

National Ski Patrol

Level I Avalanche Course

Friday, March 19 - Sunday, March 21, 2010
Whiteface Mountain, New York

This course is a hands-on, three day course including classroom and field work. We will be discovering the various characteristics of weather, terrain, and snowpack that influence avalanche activity, as well as learning how to recognize potential avalanche terrain, and the decision making necessary to avoid such terrain. Formal avalanche rescue organization, self-rescue approaches, and avalanche beacon techniques will also be covered and demonstrated. This course places more emphasis on decision making, route finding, travel techniques, snowpack metamorphosis and analysis, and is the prerequisite for a Level II Avalanche course.

At the successful completion of this course, NSP Level I certificate of completion is available.

WHAT TO EXPECT:

This is a three-day course that will teach you how to recognize and evaluate the contributing factors to snow avalanches. In the classroom session, you will learn about slope angle, aspect, and snow pack analysis. The roles that weather and humans play in creating avalanche-prone conditions, and how to travel in avalanche terrain. Then you will take your skills outside and practice, plus use an avalanche transceiver, probe, and shovel in avalanche rescue scenarios. The National Ski Patrol Level I certification will be provided upon successful completion of this course. Distance per day not to exceed 5 miles or 1,300 ft. elevation gain. You must be able to ski black diamond terrain!

Payment: The course fee is \$150 for NSP members and \$200 for nonmembers.

Cancellation Policy: Refunds will be provided (minus a \$5. processing fee) if cancellations are made prior to registration deadline. Cancellations made after the deadline will be refunded only if space is subsequently filled. NSP reserves the right to cancel a program at any time, in which case a full refund will be provided.

Registration deadline: March 15, 2010.

WHAT TO BRING: Please bring all the items needed for a full winter day of skiing outside, being prepared for all types of weather. The workshop instructors will bring trail maps, first aid kit, and repair kit.

Equipment List:

Daypack for all your gear	Ski boots
Waterproof/windproof jacket and pants	Liner socks, polypropylene is best
Insulated jacket (down or synthetic)	Wool or wool/synthetic blend socks
Wool sweater/fleece jacket	Gaiters, to cover winter boots
Synthetic underwear tops and bottom	Wool or pile hat, neck warmer or scarf
Gloves/mittens over shell mittens	Headlamp w/ spare batteries
Sunglasses, lip balm (sunscreen, if needed)	Goggles
Water bottle, at least 2 liters	Plenty of snacks and trail lunch items
Snowshoes, with built-in crampons	Small insulated ground pad (to sit on)
Ski poles	Thermos of hot liquid is <i>optional but recommended</i>
Skis (AT, Alpine, or Telemark)	

Optional: trail map, compass, camera, whistle, bandanna, garbage bags (if wet out), and pocketknife.

Prepare for the worst weather and you will be comfortable. When skiing at Whiteface Mountain you may encounter rain, wind, hail, ice, or snow during an outing. When packing for a backcountry trip, even a day hike, think of wearing clothes that can be layered, like moisture-wicking synthetic materials next to your skin, then warmer insulating layers such as wool or fleece, covered with a wind/waterproof outer shell layer. Having all these layer options allows you to stay warm and dry in any weather condition. Remember, cotton doesn't keep you warm if it becomes wet and should be avoided in winter!

Please contact me if you should have any questions about equipment or what to expect.

Directions: Location TBA, directions will follow.

The course starts on Friday as follows: Registration at 8:45 - 9:15 am. Class starts at 9:30 am. Plan on Friday lasting until 6:00 pm, Saturday lasting until about 4:45 - 5:00 pm, and Sunday plan on 8:30 - 3:30.

Level I Avalanche Registration

Send to: Chuck Boyd
1 Daventry Hill Lane
Suffield, CT 06078-1964

Name: _____ NSP #: _____

Address: _____

Phone #: _____ E-mail: _____

Please include course fee of \$150. for NSP members, and \$200. for non-NSP members, made out to Chuck Boyd