

Course Code & No. - Section: PHED 229

Course Title (Credits): AIARE Level 1 and Backcountry Skills (2)
Term & Year: Spring 2016
Course Ref. No. (CRN):

Instructor: Daryl Teittinen, and Rosie Hackett
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Office: TCES 2nd Floor
Office Hours: By appointment

Class Meeting Time: Fri-Mon, 8-4pm. 2/12-2/14 (sections 1+2),

Location: TCES 206

Course Description

This class includes the nationally recognized AIARE (American Institute for Avalanche Research and Education) Level 1 curriculum, and builds on this foundation with additional backcountry days around the Tahoe Basin. With classroom and field instruction, the course describes a framework for decision making and risk management in avalanche terrain. Successful students will receive an AIARE L1 certificate, followed by close instruction during additional field days. NOTE: The materials fee provides students with a certificate, student manual, and field book.

FEE: \$125

Student Outcomes

Upon successful completion of this course, a student will be able to:

1. Recognize, assess, and select appropriate terrain and safe travel techniques in avalanche hazardous conditions.
2. Employ avalanche rescue techniques.
3. Utilize level 1 avalanche skills to enhance one's safety and enjoyment in the backcountry winter environment.

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Class Participation
2. Role playing scenarios
3. Case Studies
4. Skills demonstrations
5. Paired/group activities
6. Peer feedback

Required Texts and Materials

Required Texts:

- AIARE Student Manual (provided by instructor)
- AIARE field book (provided by instructor)

Resources:

Sierra Avalanche Center: <http://www.sierraavalanchecenter.org/>

Avalanche.org: <http://www.avalanche.org/>

AIARE: <http://avtraining.org/>

Weather: <http://www.noaa.gov/>

Class Requirements

Due to the experiential nature of this class, students are asked to **experience** all course material including discussions, problem solving, physical activities and the exchange of feedback. Sensitivity and attentiveness toward each group member's experience and the group's progress as a whole will be the responsibility of each group member.

Grading Policy:

Participation is everything! This is a pass/ fail course.

Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

Class Schedule

<i>Class Plan</i>	<i>Assignments</i>
1. Introduction <ul style="list-style-type: none"> a. About AIARE b. Course goals and objectives 2. Introduction to decision making <ul style="list-style-type: none"> a. Case History b. The anatomy of decision making 3. Background information <ul style="list-style-type: none"> a. Types and characteristics of avalanches b. Avalanche motion c. Size classification d. The mountain snowpack e. Avalanche terrain 4. Observations and information gathering <ul style="list-style-type: none"> a. Field observation technique b. Avalanche danger factors c. Observation checklist d. Avalanche danger 5. The Human Factor	<ul style="list-style-type: none"> • Case Study
6. Planning and preparation <ul style="list-style-type: none"> a. Hazard forecast 7. Decision making	<ul style="list-style-type: none"> • Danger scale exercise
8. Rescue <ul style="list-style-type: none"> a. Companion rescue b. Equipment 9. Bonding tests <ul style="list-style-type: none"> a. Rutschblock b. Shovel compression test 10. Backcountry skills and field practice	<ul style="list-style-type: none"> • Recognize hazards and create options to avoid them- Field Exercise • Create a tour plan • Successfully execute a rescue scenario

Please note that the schedule of class topics and assignments are subject to change. As outdoor enthusiasts, we are always POISED FOR CHANGE!

Equipment List

1. Personal Equipment

- a. Clothing for activities and standing in cold/snowy weather (no cotton)
 - i. long underwear
 - ii. insulating layers
 - iii. outer layer (wind/waterproof)
 - iv. warm gloves, mitts, headband, and hat
- b. Goggles and sunglasses
- c. 2 water bottles
- d. Pack (large enough for all equipment on day ski-tours)
- e. Mechanical pencil and spare
- f. Snow saw (optional)

2. Skiing Equipment

- a. Boots (touring boots recommended)
- b. Skis with touring bindings (or touring adapters) and skins (please adjust bindings to boots and skins to skis before the course). Alpine touring or free-heel gear.
- c. Poles

3. Snowboarding Equipment

- a. Boots
- b. Collapsible poles
- c. Split Board with touring bindings and skins (please adjust bindings to boots and skins to board before the course) For students arriving at the course with snowboarding equipment, **split boards are recommended, as compared to traveling with snowshoes.**

OR

- d. Snowboard with snowshoes (with means of attachment to pack - have a system worked out before you come on the course). Please use blue loctite on all mounting screws.
Carrying a snowboard and using snowshoes will work, but is not recommended.

4. Safety Equipment

- a. Avalanche probe
- b. Collapsible shovel
- c. Avalanche transceiver (457 kHz frequency only. Digital or analogue)
- d. Cell phone
- e. Small personal first aid kit (sunscreen/lip-balm, moleskin, band-aids, medication, etc.)
- f. Ski / snowboard repair kit (screwdriver with appropriate bits, spare screws, spare skin tips, spare pole basket, skin wax, epoxy, etc.)

5. Other/Optional (don't go buy this stuff if you don't already own it)

- a. Dial stem snow thermometer (graduated in degrees Celsius). Digital thermometers are acceptable but have limitations for snow profile work.
 - b. Grain identification card.
 - c. Magnifier (8x or 10x).
 - d. Folding rule graduated in centimeters, or probe with same. 2+ meter length.
 - e. Compass (Optional, compass with clinometer or bring separate clinometer)
 - f. Altimeter
 - g. GPS
 - h. Pocket knife or multi tool.
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