



SWS Mountain Guides

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ADVANCED AVALANCHE SEMINAR

LEVEL II

Meets "New" American Avalanche Association Level II Requirements for 2008

General Description: This advanced avalanche course consists of 32 hours of instruction in lecture, video, discussion and 20 plus hours of field study in the Shasta backcountry. A level II course for snowshoers, backcountry skiers, snow boarders, mountaineers, snow rangers, ski patrol, professional mountain guides needing advanced field study and / or a review of avalanche techniques. A review of snow mechanics along with avalanche hazards evaluation will be taught through lectures and hands-on field study. Level II Instruction includes: introduction to snow metamorphism, guidelines and recording standards for weather, snow packs and avalanche observations. Additional topics include; Advanced route selection and decision making, avalanche recognition, snow profiles and evaluation, ski testing, using the glide block test, "The hasty pit", and route finding considerations for the professional mountain guide, snow rangers or ski patrollers. Also included are advanced avalanche beacon practice and rescue techniques. This course fulfills the "Level II" avalanche requirements for the National park service, Forest service, and Guide associations. Course curriculum is based on the American Avalanche Association level II course guidelines. Give us a call if you have any questions.

Prerequisite: Level II Course requires previous Level I avalanche training or completion of our Level I course.

Location & Meeting: Meets at our SWS Mt. Shasta Office at **8:00 am** on the first day of the course.

What to Expect: Participants will not be traveling fast. We will be skiing over calculated routes that afford as much in the way of safely accessible avalanche terrain and examples as available. Stops will be made frequently for discussion of terrain, snow conditions, vegetation, weather, and anything related to avalanches. Your instructor will be thinking out loud, attempting to give reasons for choosing a certain route or for not crossing a certain slope. Participants will put into practice all the techniques of field hazard evaluation.

Food and Lodging: Food and lodging are **NOT** included in this course. You can either camp out or attain lodging in Mt. Shasta. We will meet in Mt. Shasta each day and return to town each evening. You may join us for a group dinner in Mt. Shasta at night if you wish. For lodging and camping recommendations and/or special accommodations for this course, give us a call at 1-888-797-6867.

Level: Participants are required to be in good physical condition. Snowshoeing and/or backcountry Skiing is recommended but not required.

Dates 2009: February 9-12*, March 13-16.

*Weekday sessions (mon-weds)

Cost: \$425.00 (Tuition Only)

Combine both Level I and Level II in a five day session for \$700.00 save \$70.00

Includes: Professional instruction/guides, avalanche beacon use, avalanche rescue equipment, course materials, permits and permit fees.

Recommended Reading:

Snow Sense: a guide to evaluating snow avalanche hazard. (1994) 4th ed, S. Fredston and D. Fesler, Alaska Mountain Safety Center, Anchorage, Alaska,

Avalanche Safety for Skiers and Climbers. (1999) 2nd ed., T. Daffern, Mountaineers, Seattle,

Staying Alive in Avalanche Terrain (2001) Bruce Tremper, Mountaineers, Seattle,