



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 Avalanche Fundamentals Certified American Avalanche Association (A3) 24 Hours of Instruction / 40% Classroom 60% Fieldwork



Prerequisites: Participants are required to be in good physical condition. No formal avalanche education is required. Strongly Recommended: Winter skills, Snowshoeing or Backcountry Skiing experience, first aid, introduction to avalanche safety, SWS Mountain Guides recommended reading list.

Recommended Reading Avalanche Level 1:

Snow Sense: a guide to evaluating snow avalanche hazard. (2011 edition) 5th ed, S. Fredston and D. Fesler, Alaska Mountain Safety Center, Anchorage, Alaska –**Included in the Avalanche I Course**

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 that exist in the winter environment. Throughout the course we will learn how to recognize, gather and record information about these hazards, apply this information into various decision-making and judgment methods. Learn how to manage the observed hazards and how to minimize them. Finally, learn how to give us a safety zone and how to rescue ourselves from our misjudgments.

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.

Meeting: Course starts at 8:00 am on the first day of the course.

Locations: Mt. Shasta, CA



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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.

Food and Lodging: Lodging is available at our Private SWS Mountain Guides Bunkhouse next to the SWS Mountain Guides Office. Includes a comfortable bunk, showers and kitchen privileges. Other options include; camping out or obtaining lodging in Mt. Shasta, CA. We will meet in Mt. Shasta each day and return to town each evening. Additional information on lodging, camping recommendations are included in your information package. Our SWS Mountain Guides Bunk House is reserved for course participants. More information give us a call at 1-888-797-6867.

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

Lodging Shasta Location ONLY: Available at the SWS Bunk House: \$40.00 per night / \$120.00 for 3 nights includes lodging & kitchen privileges

Pricing and Dates: For updated pricing and dates please visit our website at www.swsmountainguides.com

Includes: Professional instruction/guides, avalanche rescue equipment, course materials, permits, and permit fees.
V20.0