

Avalanche Awareness (ASC 1)

Introduction

Avalanche Skills Course 1 (ASC1) is an introductory course taught over two days. This course is a fantastic starting point for those looking to venture beyond the ski field or further into the hills mountaineering or winter tramping/hunting.

This is a foot-based course. This is to make it as inclusive as possible.

Course Contents - Following the [Mountain Safety Council Course Outline for ASC-1](#)

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| <ul style="list-style-type: none"> • Trip planning and preparation • Defining the avalanche phenomenon • Understanding the NZ Avalanche Advisory • Weather, terrain, snowpack and how these relate to avalanche conditions | <ul style="list-style-type: none"> • Travel: Evidence-based decision-making about route selection and safe travel techniques • Human factors and decision-making tools • Avalanche rescue |
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Overview

<p>Times Day 1 10 am to 4 pm</p> <p>Day 2 8 am - 3 pm</p>	<p>Location Day 1 Mackenzie Community Centre - Fairlie</p> <p>Day 2 Fox Peak Ski Area</p>
<p>Transport Generally, getting to the lodge is not a problem. We will assist with transport from the lodge to the snow on day two as needed.</p>	<p>Food Food is not included. Make sure to bring enough food for the two days - there is good cooking facility at the lodge. Make sure to have a lunch to eat in field on the second day.</p>
<p>Ratio 1 instructor:6 participants</p>	<p>Accommodation Included at Fox Peak Ski Club Lodge</p>

Outcomes

On completion, the participant will be able to:

- Identify the core principles of pre-trip planning, including where to find information and how to use it when planning a trip
- Identify avalanche terrain and avalanche types
- Demonstrate a fundamental understanding of risk management and route decision-making through awareness of avalanche hazards including snowpack and weather conditions, terrain factors and human factors.
- Participate in a companion rescue

Participant Criteria

Must have completed an Intro to Mountaineering Skills course or have equivalent experience and competence.

Key Skills Required

- Good fitness - we walk to the snow - no lifts are used
- Walking on snow boots only
- Fit and use crampons
- Correct use of an ice axe
- Ability to self-arrest effectively in given conditions
- Ability to self-manage in the mountain environment

By registering for the course, you are responsible for having these skills and acknowledge in this environment, they are critical to safety management.

Course Schedule

<p>Day 1</p>	<p>10 am to 4 pm Meet at Mackenzie Community Centre - Fairlie</p>	<p>Theory</p> <ul style="list-style-type: none"> • Trip planning and preparation • Defining the avalanche phenomenon • Understanding the NZ Avalanche Advisory • Weather, terrain, snowpack and how these relate to avalanche conditions • Human factors and decision-making tools • Avalanche rescue
<p>Day 2</p>	<p>8 am - 3 pm Start from Fox Peak Ski Area</p>	<p>Field Day</p> <ul style="list-style-type: none"> • Put Day 1 learning into practice. • Travel: Evidence-based decision-making about route selection and safe travel techniques • Avalanche rescue

Gear List

We will be spending lots of time outside, exposed to all the elements. Come prepared for the weather and the season, knowing that we will be adventuring into unsheltered terrain.

Compulsory

- Boots - These **MUST** be a minimum of a 3/4 shank tramping boot - ideally, a full-shank boot is best.
- Gaiters
- Hard shell jacket (Seam Sealed Raincoat) PVC or Similar is not appropriate due to the sliding hazard
- Hard shell pants
- Thermals polyester, polypropylene or 200 weight merino top and bottoms
- Fleece top x2
- Fleece or soft-shell pants
- Pack 30L minimum with waist and chest strap
- Thick wool socks x2
- Warm hat
- Light gloves x2 (Niga Freezer work gloves are good)
- Warm gloves x1 - Pair of windproof gloves or mittens
- Buff or balaclava
- **Sun Hat**
- **Sunglasses**
- Torch and spare batteries
- Water bottle/s - Ability to hold 2L
- Any medication you take

Overnight

- Sleeping Bag
- Food
- Spare clothes

We Provide

(or BYO if you already own the following equipment)

Avalanche Rescue Equipment

- Avalanche Transceiver (digital)
- Probe
- Shovel

Technical Equipment

- Helmet
- Ice Axe (Walking axe)
- Crampons (min 10 point strap on)

Optional

- Thermos
- Camera
- Goggles
- Smart Phone