



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### A3 AVALANCHE COURSE Level 1

Mt Shasta CA

Avalanche Fundamentals

Certified American Avalanche Association (A3)

24 Hours of Instruction / 40% Classroom 60% Fieldwork



**Pre-requisites:** 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 National Avalanche Level I standard when taken with a 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.

**Meetings:** Course starts at 8:00 am on the first day of the course at our Mt Shasta office 210 East Lake Street Mt Shasta CA, 96067.



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**What to Expect:** Participants will not be traveling fast. We will be skiing/snowshoeing over calculated routes that afford us the safest possible access to avalanche terrain. 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.

**Food and Lodging:** Lodging is available in the City of Mount Shasta. We are meeting at our office location which is a few blocks from both restaurants, grocery stores, and lodging options.

**Level:** Participants are required to be in good 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: [www.swsmountainguides.com](http://www.swsmountainguides.com)

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

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