

2019 - 2020 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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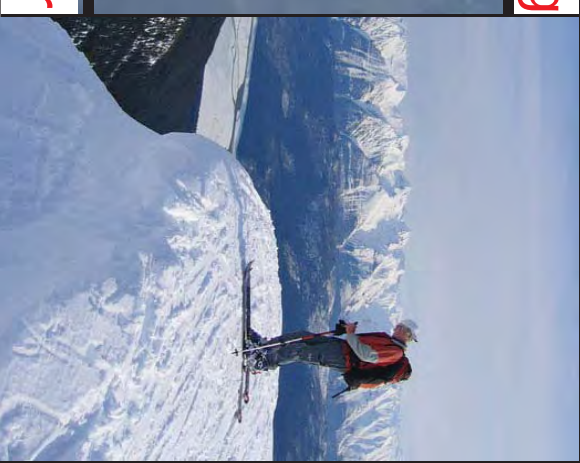
Terry Palechuk
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tpalechuk@tru.ca



Avalanche Skills Training



Play safe this winter



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

Colwest Alpine Adventures | www.colwest.ca
- ColwestAlpineAdventures - colwestalpineadventures



avalanche Skills Training

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

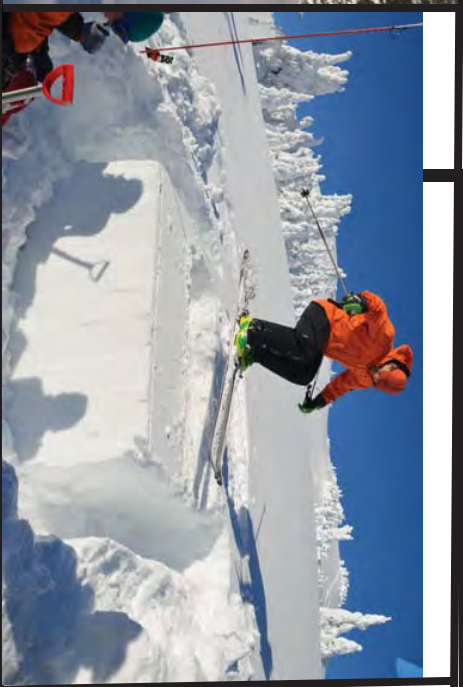
- ✓ 20 hrs of Direct Instruction
- ✓ All Manuals as required by Avalanche Canada Industry
- ✓ Recognized certificate of completion
- ✓ Use of safety equipment (shovel, probe, transceiver)
- ✓ 6:1 student - instructor ratio

AST 1 Dates, 2019-2020:

Course	Classroom	Field
• AST 1	Nov 29th	Nov 30 / Dec 1 (Kamloops)
• AST 1	Dec 6th	Dec 7th / 8th (Kamloops)
• AST 1	Dec 13th	Dec 14th / 15th (Kamloops)
• AST 1	Dec 20th	Dec 21st / 22nd (Kamloops)
• AST 1	Dec 27th	Dec 28th / 29th (Sun Peaks)
• AST 1	Jan 3rd	Jan 4th / 5th (Kamloops)
• AST 1	Jan 10th	Jan 11th / 12th (Kamloops)
• AST 1	Jan 17th	Jan 18th / 19th (Kamloops)
• AST 1	Jan 24th	Jan 25th / 26th (Kamloops)
• AST 1	Feb 7th	Feb 8th / 9th (Kamloops)
• AST 1	Feb 21st	Feb 22nd / 23rd (Sun Peaks)
• AST 1	Mar 27th	Mar 28th / 29th (Kamloops)

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. Course dates are on as needed basis and cost is \$75.00/person. (Endorsed by Avalanche Canada)



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 (shovelling, 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: • Jan 30(eve), Jan 31, Feb 1 & 2/

• Mar 12(eve), Mar 13, 14 & 15 / • Mar 19(eve), Mar 20, 21 & 22

***AST 2+:** Feb 29 - Mar 6, 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)

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