

# 2 day Avalanche Course Outline

**7:30am - Meet your group and Instructor/s** at “Darfield Bakery” in Darfield, a small town 30 mins from Christchurch on SH73 (good food and good coffee).

*Note: if you're travelling from the west coast please contact us to arrange our instructor to meet you in Castle Hill Village instead.*

## **Day 1 Overview**

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the mountains safely.

### **08:30am - Arrive at Mt Cheeseman Ski area or Broken River ski area**

- Gear check & hand out OENZ supplied gear
- Packing and selecting appropriate gear for use in the NZ mountains
- How to pack and carry avalanche and alpine equipment.
- Fitting Crampons to boots & holding an Ice axe
- Check avalanche transceivers (before you go)
- Assembling and using a probe- Spiral probing
- Avalanche transceiver search practice

### **12:30ish – Lunch** (out in the field)

- Avalanche scenario search (single burial- single searcher)
- Identifying Avalanche terrain. Terrain - Angle, Aspect, Altitude Trigger points, Traps
- Observations. Weather and snow pack – Recent activity, Cracking/whooping, rapid loading, wind, temperature

**2:30pm – 3:30 pm** Back at Vehicles, drive to Arthurs Pass lodge

**4:00-6:00 pm** – Theory session, PowerPoint

### **Evening**

- Cook your dinner at the lodge or head down to the pub for food and a drink.

## Day 2 Overview

Today our aim is to consolidate our new skills by putting it all together.

### 6:30-7:30am Breakfast (bring your own as nothing is open this early in Arthurs Pass)

#### 7:30-8am – pack and clean lodge.

- Check avalanche forecast, talk through implications and considerations based on this forecast and previous days observations.
- Trip planning –plan our day

#### 9:30-10:00 am – Arrive at practical training location

- Make our way up using safe travel & avalanche avoidance techniques
  - Spacing
  - Visual contact
  - Islands of safety
  - Safe travel routes
  - Communication
  - Escape routes

#### 12:30pm Lunch (along the way)

- Avalanche search practice
- Rescue digging
- Team digging scenario (deep burial)
- Full Avalanche rescue scenarios- multiple burials, multiple searchers

#### 3:30-4:30pm – Back at vehicles, time to say good bye

*Note: from the ski area carpark it is approx. 1.5-2hrs back to Christchurch (we usually get back into Christchurch between 5:00-6:00pm)*

*\*Please note that this is just a guide to how the course normally runs and your instructor may run the course in a different order to best fit in with local conditions and the abilities of the group.*