



## Avalanche Skills Training (AST)

Play safer in the mountains by increasing your awareness of your favorite environment. This 2 day course recognized by the **Canadian Avalanche Association** will give you the knowledge and skills to reduce the risk of being caught in an avalanche. At the end of the course participants will be able to recognize avalanche terrain, conduct various tests to determine snow stability and should an avalanche occur, perform a self- rescue.

### **DATES**

**2009** Jan 15/16, 28/29

(2 full days with 4 hours theory on the first night)

### **INSTRUCTOR TO STUDENT RATIO**

1:8 (maximum 8 students)

### **Canadian Avalanche Association certificate upon completion**

#### **Classroom Session**

Formation of Avalanches  
Avalanche Terrain  
Factors Affecting Stability  
Mountain Snow Pack  
Backcountry Travel  
Assessing Avalanche Danger  
Safety Measures and Self Rescue

#### **Field Session**

Terrain Recognition  
Route Finding  
Safe Travel  
Group Management  
Stability Evaluation  
Hazard Recognition  
Small Party Self Rescue

**COURSE FEE** 23,000 yen/person (2 Course manuals included)

To make a booking please email [info@blackdiamondtours.com](mailto:info@blackdiamondtours.com)

Or phone Andrew Spragg at 090-22054-8687/0136-44-1144