



This document outlines the basic information regarding this program. More details regarding the trip may be provided or changed at the first class meeting. If you have further questions after reading this document, please see "Contact Information" below.

Program Description:

The AIARE 1 is a 24-hour introduction to decision making in avalanche terrain. This is a full 3-day course for recreational winter backcountry users. Students can expect to develop a good grounding in how to prepare for and carry out a trip, understand basic decision making while in the field, and learn rescue techniques required to find and dig up a buried person (if an avalanche occurs and someone in the party is caught).

A final debrief includes a knowledge quiz to test student comprehension and to give feedback to instructors on instructional tools. Students are encouraged and counseled on how to apply the skills learned and are reminded that no course can fully guarantee safety, either during or after course completion.

Course Location:

Day 1: Course meets **8AM-5PM** (one hour will be provided as a lunch break) in CSU's Student Recreation Center on the Main Campus. *(For information on parking lots, fees, etc. visit pts.colostate.edu. CSU enforces all parking regulations at all times.)*

Day 2 & Day 3: Course meets **9AM-5PM** at the Moose Visitor Center in the Colorado State Forest State Park located off of Highway 14. This location is approximately 1.5 hours up Colorado Highway 14 (Poudre Canyon).

Transportation:

Transportation is not included in this course. Participants are expected to provide their own transportation to and from the course locations. Carpools may be arranged during the first class session for efficiency.

Itinerary:

Instructional sessions (24 hours including both class and field instruction):

Session 1. Introduction to the Avalanche Phenomena

- Types and characteristics of avalanches
- Avalanche motion
- Size classification
- The mountain snowpack: an introduction to metamorphism and layering

Session 2. Observations and Information Gathering

- Field observation techniques
- Snowpack tests: rutschblock, compression test
- Avalanche danger factors or "Red Flags"
- Observation checklist
- Avalanche danger scale

Session 3. Trip Planning and Preparation

- Avalanche terrain recognition, assessment, and selection
- Route finding and travel techniques
- Decision making and Human Factors

Session 4. Companion Rescue and Equipment

Meals:

The Outdoor Program does not provide food on day trips. As this is a long day, participants are urged to bring an extra amount of food. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (bars, jerky, etc). A minimum of two (2) liters of water is necessary.

Refund Policy:

Participants withdrawing 10 days before the course start date are eligible for a refund subject to a \$5.00 processing fee. Participants wanting to transfer courses should contact the Assistant Director for Outdoor Program—details at the end of this info. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

Drugs and Alcohol:

Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.

Electronic devices:

As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy, please discuss this with your trip Instructor.

Equipment Checklist

This course requires over-the-snow travel equipment such as snowshoes, telemark skis, or alpine touring skis. Boot-packing (walking) is not allowed. At the end of the first class session, the Outdoor Program will allow gear to be checked out, no charge, to those who need it. The equipment will be checked out on a first-come first-serve basis. Please allow 60min for the fitting process. Equipment that can be loaned out by the Outdoor Program is listed below.

Equipment provided by the Outdoor Program upon request (first come-first served)

- Snowshoes (boots and poles available, too)
- Alpine touring skis (fitted boots, skins, and poles)
- Avalanche Beacon, shovel, and probe

Clothing & Gear provided by the participants

- Lightweight Long Underwear tops and bottoms (wool or synthetic)
- Jacket suitable for cold temperatures, preferably with hood
- Ski/snow pants
- Fleece sweater or equivalent (NO COTTON!)
- Stocking cap
- Gloves or mittens, at least one pair should be heavy-duty
- Appropriate socks to fit boots
- Sunglasses or ski goggles
- Day pack, minimum of 25 liter capacity
- Water bottles – 2 liters, filled
- Food enough for 12 hours out
- Sunscreen (minimum SPF30)
- Lip balm w/SPF sun protection
- Camera (optional)
- Snow study tools (e.g. scope, crystal card, etc.) (optional)

Important Information for Participants:

Pre-trip information and safety

The Outdoor Program instructor will contact you approximately one week prior to the first class session to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the trip instructor prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs.

Our expectations of you as a participant:

It is imperative that you listen and pay attention to the leader(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

Environmental impact

On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of 'Leave No Trace.' We expect that all participants on our outings will do the same.

Health considerations and physical preparedness

Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your participation, please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your Trip Instructor(s) about any condition that may affect your participation in the trip.

Contact Information

Questions regarding the trip can be directed to:

Rodney Ley, Assistant Director – Outdoor Program
Rodney.Ley@colostate.edu
970-491-0964

OR

Andy Nelson, Coordinator – Outdoor Program
Andy.Nelson@colostate.edu
970-491-7305

OR

For more information on course content, visit www.neversummeroutdoor.com/courses/