

Whether you are getting ready for your first winter of backcountry skiing and riding or you've been at it for years, the Avalanche Skills Training (AST) Level 1 or 2 course - developed by the Canadian Avalanche Centre - is the perfect opportunity to learn about (or brush up on) safe backcountry travel techniques, route finding, slope assessment and companion rescue. Join us for a combination of classroom learning and snowcat assisted ski touring.

The AST 1 is an introductory level course. The AST 2 course will provide an intermediate level decision-making framework that is based on the most advanced knowledge available.

Rates & Dates

| Course & Dates | Rates | Location |
|--------------------|---------------------------------|-------------------------|
| AST 1 15-16 Dec | 199 | BRC office |
| AST 1 22-23 Dec | 199 | BRC office |
| AST 2 27-30 Dec | 379 | BRC office |
| AST 2 5-12 Jan | 1380, self-catered touring week | Valhalla Mountain Lodge |
| AST 1 19-20 Jan | 199 | BRC office |
| AST 2 7-10 Feb | 199 | BRC office |

All rates plus 12% HST. AST2 5-12 Jan not through Big Red Cats. Other dates may be arranged for groups of 4 or more.

The Big Red Cats office is located at the base of Red Mountain ski resort, 2-4430 Red Mountain Rd, Rossland BC.

AVALANCHE SKILLS TRAINING COURSES LEVEL 1 & 2

BY CAA
PROFESSIONAL
MEMBER KEITH
ROBINE AND



About Us

Keith has been teaching avalanche courses to students all over North America for the past 22 years. He is a Professional member of the Canadian Avalanche Association and a member of the Canadian Ski Guide Association.

Big Red Cats has been operating out of Rossland, BC since 2005.

Special Lodge Based AST 2

Keith also runs week long avalanche courses at various backcountry lodges in British Columbia. This is perhaps the finest way to hone your ski touring skills, under the watchful eye of an instructor, skiing as much powder as you can handle. Most lodges are accessed by helicopter and include comfortable accommodation and hearty meals.

AST Level 1 Sample Outline

(All times and locations subject to change)

First Day Classroom/Field Session

- 0830 Meet at Big Red Cats Welcome Centre, lower left part of Red Robs Complex.
- Introduction to AST
 - Group avalanche initiative exercise
 - Course Curriculum, including Types of Avalanches, Terrain, Snow Science, Avaluator v2, Companion Rescue
- 1230 Field practice of Beacon Searching, Probing, and Apex Shovel Technique
- 1600 Equipment for Backcountry Touring
- Review plans for tomorrow's tour
 - Homework – review course textbook & print CAA Avalanche Bulletin
- 1700 Conclude Session

Second Day Field Session

- 0700 Carpool to BigRedCats staging area. Leave vehicle(s) near Nancy Greene Summit.
- 0745 Ride snowcat to shoulder of Mt. Crowe between Crowe and Neptune
- 0830 Ski down below the east face of Mt. Crowe, terrain analysis, human factors
- 1000 Skin up to summit of Mt. Crowe, snow stability evaluation, Avaluator v2
- 1300 Ski down to highway, group travel, human factors, companion rescue exercise
- 1500 Pick up vehicles and return to Red Shutter
- 1545 Course review, presentation of certificates, course evaluations
- 1700 AST Level 1 Course concludes

The AST 2 Course includes one evening and three full days of instruction. It is a pre-requisite to take the AST 1 or have equivalent education with prior instructor approval. The field sessions include backcountry touring in multiple locations and more advanced classroom/fieldwork.

To learn more, check out the website:

www.bigredcatskiing.com/avalanche-courses

To book a course or inquire about other custom itineraries, contact Big Red Cats:

(250) 362-2271

ski@bigredcats.com

Contact Keith directly for more info on the week-long lodge-based courses, and technical questions:

keithann@netidea.com

(250) 362-5956

