



MAST-146 – Avalanche Skills Training 1

Business

Effective Term & Year: Fall 2024

Course Outline Review Date: 2029-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

The Avalanche Skills Training program provides a national standard for entry level and intermediate level decision-making in avalanche terrain. This course covers two introductory certifications: Avalanche Skills Training 1 and Companion Rescue. The Avalanche Skills Training 1 certification provides an entry level decision-making framework that is based on the most advanced knowledge available and suitable for use by people with basic training and little experience in avalanche terrain. The Companion Rescue Skills certification offers standardized rescue training by emphasizing avalanche avoidance and preventative measures. Students will practice rescue skills and will learn the important link between practicing preventative measures and maximizing the effectiveness of a companion rescue.

Program Information:

This course is required for completion of MAST Certificate.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	15

Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	30
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

None

Flexible Assessment: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, or work-based assessment are used to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 [Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Avalanche Canada; Avalanche Skills Training Handbook,2018

Canadian Avalanche Association; Observation Guidelines and Recording Standards for Weather, Snowpack and Avalanches; Prepared by: Canadian Avalanche Association, 2016

Please see the instructor's syllabus or check COTR's online text calculator

<https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students should be able to

- Describe avalanche formation and release using basic terminology;
 - Recognize avalanche terrain;
 - Identify appropriate trip planning resources;
 - Apply the daily process for backcountry trip planning and execution;
 - Describe techniques to minimize risk when travelling in avalanche terrain; and
 - Perform companion rescue skills to both AST 1 and Companion Rescue Skills standards.
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Course Topics:

Avalanche formation and release

- Avalanche types and characteristics
 - Avalanche terrain
 - Snowpack structure
 - Weather factors
 - Signs of Instability
 - Natural and human triggers
 - Avalanche size classifications
 - Avalanche Terrain Exposure Scale (ATES)
 - Public avalanche forecast
 - Danger ratings
 - Daily process
 - Avaluator Trip Planner
 - Avaluator Slope Evaluation Card
 - Human behaviours influencing decision making
 - Good travel habits
 - Group management
 - Companion rescue
 - Transceiver search, probe and shovel techniques
 - Basic first aid and care for avalanche victims
 - Equipment
 - Trip Planning
 - Field books
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Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Participants are evaluated by practical field assessments of the following:	
1. Avalanche formation and release	10%
2. Avalanche terrain	10%
3. Use of trip planning resources	20%
4. Following daily process	20%
5. Minimizing risk exposure when travelling in avalanche terrain	20%
6. Companion rescue skills	20%
TOTAL	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Evaluation Notes: Students are required to achieve a minimum of 70% to achieve a grade of COM

Evaluation Notes Comments:

A mark of 70% in each section above is required to pass this course.

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Students must attend all lecture and planning classes and complete 4 of 5 field days to complete the standard.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Rights, Responsibilities and Conduct
 - Policy 2.4.8 Academic Performance
 - Policy 2.4.9 Student Feedback and Concerns
 - Policy 2.4.11 Storage of Academic Works
 - Policy 2.5.3 Student Appeal
 - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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Equivalent Course(s) and Course Code Changes

Prior Course Code: MAST 146 Avalanche Skills Training >> MAST 146 Avalanche Skills Training 1

Date changed: June 2018

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.