



AVALANCHE SAFETY COURSE

 **DURATION 2 days**



FOR WHO

All those who want to know the world of snow and mountain, by taking into consideration safety rules, in order to obtain main skills, risk evaluation under snow, rescue in case of avalanche

This course has the goal of approaching participants to the matter of safety and prevention in snowy areas, with specific interest in rescue abilities in case of avalanche



PREREQUISITES

Good physical health

Avalanche and snow safety course has the goal of approaching participants to the matter of safety and prevention in snowy areas, with specific interest in rescue abilities in case of avalanche.

This course is extremely important for those who practice ski mountaineering, or use snowshoes, or deal with general environment at high risk of avalanche.



TRAINING METHODOLOGIES

Theoretical lessons, practical simulation, role-playing. De-briefing, team work.

During the 2 training days there will be lessons of research in snow with shovel and probe, there will be lessons of reading the layering of snow, understanding the different types of snow and much more, thanks to our expert alpine guides.

This course will also let participants discover some peaks of Trentino, to learn to organize trips in this complex environment.

@ INFO & BOOKING

info@rescueproject.it

www.rescueproject.it

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PROGRAM

Avalanche safety course

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course
9:00 – 12:30	Introduction about risks on mountains in winter Analysis of risk of avalanche, simulation of planning a trip with ski mountaineering or snowshoes Snow: basic knowledge Analysis of snow layering
12:30 – 13:30	Lunch
13:30 – 17:00	Safe movement in environment Equipment analysis Backpack organization and use of Artva Research technique – simulations of research with Artva
17:00- 19:00	Debriefing and integration of previous lessons

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Outdoor trip in environment Emergency call Research techniques with artva shovel and probe Avalanches types
12:30 – 13:00	Packed lunch
13:30 – 18:30	Safe trip leading Topography and orientation Sanitary problems and risks: hypothermia, hypoxia Slop descending tests Debriefing and evaluation Greetings



PROGRAM

Avalanche safety course



EQUIPMENT

Each participant must bring :

- Backpack
- Shovel
- Artva
- Probe
- Change of clothes
- Gloves
- Skis and snowshoes
- Thermos
- Glasses
- Helmet

It is suggested to bring snacks and drinks based on saline supplements.

It is fundamental to communicate to the instructor any possible shortcoming of the activity.



GOALS

- Knowing the risks in **snowy environment**
- Analysing the environment for **prevention and intervention**
- Distinguishing different types of **avalanches**
- Knowing **safety systems** (artva and probe)
- Knowing main **self rescue and rescue techniques**