

2018 - 2019 Classes

Classroom sessions begin at 6:00pm – meeting place at Thompson Rivers University or location convenient for the student group. We also have a wrap up session at the conclusion of the final field day.

Field days will be held at locations as convenient as possible for student groups while balancing appropriate terrain with current snow and weather conditions.

Full details including a suggested personal equipment list included with your registration.

“... together over **40 years** of ski guiding and work in the avalanche industry...”



Your Instructors

Brad Harrison

- CAA Professional Member
- Executive Director, Backcountry Lodges of BC Association
- Chair – InfoEx Advisory Committee
- Owner/Operator - Colwest Alpine Adventures

Terry Palechuk

- ACMG Ski Guide
- Instructor - Adventure Studies Program, Thompson Rivers University
- CAA Professional Member
- Chair, Avalanche Canada Education Committee

Bookings or Inquiries

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Avalanche Skills Training



Play safe this winter

For more information on these programs,
visit www.colwest.ca

Colwest Alpine Adventures | www.colwest.ca
FB - [ColwestAlpineAdventures](https://www.facebook.com/ColwestAlpineAdventures)
Instagram - [colwestalpineadventures](https://www.instagram.com/colwestalpineadventures)

AST 1 Course

Avalanche Canada's "Avalanche Skills Training" (AST 1) course is a comprehensive program consisting of 6 hours of class and assignment time spread over 1 night & 2 – 8 hour field days for a total of 20 hours of direct instruction.

The course focuses on understanding, recognizing & avoiding avalanche hazards. We focus on terrain recognition, basic snow pack structure, weather, safe route finding & avalanche rescue techniques.

Prerequisites

Basic skiing, snow boarding or snowshoeing ability. Touring equipment , splitboard or snowshoes required. No previous avalanche experience is required for the AST 1 course. We will provide all the necessary snow safety equipment, no need to rent.

\$250 .00 AST 1 Course Fee Includes

- ✓ 20 hrs of Direct Instruction
- ✓ All Manuals as required by Avalanche Canada
- ✓ Industry Recognized certificate of completion
- ✓ Use of safety equipment (shovel, probe, transceiver)
- ✓ 6:1 student - instructor ratio

AST 1 Dates, 2018-2019:

• Course	Classroom	Field
• AST 1	Nov 22nd	Nov 24th / 25th (Kamloops)
• AST 1	Dec 6th	Dec 8th / 9th (Kamloops)
• AST 1	Dec 13th	Dec 15th / 16th (Kamloops)
• AST 1	Dec 18th	Dec 19th / 20th (Kamloops)
*AST 1	Jan 3rd	Jan 4th / 5th (Merritt)
• AST 1	Jan 10th	Jan 12th /13th (Kamloops)
*AST 1	Jan 17th	Jan 19th / 20th (Kamloops)
• AST 1	Jan 22nd	Jan 23rd / 24th (Kamloops)
• AST 1	Feb 17th	Feb 18th / 19th (Kamloops)
• AST 1	Feb 26th	Feb 27th / 28th (Kamloops)



AST 2 Course

Avalanche Canada's AST 2 course is a 3 day, 1 evening course which focuses on improving the participants' ability to travel safely in Avalanche Terrain. The course is at an advanced level. Participants need to have previously completed an AST 1 or RAC 1. The course curriculum follows the Avalanche Canada guidelines. Course content will include snowpack evaluation, snow profile interpretation and companion rescue techniques (shoveling, probing and transceiver use). Emphasis will be placed on terrain evaluation; route finding and the resulting decision making process. Introduction and application of Avalanche Canada's Avaluator.

Course Dates: • Feb 1st (eve), Feb 2nd, 3rd & 9th / • Mar 15th (eve), Mar 16th, 17th & 23rd / • Mar 22nd (eve), Mar 24th, 30th & 31st
AST 2+: Mar 2nd - 9th, week-long immersion style course.

\$395 .00 AST 2 Course Fee Includes

- ✓ 28 hrs of instruction from CAA level 2 instructors
- ✓ 6:1 student - instructor ratio
- ✓ Course Manual
- ✓ Colwest Alpine Field Book
- ✓ Terrain Recognition, applying the principals of the Avaluator
- ✓ Small party self rescue
- ✓ Industry Recognized certificate of completion
- ✓ Use of safety equipment (shovel, probe, transceiver)

We are offering the Companion Rescue Course.

It is a 1-day review, covering all facets of companion rescue, including the use of shovels, transceivers and probes as well as rescue strategies. This is a great review if you have previously completed a RAC or AST course. Course dates are on an as needed basis and cost is \$75.00/person. (Endorsed by Avalanche Canada)

Have your own group, or looking for alternative course dates? Feel free to contact us.