

2016 - 2017 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 **30 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 Group
- Owner/Operator - Colwest Alpine Adventures

Terry Palechuk

- ACMG Ski Guide
- Instructor - Adventure Studies Program, TRU

Bookings or Inquiries

Brad Harrison
250-819-9774
colwest@shaw.ca

Terry Palechuk
250-573-4697
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
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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 or snow shoes required. No previous avalanche experience is required for the AST 1 course. We will provide all the necessary snow safety equipment, no need for you 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 or AST 2 Dates, 2016-2017:

• Course	Classroom	Field
• AST 1	Nov 24th	Nov 26th / 27th (Kamloops)
• AST 1	Dec 8th	Dec 10th / 11th (Kamloops)
• AST 1	Dec 15th	Dec 17th / 18th (Kamloops)
• AST 1	Dec 19th	Dec 20th / 21st (Sun Peaks)
*AST 1	Dec 27th	Dec 28th / 29th (Sun Peaks)
• AST 1	Feb 10th	Feb 11th / 12th (Sun Peaks)
*AST 1	Feb 28th	Mar 1st / 2nd (Kamloops)
• AST 1	Mar 16th	Mar 18th / 19th (Kamloops)
• AST 1	Mar 23rd	Mar 25th / 26th (Kamloops)
• AST 1	Mar 30th	Apr 1st / 2nd (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 is also covered. **Course Start Dates** - Feb 2 (1 nite, 3 days) / Feb 18 (AST 2 +, 7 days) / Mar 4 (AST 2 +, 7 days) / Mar 16 (1 nite, 3 days)

\$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.