

Utah Avalanche Classes 2007-8

Revised December 27, 2007

The latest edition of this document is always available on the Internet at
<http://www.xmission.com/~haas/avalanche>
Send additions and corrections to Walt Haas (801) 534-1262 haas@xmission.com

1 Young Adult Classes

Know Before You Go - An Avalanche Education Program for young adults in Utah

A critical need exists for basic avalanche education for junior high through college age students in Utah. Just as students in Hawaii learn about the dangers of rip tides and shore breaks at an early age, students in Utah need to learn about avalanches. The rising numbers of young avalanche victims have demonstrated an obvious need for basic avalanche education. We hope that the Know Before You Go avalanche education program will become a regular part of the curriculum in Utah schools from junior high through college age students.

This free program is designed as a 50-minute program in three parts:

- A 15-minute, narrated video showing avalanches, people triggering avalanches and the destructive power of avalanches.
- A local avalanche professional tells their story about close calls or accidents they have had as they learned about avalanches.
- A 15 -minute PowerPoint presentation about the basics of how to recognize avalanche terrain, recognize obvious signs of instability, safe travel practices, the basics of avalanche rescue equipment and self-rescue procedures, and where to obtain information about current avalanche conditions.

The Know Before You Go program is taught in participating schools as an annual assembly, to any gathering of younger outdoor enthusiasts such as Boy Scout troops or to outdoor recreation programs at universities. Local avalanche professionals such as ski patrollers, ski guides and avalanche educators give the presentations.

To arrange to have this program for your school or group, contact:

Craig Gordon
Utah Avalanche Center
2242 West North Temple
Salt Lake City, Utah 84116
801-231-2170 mobile
cgordonski@hotmail.com

2 Beaver Introductory Classes

Manti-LaSal Avalanche Center
62 East 100 North/P.O.Box 386
Moab, Utah 84532
(435) 259-7155 during business hours
(435) 259-SNOW to leave a message
<http://www.avalanche.org/~lsafc/>
email: [mforgensi AT fs DOT fed DOT us](mailto:mforgensi@fs DOT fed DOT us)

3 Logan Introductory Classes

Utah Avalanche Center in Logan
(435) 797-0457
<http://www.avalanche.org/~uac/BRAIC/>
email: braic AT cc DOT usu DOT edu

4 Moab Introductory Classes

Manti-LaSal Avalanche Center
62 East 100 North/P.O.Box 386
Moab, Utah 84532
(435) 259-7155 during business hours
(435) 259-SNOW to leave a message
<http://www.avalanche.org/~lsafc/>
email: mforzensi AT fs DOT fed DOT us
Contact the Manti-La Sal Avalanche Center
(above) to arrange a presentation or course for
your group.

5 Ogden Introductory Classes

Snowbasin
Snowbasin Avalanche School
Tucker Chenoweth
Coordinator
801-866-2163

6 Park City Introductory Classes

American Avalanche Institute
P.O. Box 308
Wilson, Wyoming 83014
(307) 733-3315
<http://www.avalanchecourse.com>
email: aai AT wyoming DOT com
Level I Backcountry Course January 4-6, 2008.
\$185. Taught at The Canyons. Register with
Mike Ruth, 2208 Sunset Ct., Park City UT
84060, (435) 649-4527, email: mymruth AT
qwest DOT net

University of Utah
Center for Emergency Programs
Health Promotion and Education Dept.
1901 E. South Campus Dr. #2120
Salt Lake City, UT 84112
(307) 581-4512
<http://www.uucep.org/index2.html>

February 14-18, 2008: AVRescue I \$680.
Includes AAA Level I Avalanche Curriculum
plus Emergency Response and Medical Care.

Wilderness First Aid (or greater) certification is a pre-requisite. A WFA certification course (or WFR Re-Certification) is offered By the Wilderness Medicine Institute of NOLS on site at a greatly discounted rate for AVRescue Participants only, February 13 - 14. Details at <http://www.uucep.org/Remote%20Rescue/AVRescue/avrescueposter>
For more information call (307) 349-0877.

White Pine Touring
1685 Bonanza Drive
Park City, UT 84060
(435) 649-8710
<http://www.whitepinetouring.com>

We offer avalanche courses in the Park City area for professional and recreational backcountry users of all levels.

There are courses for every level of backcountry user, from skier to snowboarder, telemark to snowshoe or snowmobile traveler. We also offer special avalanche training for aspiring American Mountain Guides Association (AMGA) ski and ski mountaineering guides. Our courses are produced by the American Avalanche Institute for Research and Education (AIARE). These avalanche courses are also internationally recognized for ski patrollers, guides and other professionals. The recording methods and standards learned are consistent throughout our network, which exists throughout the world.

Our teaching style is on the cutting edge: full PowerPoint presentations, small classes and information on the latest research and developing standards throughout the USA. We strictly follow international standards in recording weather, snowpack and avalanche activity.

Our instructors are specially trained and qualified by AIARE and certified by either the AMGA or IFMGA (International Mountain Guide Association) in ski guiding or all aspects of mountain guiding to emphasize decision-making in avalanche terrain as well as travel techniques. Our instructors have experience in every snow condition and climate and have guided and conducted avalanche classes throughout the

world. They are simply among the best in the field! For our level III avalanche courses, we have only fully IFMGA/internationally certified guides instructing. We keep our high standards by requiring yearly refresher courses and international workshops.

Check out our nationwide program on the AIARE website <http://www.avtraining.org>
We offer special private courses by request in all levels, as well as group and individual two hour awareness classes for schools and seminars.

Customized courses for private individuals and groups can be arranged as well.

For more information call White Pine Touring, above or email Scott House at fsrman12@hotmail.com or Swiss Rock Guides at info@swissrockguides.com or visit the Swiss Rock Guides web site at <http://www.swissrockguides.com>

7 Price Introductory Classes

Manti-LaSal Avalanche Center
62 East 100 North/P.O.Box 386
Moab, Utah 84532
(435) 259-7155 during business hours
(435) 259-SNOW to leave a message
<http://www.avalanche.org/~lsafc/>
email: [mforgensi AT fs DOT fed DOT us](mailto:mforgensi@fs.fed DOT us)

Contact the Manti-La Sal Avalanche Center (above) to arrange a presentation or course for your group.

8 Salt Lake Introductory Classes

American Avalanche Institute
P.O. Box 308
Wilson, Wyoming 83014
(307) 733-3315
<http://www.avalanchecourse.com>
email: [aai AT wyoming DOT com](mailto:aai@wyoming DOT com)

December 14-16, 2007: Level I Backcountry Course \$185. Salt Lake City and Alta. Lecture 6-9 PM Friday at REI store in Salt Lake City.

Field session 8 AM - 5:30 PM Saturday & Sunday at Alta. Register with REI Salt Lake store, address below.

January 10-13, 2008: Level I Backcountry Course \$190. Salt Lake City and Alta. Lecture 6-9 PM Thursday and Friday at Wasatch Touring store in Salt Lake City. Field session 8 AM - 5:30 PM Saturday & Sunday at Alta. Register with Wasatch Touring, address below.

Exum Utah Mountain Adventures
2070 East 3900 South, #B
Salt Lake City, UT 84124
801 550-EXUM (3986)
801 573 9089 (mobile)
801 486 8505 (fax)

<http://www.exum.ofutah.com>
email: [tysonjulie AT earthlink DOT net](mailto:tysonjulie@earthlink DOT net)

December 7-8, 2007: Basic Avalanche Awareness. Friday 6-9PM Lecture, Saturday 8AM-4PM field class. \$120.00 per person. Introduction to rescue skills and avalanche beacon searches, route finding, snow pack evaluation and minimizing exposure to hazards. Designed as a first avalanche course, or short refresher, this class is ideal for backcountry skiers, snowboarders, mountaineers and snowshoers wishing to make informed route-finding decisions and mitigate risk while traveling in avalanche-prone terrain.

January 4-5, 2008: Basic Avalanche Awareness. As above.

March 7-8, 2008: Basic Avalanche Awareness. As above.

February 1-3, 2008: Intro to Backcountry Touring and Avalanche Awareness Course Friday 6-9PM, Saturday 8AM-4PM and Sunday 8am-4pm. \$280 per person. Add a day of backcountry skiing or snowboarding to the standard Avalanche Awareness class. Learn how to use skins and descend variable off-piste snow and terrain. Then on Sunday be able to concentrate on snow stability tests, route-finding, and rescue skills. For those with little or no experience using backcountry equipment, yet

interested in using the equipment to participate in the avalanche course. No previous experience necessary.

December 7-9, 2007: Level I Course Friday 6-9PM, Saturday 8AM-8PM and Sunday 8AM-5PM. \$190.00 per person. Learn safe travel in avalanche terrain and recognition of weather, snow pack and terrain factors contributing to avalanche hazard. Dig snow pits and perform field tests to recognize weak and strong layers in snowpack and practice efficient rescue with avalanche beacons.

January 25-27, 2008: Level I Course As above.

March 14-16, 2008: Level I Course As above.

Course curricula follow AAA guidelines and are sent upon signing up for the courses

AVALANCHE COURSES GEAR LIST

- non-cotton top and bottom under layers (capilene or polypro)
item if you're a cold type person, layer light/med weight with expedition weight fleece insulation layer
- waterproof/windproof top and bottom outer shell
- wool (and liner) socks
- 2 pairs of waterproof snow gloves or mittens
- fleece or liner glove for skinning
- hat and headband
- Sunglasses and goggles
- sunscreen
- 1 or 2 litres of water
- lunch, snacks and dinner for Saturday
- Ski or snowboard boots
- Alpine touring, telemark skis or alpine skis with binding inserts, or split snowboard OR snowshoes
- poles
- skins
- beacon *

- shovel *
- day backpack

* EUMA will provide you with a beacon and a shovel if you need them. Other equipment is available for rent at REI and Black Diamond

Avalanche and backcountry courses can also be booked as custom/private instruction any chosen day of the ski season.

Please contact Exum Utah Mountain Adventures for more information at 550-EXUM (3986). Or visit our website at <http://www.exum.ofutah.com>.

Friends of the Utah Avalanche Center

P. O. Box 521353

Salt Lake City UT 84152-1353

(801) 365-5522

January 19-21, 2008: Level I Brighton 3-Day Avalanche Workshop. (Martin Luther King weekend)

or

February 16-18, 2008 (Presidents Day weekend)

Beginning on December 1st we will be taking sign-ups at the Black Diamond Store - 2092 East 3900 South, SLC, UT (call 801-278-0233 for their hours). Cost is \$200 cash or check only for payment please.

This is an intensive three-day workshop which begins about 8:00 am each morning and ends around 9:00 pm each evening. Avalanche skills can only be learned by doing, so about 60% of the class is outdoors on the snow actually practicing avalanche skills. The other 40% will be indoor lectures. Course content includes avalanche rescue, terrain management and safe travel, snow pack stability evaluation, and the human factor. The course is based out of the Wasatch Mountain Club's Lodge at Brighton, and lodging is included in the cost. Instructors include Utah Avalanche Center forecasters.

Students must provide the following equipment: warm clothing, 457 kHz beacon and shovel; skis with climbing skins or snowboard with snowshoes/skins.

There will be a potluck supper Sunday night, so you should bring a dish to share. Sneakers or slippers to wear inside the lodge will be convenient. Course taught by Utah Avalanche Center forecasters.

Students can spend the night at the lodge; bring a sleeping bag and a sleeping pad, earplugs, along with your own pots, pans, dishes and silverware. Beginning December 1, 2007, your spot can be reserved by dropping off a check for \$200 at the Black Diamond Store, address above. If you cancel within a week of the workshop \$75 is non-refundable. For further details call Colleen at 801-365-5522.

REI Salt Lake City
3285 East 3300 South
Salt Lake City, UT 84109
(801) 486-2100
<http://www.rei.com/stores/19>

University of Utah
Academic Outreach and Continuing Education
Salt Lake City, UT 84112
(801) 585-3204
<http://continue.utah.edu>

January 16, 19 2008: Avalanche Workshop (LLREC-650) Thursday 7-9 PM, Sunday 8 AM - 3 PM Skiers, boarders, 'shoers, and snowmobilers—get the practical information and hands-on practice you need to be ready for a safe winter of backcountry travel. Topics to be covered in class and field include snow pack, weather and terrain evaluation, safe route finding, and avalanche rescue. We will also practice transceiver search. Suitable for beginners or those wanting a refresher. \$108.00 Instructor: Bruce Christenson
Questions: Lifelong Learning - (801) 587-5433

January 15, January 19-20 2008: Avalanche Awareness
Parks, Recreation and Tourism 2008:
1.5 credit hours, price: tuition.
Lecture 6:30-9 PM, Murray 101. Field trip all day 19-20. No camping required.
Practical field experience, lectures, slides, and

films acquaint Wasatch skiers and snowboarders with problems encountered in back-country travel. Course provides a basic working knowledge of group safety, route-finding, and minimizing winter hazards in the backcountry of Utah mountains.

Instructor: Scott Schumann

Note: Attendance at first class meeting is mandatory. Drops not possible after the 2nd day following this meeting.

Wasatch Mountain Club
1390 S. 1100 E., Ste 103
Salt Lake City, UT 84105
(801) 463-9842
<http://www.wasatchmountainclub.org>
email: wmc AT xmission DOT com

December 13, 2007: Robert Frohboese Annual Avalanche Clinic 6:45 PM Thursday night. This is indoor Part I of the annual Bob Frohboese Memorial Avalanche Clinic. Part 2 is transceiver use field practice to be held Saturday Dec. 15. The WMC avalanche clinic focuses on basic backcountry avalanche awareness and is essential for anyone going on MOD and MSD club trips and is highly recommended for everyone. Bruce Tremper of the Utah Avalanche Forecast Center will give a talk and present his famous slide show. This will take place at 6:45 PM in the social hall downstairs of the South Valley Unitarian Society church located at 6876 So. Highland Drive. Refreshments will be provided. A suggested \$5 donation covers costs and a portion goes to the Friends of the Avalanche Forecast Center. For more information or to help with the clinic please contact the Winter Sports Director, John Veranth, 801.278.5826 (john.veranth@m.cc.utah.edu).

December 15, 2007: Avalanche Transceiver Field Practice 9 AM. This is part 2 of the WMC clinic on basic backcountry avalanche awareness and is highly recommended for anyone doing WMC winter trips. See listing above for the indoor session. This will be a hands-on field session to learn how to use the transceiver in a backcountry search. To have any level of skill at

avalanche rescue you must practice out in the snow! After a morning of practice we traditionally break off into groups of like mind for a short outing. Meet at Butler Elementary parking lot, 2700 East just south of Fort Union Blvd. Bring your snowshoes or skis with skins, snow shovel, 10 Es and don't forget to put fresh batteries in your transceiver. For more information or to help with the clinic please contact the Winter Sports Director, John Veranth, 801.278.5826 (john.veranth@m.cc.utah.edu).

Wasatch Touring
702 East 100 South
Salt Lake City, UT 84102
(801) 359-9361
<http://www.wasatchtouring.com/>

9 Sanpete Valley Introductory Classes

Manti-LaSal Avalanche Center
62 East 100 North/P.O.Box 386
Moab, Utah 84532
(435) 259-7155 during business hours
(435) 259-SNOW to leave a message
<http://www.avalanche.org/~lsafc/>
email: mforngensi AT fs DOT fed DOT us

Contact the Manti-La Sal Avalanche Center (above) to arrange a presentation or course for your group.

10 Utah County Introductory Classes

Mt. Nebo Training Association
675 South 100 West
Suite #5
Payson, UT 84651
(801) 372-0928
<http://www.mtnebotraining.com/>
email: Kirk AT MtNeboTraining DOT com

Let us custom fit an avalanche awareness class to your group. Snowmobilers, Snow-shoers, Skiers, or Boarders each have a different way of looking

at the winter environment. Small group sizes (6 to 8 participants) makes classes more personal. Get a group of like-minded winter enthusiasts together and we will tailor a class just for you!

11 Advanced Classes

American Avalanche Institute
P.O. Box 308
Wilson, Wyoming 83014
(307) 733-3315
<http://www.avalanchecourse.com>
email: aai AT wyoming DOT com

December 10-11, 2007; Level II Course Alta.
\$225 which includes lift tickets. Register with AAI at the address above.

March 8-9 2008; Level II Course The Canyons.
\$225 which includes lift tickets. Register with AAI at the address above.

Exum Utah Mountain Adventures
2082 East 3900 South
Salt Lake City, UT 84124
801 550-EXUM (3986)
801 573 9089 (mobile)
801 486 8505 (fax)
<http://www.exum.ofutah.com>
email: tysonjulie AT earthlink DOT net

February 22-24, 2008: Level II Avalanche Course Friday 6-9PM, Saturday 8AM-8PM, Sunday 8AM-5PM. \$225 per person. Review and expand upon material learned in level I. Learn to identify snow crystal types and processes leading to them; how to record and interpret information gained from snowpits, stability tests, weather and other factors contributing to snow strength.

Must have completed Level 1 avalanche course.

Course curricula follow AAA guidelines and are sent upon signing up for the courses

AVALANCHE COURSES GEAR LIST

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- if you're a cold type person, layer light/med weight with expedition weight fleece insulation layer
- waterproof/windproof top and bottom outer shell
- wool (and liner) socks
- 2 pairs of waterproof snow gloves or mittens
- fleece or liner glove for skinning
- hat and headband
- Sunglasses and goggles
- sunscreen
- 1 or 2 litres of water
- lunch, snacks and dinner for Saturday
- Ski or snowboard boots
- Alpine touring, telemark skis or alpine skis with binding inserts, or split snowboard OR snowshoes
- poles
- skins
- beacon *
- shovel *
- day backpack

* EUMA will provide you with a beacon and a shovel if you need them. Other equipment is available for rent at REI and Black Diamond

Avalanche courses can also be booked as custom/private instruction any chosen day of the ski season.

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University of Utah
Academic Outreach and Continuing Education
Salt Lake City, UT 84112
(801) 581-8614
<http://continue.utah.edu>

January - April 2008: Snow and avalanche
Geography 526-060: \$316+\$15 special fee.

January 7-April 23, 2008. Wednesday 6-8 PM, OSH 107

Geography 526-061 lab (taken simultaneously):
Friday 1:25-5:25 PM at Alta.

Field sessions require clothing and equipment that allow students to participate in outdoor activities. Students must be able to ski or snowshoe, climb steep terrain, and safely ski back down. Two lectures or discussions weekly combined with one full afternoon in field. Second lecture meets at Alta Town Library before field session. Provides thorough background in technical avalanche forecasting procedures. Study of conditions leading to snow avalanches, broader aspects of snow in all its phases.

Instructor: Ralph Patterson

University of Utah
Center for Emergency Programs
Health Promotion and Education Dept.
1901 E. South Campus Dr. #2120
Salt Lake City, UT 84112
(801) 581-4512
<http://www.uucep.org/index2.html>

January 2-7, 2008: AVRescue II \$970.

Complete AAA Level II Avalanche Curriculum plus Emergency Response and Medical Care. Prerequisites: Level I Avalanche Certification and Wilderness First Responder (or greater medical certification). Details at

<http://www.uucep.org/Remote%20Rescue/AVRescue/avrescueposter>
For more information call (307) 349-0877.

White Pine Touring
1685 Bonanza Drive
Park City, UT 84060
(435) 649-8710
<http://www.whitepinetouring.com>

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12 Instructional Video

Edward Arriola
P. O. Box 684391
Park City UT 84068
801-243-4802

email: [ed.telemark AT hotmail DOT com](mailto:ed.telemark@hotmail.com)

Avalanche education video *Winning the Avalanche Game*, produced by Bruce Tremper. \$29.95 including postage and handling. Checks or money orders should be made out to the FUAFC. Sorry, no credit card orders. Wholesale inquiries welcome.

13 Internet Links

American Avalanche Association
<http://www.avalanche.org/~aaap>

American Institute for Avalanche Research and Education <http://www.avtraining.org>

Avalanche Science (Couloir Magazine)
http://www.couloirmag.com/articles/avy_index.php

BeaconReviews.com <http://www.beaconreviews.com/>

Book and video reviews
<http://www.avalanche.org/~lsafc/INFO/Books.HTML>

Colorado Avalanche Information Center
<http://geosurvey.state.co.us/avalanche/>

Cyberspace Snow and Avalanche Center
<http://www.csac.org>

National Avalanche Foundation
<http://www.avalancheschool.org>

Save Our Canyons <http://www.saveourcanyons.org>

TelemarkTips.com <http://www.telemarktips.com>

Snow Gear Reviews (GearReview.com)
<http://www.gearreview.com/snowreviews.asp>

This is Your Brain in the Backcountry
(Mountainzone.com)
<http://classic.mountainzone.com/gear/99/access/transceiver/index.ht>

USNWS Salt Lake Snow and Avalanche Conditions

<http://nimbo.wrh.noaa.gov/Saltlake/snow/>

UTA Ski Bus Schedule

<http://www.utabus.com/ridingUTA/schedules/routeSchedules.aspx?routeGroupID=8>

The Utah Nordic Alliance <http://www.utahnordic.com/>

Utah Avalanche Center

<http://www.avalanche.org/~uac/>

Utah Winter Games <http://www.utahwintergames.org/>

Wasatch-Cache National Forest

<http://www.fs.fed.us/r4/wcnf/>

Wasatch Backcountry Rescue

<http://www.wasatchbackcountryrescue.org>

Wasatch Mountain Club

<http://www.wasatchmountainclub.org>

Wasatch Telemark Series

<http://www.wasatchtelemark.org>

Westwide Avalanche Network

<http://www.avalanche.org>