



Avalanche Skills Training 2– MAST 156

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2019
OUTLINE EFFECTIVE DATE: January 2019
COURSE OUTLINE REVIEW DATE: September 2024

GENERAL COURSE DESCRIPTION:

Avalanche Skills Training 2 builds on the foundations of the Avalanche Skills Training 1 course. AST 2 provides a more advanced decision making framework that is based on the most advanced knowledge available and is suitable for use by people with a moderate degree of training and experience. Classroom and field sessions focus on developing route finding, hazard awareness, companion rescue and decision making skills.

Program Information: This course is the prerequisite for MAST 143, MAST 162, and has elements that form the basis for all ski touring and ski mountaineering and is required for completion of MAST Program.

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

COTR Credits: 2

Hours for this course: 72 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	24
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	48
Other Contact Hours	
Total	72

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	48
Total	48

Course Outline Author or Contact:

Sarah Osberg, MAST Program Coordinator/Instructor

Signature

APPROVAL SIGNATURES:

Department Head
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Department Head Signature

Dean Signature

EDCO

Valid from: January 2019- September 2024

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: MAST 146 Avalanche Skills Training 1

Corequisites: None

Flexible Assessment (FA): AST Level 2 Certification

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: None

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:

Canadian Avalanche Association; Avalanche Skill Training Level 2 Course Manual
Staying Alive in Avalanche Terrain – 2nd Ed. Bruce Tremper; 2008
Canadian Avalanche Association; Observation Guidelines and Recording Standards for Weather,
Snowpack and Avalanches; Prepared by: Canadian Avalanche Association, 2014

*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

- Use the evaluator as a filtering tool to determine when additional planning and travel techniques are required to travel safely
 - Use Avalanche Danger Ratings verification techniques for personal use on a local scale
 - Use ATES technical model as a means to develop personal local terrain ratings
 - Use route finding to take advantage of nuances in terrain to manage personal risk
 - Use travel techniques in avalanche terrain appropriate to the avalanche conditions
 - Proficiently carry out a companion rescue
 - Recognize and describe the limits of their training
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COURSE TOPICS:

- Avalanche Character
- Companion Rescue
- Decision Making support systems
- Terrain Exceptions
- Local Terrain Verifications
- Route Planning
- Understanding Avalanche forecasts
- Avalanche Danger Exceptions
- Local Avalanche Danger Verification
- Backcountry safety measures and self-rescue
- Confidence in Decision Making
- Transceiver examination
- Weather forecast discussion and effect on stability forecast

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
Participants are evaluated by practical and written tests in:	
1. weather snowpack and avalanche observation methods	20%
2. knowledge of avalanche terrain	20%
3. group management and communication	20%
4. the use of essential rescue equipment	20%
5. efficient movement skills and self care	<u>20%</u>
Total	100%
A mark of 70% in each section above is required to pass	

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 standard – 70%
NCG	No Credit Granted

Note: Students must attend all lecture and planning classes and complete field days to complete the standard.

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.