. A classroom introduction to the avalanche phenomena will be followed by an afternoon field session out and onto the snow. Evening seminar to follow.

Day 2 - 4: Each day there will be a field trip to local areas. Destinations will be decided based on weather and snow conditions. Seminars will be organized on some of the evenings.

Day 5: Final day. The course finishes after a last field trip.

Instructors & Group Size

We are very proud of the instructors who teach our avalanche courses. They are full-time senior mountain guides who hold certification from the Association of Canadian Mountain Guides and the Canadian Avalanche Association. Most courses will be limited to 16 participants. On the field trip there is a maximum of one instructor per 8 participants.

Instructors include:

Dave Stark: Director of Operations for Yamnuska, mountain guide and professional member of the Canadian Avalanche Association with close to thirty years in the field.

Jesse de Montigny: Ski guide and professional member of the CAA. Jesse is the Assistant Direct of Operations at Yamnuska.

Steve Blagbrough: Mountain guide and professional member of the CAA. Experience in Canada, Europe and Scotland. Steve is a senior guide at Yamnuska.

Grant Meekins: Alpine guide, certified teacher and professional member of the CAA. Grant is a senior guide at Yamnuska.

Transportation

Transport is not included in this program. We can put you in touch with other participants interested in car pooling. You could also split the cost of a rental car with them. If necessary we can arrange additional transportation for which there will be an extra charge. Most days on the program the group will have to drive to a trailhead (usually no more than 20km).

You should plan on arriving in the area the day before the course starts. Rogers Pass is 350km west of Calgary on the Trans Canada (#1) Highway in Glacier National Park. Calgary International Airport is regularly serviced by flights from Europe and throughout North America. Greyhound (1 800 661 8747) services Rogers Pass from points east and west along the Trans-Canada Highway. We can also put you in touch with other participants who are driving to the area.

Accommodation and Meals

The course is based at Glacier Park Lodge on the summit of Rogers Pass. Accommodation is NOT included. You can stay either at the Glacier Park Lodge, follow the link on our website for more info on skiers rates and to book.

Or you can stay at the Alpine Club of Canada's Wheeler Hut which is 5 minutes drive and 20 minutes ski away. Call them at 1 403 678 3200 to book.

Or; stay in Golden or Revelstoke which is 45 minutes drive away.

Meals are NOT included. At the Glacier Park Lodge there is a cafeteria and a restaurant.

Each day of the program you will need a lunch, energy snacks and plenty to drink.

Equipment & Clothing

You will need to bring your own clothing, skis (snowboard), poles, climbing skins and backpack. We supply textbook, snow study equipment, avalanche beacons and other group safety items.

The equipment and clothing you bring to this course will have a big impact upon the quality of your experience. Please be sure to bring all items listed. If unsure about anything please don't hesitate to call and ask us!

Skis & Boards

There are two ski systems you can use: System 1 'Alpine Touring' skis are essentially 'downhill skis' with a special touring binding which allows the heel to lift whilst going uphill or across the flats and then 'locks down' to become a regular downhill safety binding. We recommend this system to anyone with a background of downhill skiing who is not already an advanced telemark skier. System 2 'Telemark' skis. These should only be used for this program if you are at least an advanced-intermediate telemark skier with some backcountry experience. This system is more difficult and less forgiving than the other.

Snow Boards can be used on this program. If 'boarding' you need to be an advanced boarder and you need to be on a splitboard. Don't bring a board if you've never boarded in the backcountry before.

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Equipment List

You need to bring:

- Skis / Split Board If skis, either 'Alpine Touring' or Telemark. We recommend a short (160 - 185cm) wide ski designed for powder.
- Climbing skins 'Stick-on type'
- Ski Poles
- Ski/board boots
- Daypack (large enough for spare clothes, lunch & equipment)
- Shovel (lightweight snow shovel)
- Sunglasses and ski goggles
- Thermos flask and/or water bottle (full!)
- Sun cream
- Pocket knife
- Small Blister & 1ST-Aid Kit ('moleskin', plasters & Tylenol is enough)

Optional Equipment

Yamnuska supplies but feel free to bring anyway:

- Avalanche beacon
- Collapsible Avalanche Probe
- Snow Study Kit

Clothing List

There can be prolonged periods of inactivity in very cold temperatures on the field day. Don't be afraid to bring too much! We suggest bringing light clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility. The most important consideration for clothing is the ability to regulate temperature as you change from periods of activity to periods of rest. We discourage cotton clothing as it causes rapid heat loss when wet.

- Polypro underwear (top & bottom)
- Warm pants (pref. insulated or fleece)
- Warm shirt (not cotton)
- Fleece Jacket (heavyweight)
- Insulated jacket or vest
- Waterproof jacket with hood (Gore-Tex or nylon)
- Waterproof pants (Gore-Tex or nylon)
- Socks (wool outer & polypro liner), several sets
- Wool or fleece hat
- Waterproof gloves &/or mitts
- Neck tube
- Gaiters, only needed if your ski pants are not elasticized at the ankle
- Sunhat

Rental Information

Skis, Boots, Boards, Skins & poles can be rented from:

Canmore: Gear Up - (403 678-1636)

Banff: Mountain Magic - 224 Bear St. (Tel: 403 762-2591)

Calgary: M.E.C. - 830-10 Ave. S.W. Calgary (Tel: 403 363-0122)

Insurance

There is no charge for rescue so long as you have a valid National Park Entry Pass (obtain at Park Info Centre next to GP Lodge). It is wise to ensure that your health plan will cover you in case of illness or accident whilst here. Obtain extra coverage if necessary.

Booking Information

Please book as early as practical to avoid disappointment. We require a \$322 CDN deposit (including taxes) at the time of booking. Final payment is due eight weeks before the start of the program. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance for an extra non-refundable \$46, this must accompany your deposit.

For detailed Booking Instructions and Conditions, please visit our website.

Please note that you will be required to sign our waiver before commencing the trip. A copy of the waiver can be viewed on our website.

Please don't hesitate to contact us if you need to know anything else about this hike.

Map of Office Location:

