



Ski Touring 1 – MAST 143

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2022
COURSE OUTLINE REVIEW DATE: March 2027

GENERAL COURSE DESCRIPTION:

This course focuses on the skills necessary to travel, ski or snowboard safely in the backcountry in winter. These skills include ski touring equipment knowledge and proficiency, route finding, avalanche terrain and hazard evaluation, group travel management, and companion rescue.

Program Information: This course is a required prerequisite for MAST 162 Ski Tour 2 and is required for completion of the MAST certificate.

Delivery: This course is delivered face-to-face.

COTR Credits: 2

Hours for this course: 52 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	12
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	40
Other Contact Hours	
Total	52

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	40
Total	40

Course Outline Author or Contact:

Sarah Osberg, BEd, MSc.

Signature

APPROVAL SIGNATURES:

Department Head
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Darrell Bethune
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2022 – March 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: Students must be strong intermediate skiers and/or snowboarders and have completed the MAST 146 Avalanche Skills Training. Must be physically fit and capable of traveling in mountainous terrain under adverse weather conditions.

Flexible Assessment (FA):

Credit can be awarded for this course through FA

 Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: MASD 116 ⇔⇔ MAST 143**Date changed:** March 2009

Textbooks and Required 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:

Mountaineering Freedom of the Hills, 8th Ed. The Mountaineers, 2010

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

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

- describe and utilize ski-touring and mountaineering equipment;
 - identify safe routes for a particular ski tour;
 - demonstrate proper techniques for walking, climbing, skiing, or snowboarding;
 - practice proper group travel procedures;
 - plan a single or multi-day tour for a small group;
 - organize and participate in self-rescue and organized rescue techniques; and
 - identify and prepare appropriate food and liquid.
 - Utilize digital planning resources and navigation tools during advance planning and while in the field.
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COURSE TOPICS:

- Weather and snowpack information gathering, observation
- Safety measures including use of transceivers, probes, shovels and radios
- Practice self-rescue scenarios
- Ski tour practice to observe terrain and practice safety measures
- Plan and prepare ski tours using maps, photos, guide books, route plans and group issues
- Plan food and group equipment
- Use of map and compass, Whiteout navigation planning
- Snow stability and hazard evaluation
- Group and risk management, companion rescue
- Stability testing including rutschblocks, compression tests
- Injured skier evacuation

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% Of Total Grade
Attend Planning Sessions	10%
Terrain evaluation, hazard recognition	10%
Travel skills/ capability, efficiency, winter camping skills	20%
Understanding of snow stability, observations	10%
Self-rescue skills, transceiver use	20%
Log book - organization, neatness	10%
Expedition behaviour – teamwork	<u>20%</u>
Total	100%

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.

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

COM	Completed to defined standard – 70%
NCG	No Credit Granted

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.