



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

A3 AVALANCHE COURSE Level 1

Bear Valley CA

Avalanche Fundamentals

Certified American Avalanche Association (A3)

24 Hours of Instruction / 40% Classroom 60%



Prerequisites: Participants are required to be in good physical condition. No formal avalanche education is required. We recommend participants have the following skills prior to taking the course: some Snowshoeing or Backcountry Skiing experience, first aid, introduction to avalanche safety, and read SWS Mountain Guides recommended reading list.

Recommended Reading Avalanche Level 1:

Avalanche Essentials: A Step by Step System For Safety and Survival (October 2013 edition) by Bruce Tremper.

Description: Avalanche Level 1- Avalanche Fundamentals introduces students to the real and potential avalanche hazards in the winter environment. Throughout the course we will learn how to recognize, gather, and record information about these hazards and apply them to various decision-making methods. You will learn how to manage the observed hazards and how to minimize them. Finally you will learn how to give yourself a safety zone and how to rescue ourselves and others from bad decisions.

Certified Course: Our course curriculum fulfills the "New Level I" when taken with an one day Avalanche Rescue Course and is Certified by the American Avalanche Association (A3) and meets or exceeds requirements for the National Park Service, Forest Service, and various Guide & Avalanche Associations for Level 1 courses. Give us a call if you have any questions.



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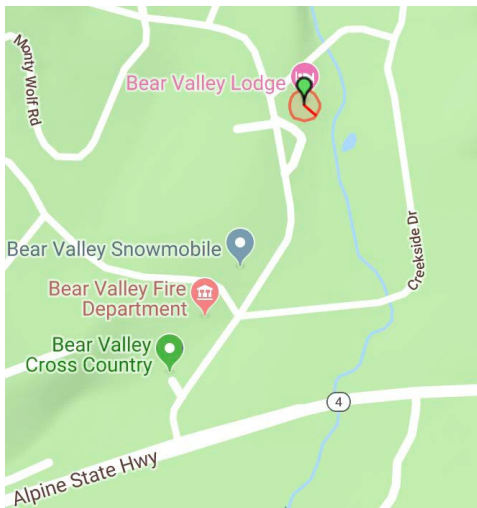
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What to Expect: Participants will not be traveling fast. We will be skiing/snowshoeing over calculated routes that afford as much in the way of safely accessible avalanche terrain as possible. Stops will be made frequently for discussion of terrain, snow conditions, vegetation, weather, and anything related to avalanches. Your instructor will be thinking out loud, giving reasons for choosing a certain route or for not crossing a certain slope. Participants will put into practice all the techniques of field hazard evaluation.

Meeting Location: Meet at **8:00 am** at California Ski Guides Office, 265 Bear Valley Rd, Bear Valley, CA . 95223
Address: 265 Bear Valley Rd, Bear Valley, Ca. 95223



Food and Lodging: Food and Lodging is not included in this course. Lodging is available at the [Bear Valley Lodge](#), [Tamarack Lodge](#), or in the towns of Arnold (18 miles away) or Murphys (25 miles away) We will meet our California Ski Guides Bear Valley Office each day and return to Bear Valley each evening. More information give us a call at 1-888-797-6867.

Food: Food is available in Bear Valley, you are welcome to bring you own lunch and snacks.

Level: Participants are required to be in good to excellent physical condition. Some snowshoeing or skiing experience is recommended but not required.

Pricing and Dates: For updated pricing and dates please visit our website at SWSMTNS.COM

Includes: Professional instruction/guides, course materials, permits, and permit fees. Avalanche Equipment (beacon,probe, shovel) are available for rent.
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