

1 Day Course:

- Field Session 1: Trailhead procedures - Equipment and Transceiver check
- Field Session 2: Preventative Measures
 - Recap subjects covered in AST 1
 - Factors that often lead to avalanche involvements
 - Errors in trip planning, terrain selection and travel habits can complicate companion rescue
- Field Session 3: Prioritizing actions if caught in avalanche
 - Characteristics and effects of avalanche motion (speed, depth, trauma, turbulence, destructiveness)
 - Important considerations if caught in avalanche
- Field Session 4: Airbags
 - What is an airbag? Benefits of using airbags
 - When is an airbag an effective tool?
- Field Session 5: Transceivers 101
 - Different ways of wearing transceiver (correctly)
 - How transceivers work and distinguish functions
 - Transceiver/trailhead checking procedures
- Field Session 6: Search and Rescue techniques
 - Appropriate transceiver searching techniques, effective probing and organized shovelling
 - Immediate priorities when making first contact with avalanche victim
 - Search and rescue techniques in a scenario
- Field Session 7: Searching without a transceiver
 - Visual sweep search and choosing likely burial areas
 - Spot probing, demonstrate slalom and fine probing
- Field Session 8: Multiple Burial Situations
 - Multiple burial scenarios and talk about triage/burial depth
 - Multiple burials far apart and close proximity, micro strips/three circles
- Field Session 9: Deep Burial Situations
 - Deep burial scenarios and talk about triage/burial depth
 - Efficient search, probing and shovelling for deep burials
- Field Session 10: Organize a group rescue
 - Essential actions in a companion rescue, prioritize actions in a group search
 - Additional considerations if an avalanche involving another party is encountered
 - Organize a group search
 - Lead and delegate tasks effectively
- Field Session 11: Post-Incident Considerations
 - Choose appropriate communication devices and identify resources that may assist with incident
 - Complications that may arise with being injured in backcountry, describe basic first aid.

- PTSD and importance of seeking help/counselling/closure post incident

**Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns.”