

Day 1 – Winter Crevasse Rescue and Glacier Travel

- Lesson 1: Introduction to Glacier Kit
- Lesson 2: Equalized anchor, knots and rappelling
- Lesson 3: Ascending the rope – prussic, ratchet, reverse
- Lesson 4: Situational awareness, review hazards
- Lesson 5: Glacier travel rope handling & crevasse rescue
- Lesson 6: Dividing the rope
- Lesson 7: The prussik
- Lesson 8: Arresting the fall, holding the victim and anchor building
- Lesson 9: Backing up anchor and approaching the lip
- Lesson 10: Canadian drop loop system demo
- Lesson 11: Incorporating a ratchet
- Lesson 12: First raise method, z-pulley raising system, adding advantage.
- Lesson 13: Reversing the raise & lowering
- Lesson 14: Crevasse Rescue Scenario
- Lesson 15: Problem-solving specific scenario

Day 2 – Winter Crevasse Rescue and Glacier Travel

- Lesson 16: Rope up point strategy (map & altimeter) & white out plan
- Lesson 17: Glacier formation, physiology, terminology and travel including rope handling and taking coils
- Lesson 18: Safe glacier travel route finding & track setting – crevasse avoidance, serac hazard mitigation, dealing with avalanche terrain, crevasse bridge integrity and evaluation
- Lesson 19: Traveling in echelon & belaying across crevasse bridges
- Lesson 20: Downhill glacier skiing safety strategy

Day 3 – Ski Mountaineering Skills Day

- Lesson 1: “Snow and ice school” – introduction to ski mountaineering equipment, ski crampons and boot crampons, ice axe.
- Lesson 2: Ascending/descending and moving in steeper firmer/crusted/icy slopes.
- Lesson 3: Belaying and rappelling, anchors.

- Lesson 4: Roped vs. unroped terrain – belaying, rope management, short roping, boot packing, stowing the skis on the pack, ridge walking.

Day 4 – Ski Mountaineering Skills Day

- Lesson 5: Ski mountaineering objective: situational awareness, route finding and track setting in Class 3 (complex) terrain.
- Lesson 6: Glacier travel & alpine hazard evaluation.
- Lesson 7: Ski mountaineering ascent and descent technique and strategy.
- Lesson 8: “Survival skiing” technique

**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.”