

Course Code & No. - Section: PHED 229

Course Title (Credits): AIARE Level 1 and Backcountry Skills (2)
Term & Year: Spring/ 2015
Course Ref. No. (CRN):

Instructor: Daryl Teittinen, and Rosie Hackett
Phone(s): 714-273-4055 or 530-307-9103
Email: dteittinen@sierranevada.edu; rhackett@sierranevada.edu
Office: TCES 2nd Floor
Office Hours: By appointment

Class Meeting Time: Fri-Mon, 8-4pm. 2/13-2/16 (sections 1+2),

Location: TCES 215

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 	<ul style="list-style-type: none"> • Pre-Class Quiz
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 	<ul style="list-style-type: none"> • Daily Written Quiz
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 	<ul style="list-style-type: none"> • Danger scale exercise • Recognize hazards and create options to avoid them- Field Exercise
5. The Human Factor	
6. Planning and preparation <ul style="list-style-type: none"> a. Hazard forecast 	
7. Decision making	
8. Rescue <ul style="list-style-type: none"> a. Companion rescue b. Equipment 	<ul style="list-style-type: none"> • Create a tour plan
9. Bonding tests <ul style="list-style-type: none"> a. Rutschblock b. Shovel compression test 	<ul style="list-style-type: none"> • Successfully execute a rescue scenario
10. Backcountry skills and field practice	

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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