

Z bwhu#sruw#dihw|

Class # 314

Winter Sports Safety; description: Learn the basics of avalanche safety, how to spot and avoid terrain hazards, and what to do when wild weather hits. Will also touch on the proper use of equipment and clothing. Great for everyone from experienced winter sports enthusiasts to beginners.



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REMFWLYHV

Dwkh#qg#i#kl#hwlrq#rx#kxog#qghuwlqg#
Krz#r#dyh#i#dih#qg#xq#Z lqhu#sruw#xwqj#2#dfwyl#|=

- Solq#ru#kh#qh{shfwng#wkhuh#kxog#rweh#q|#qh{shfwng,1#
- Vhdfw#kh#ruhfw#jndu#ru#kh#rogwlrqv
- Kdyl#kh#f#rxw#dihq#solq#qg#n{hfxw#b#Z lqhu#xwqj
- Qnduq#z#kdw#rgr#qg#z#kdw#rgr#qg#Dydolqfkh#rogwlrqv#qg#krz#r#orm#ru
dog#sruw#dydolqfkh#huolq#2#rogwlrqv1



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43#fwhqwdov

41 P ds#qg#r#p sdv

51 Vxq#surwhfwlrq

61 H#wd#arklqj

71 Khdgadjkw#2#otvkdjkw

81 Ilw#bg#Nlw

91 Nglih#2#p xowlorro

:1 P dwfkhv#2#lih#wduhu

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431Udlq#hdu

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Forklift

• *Edv#ol/hu*

- *Prlwkh#fnlgj#eudwkdedh*
- *Orrvhu#lwlqj#*
 - **Polyester, Polypropylene or nylon**



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Forklift

• *Iqvxøwlrq#ol/hu*

- *Sxüervh*
 - *Wüsv#äp #ll#h{w#r#erg/*
- *Ehw#deülv#*
 - *Zrrø#grzq#/#qkhwlf#lo#u#ohfh*



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Farklqj

• Vkhodol/hu

- Sxusrvh
 - Surybqhv#surwhfwlqg#urp #z bq#lqg#suhfslwqlqg
- Ehw#deulfv#
 - Q/arq#lk#dwhu#hvlwqlqg#Frdwqlqv#bqh#j rh0h{#u#wkhuvl



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Farklqj

Zk/B

- Fkrrvh#ol/hu#edvhg#q#elfwylwlv
 - Vqrzvkrlqj/#lp lhg#qvxwqlqg#r#hhs#urp #yhukhwlqj
 - Fqp slqj/#ljkw#qvxwqlqg#klh#elfwylh#exlqj#kxohu,#lqg#hdy/#
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ehw#d/#ru#frxw#r#q#w#z dqw#r#j r#q#kdw#xwqlqj#jldlq\$



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Z bwhu#7kholu



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Z bwhu#7kholu

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Vqrrz #Wuhqfk



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Z lqwhu#khohu

Z lqwhu#khohu

Ijær



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Z lqwhu#khohu

Z lqwhu#khohu

Txlb}hh



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Z lqwhu#khohu

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Vorzfodyh



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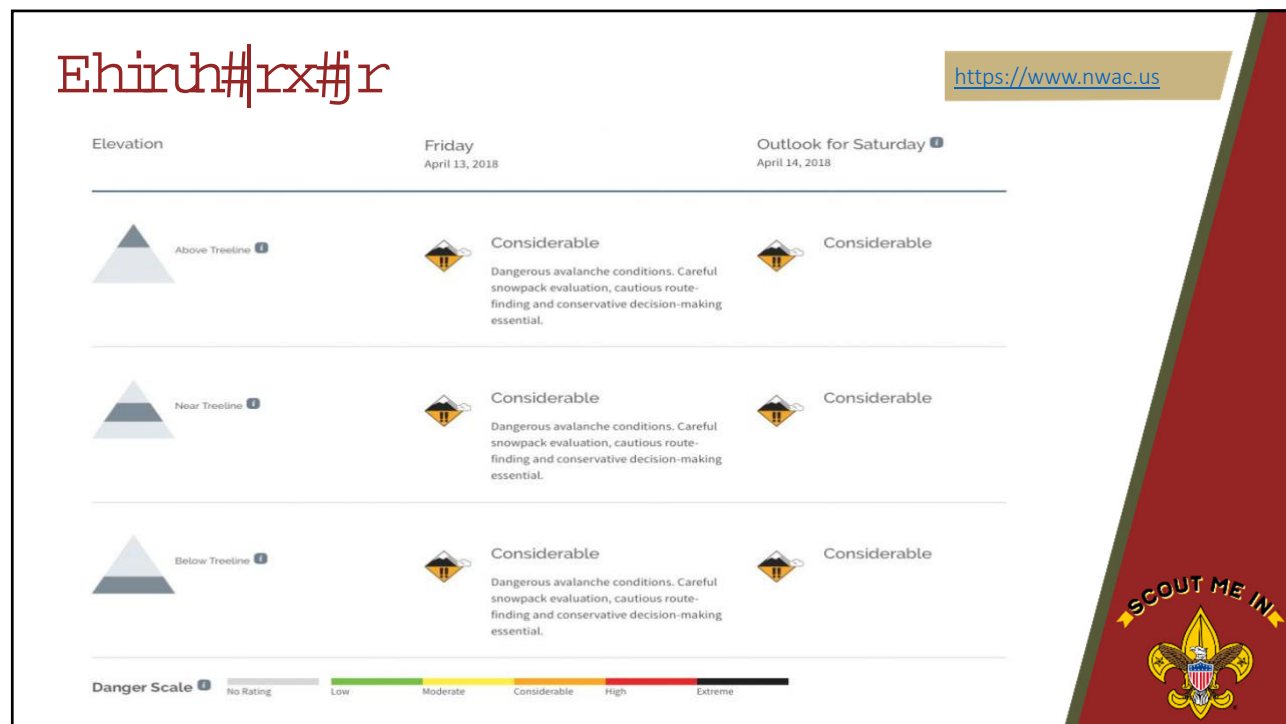
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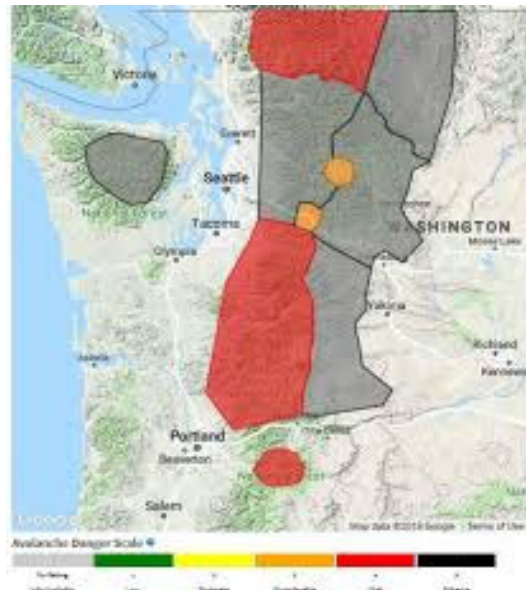
<https://www.nwac.us>

North American Public Avalanche Danger Scale				
Avalanche danger is determined by the likelihood, size and distribution of avalanches.				
Danger Level		Travel Advice	Likelihood of Avalanches	Avalanche Size and Distribution
5 Extreme		Avoid all avalanche terrain.	Natural and human-triggered avalanches certain.	Large to very large avalanches in many areas.
4 High		Very dangerous avalanche conditions. Travel in avalanche terrain not recommended.	Natural avalanches likely; human-triggered avalanches very likely.	Large avalanches in many areas; or very large avalanches in specific areas.
3 Considerable		Dangerous avalanche conditions. Careful snowpack evaluation, cautious route-finding and conservative decision-making essential.	Natural avalanches possible; human-triggered avalanches likely.	Small avalanches in many areas; or large avalanches in specific areas; or very large avalanches in isolated areas.
2 Moderate		Heightened avalanche conditions on specific terrain features. Evaluate snow and terrain carefully; identify features of concern.	Natural avalanches unlikely; human-triggered avalanches possible.	Small avalanches in specific areas; or large avalanches in isolated areas.
1 Low		Generally safe avalanche conditions. Watch for unstable snow on isolated terrain features.	Natural and human-triggered avalanches unlikely.	Small avalanches in isolated areas or extreme terrain.
Safe backcountry travel requires training and experience. You control your own risk by choosing where, when and how you travel.				
No Rating		Watch for signs of unstable snow such as recent avalanches, cracking in the snow, and audible collapsing. Avoid traveling on or under similar slopes.		

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<https://www.nwac.us>


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ALPTRUTH Situational Awareness

Situation	Description	Rating
Avalanches	Avalanches in last 48 hours	
Loading	Loading from new snow, wind, etc	
Path	Known avalanche path	
Terrain	Terrain Traps	
Rating	Overall avalanche rating	
Unstable	Unstable snow signs (cracking, whoomphing, etc)	
Thawing	Warm snow on top	
For each of these conditions that exist, give 1 point 98% of accidents had 3 or higher 92% of accidents had a 4 or higher		

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FACETS
Human Traps in Recreational Avalanches

F **FAMILIARITY**
The "tendency to believe that our behavior is correct because we have done it before." Our brain creates shortcuts and uses past actions to guide our decisions even when it may not be safe.

A **ACCEPTANCE**
The "tendency to engage in activities that we think will get us noticed or accepted by the people we respect or want to respect us."

C **COMMITMENT**
"Once we have made an initial decision about something, subsequent decisions are much easier if we simply maintain consistency with that first decision." The brain makes shortcuts that make our decisions easier. Completely re-evaluating a plan can take a lot of brain energy.

E **EXPERT HALO**
Groups tend to follow a leader, even when this leader may not have the adequate experience or decision-making skills because the person gives off a halo of expertise. This leader could take a group into dangerous situations.

T **TRACKS/SCARCITY**
The "tendency to value resources or opportunities in proportion to the chance that you may lose them, especially to a competitor." Backcountry users may find themselves pushing into more dangerous terrain to find fresh tracks.

S **SOCIAL FACILITATION**
When a group is confident in their skills, they tend to make more risky decisions.

Adapted from Ian McCammon



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TERRAIN TRAPS:

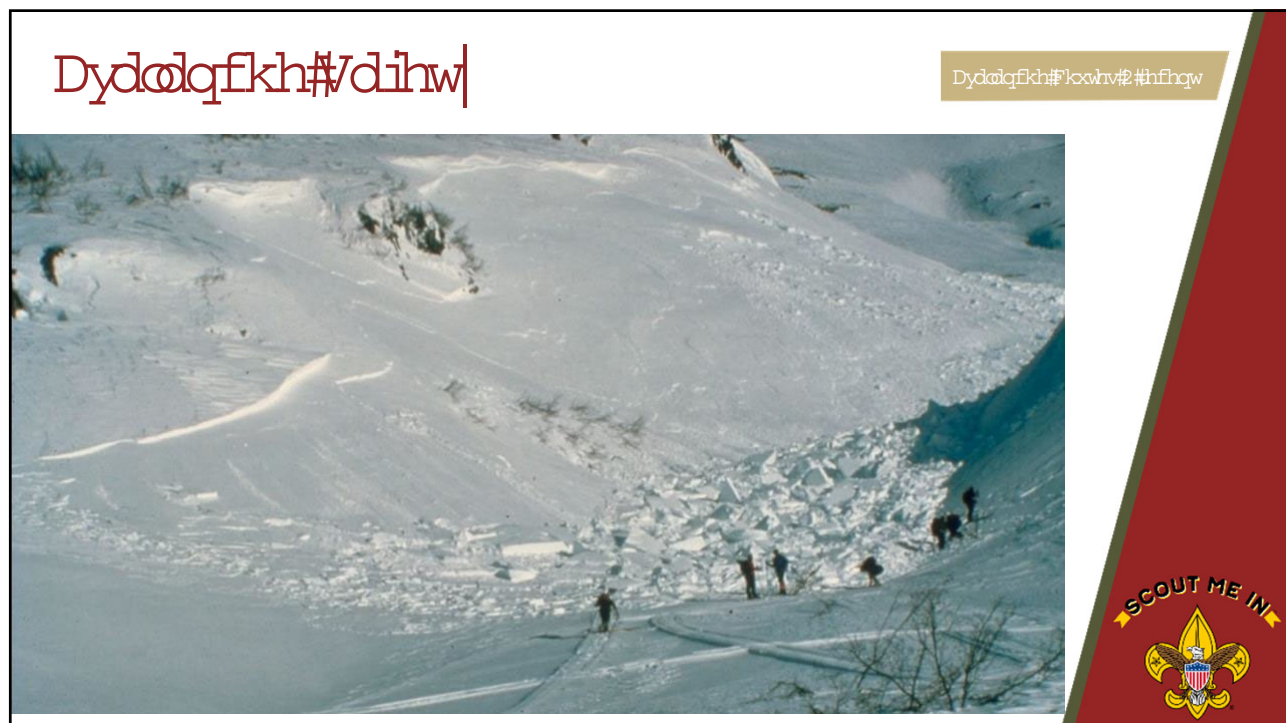
Even a small avalanche can leave a victim buried deeply in a terrain trap.



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Risk factors

- 75% of Avalanches happen on a slope of between 34 and 49 degrees
- Altitude plays a major role in risk. Higher elevations tend to mean colder temperatures and more wind. Lower elevations tend to mean warmer temps, and heavier loading (Rain / Wet snow).
- Trees. Sparse trees are not good anchors, heavy tree coverage means good anchors.
- Wind. Leeward sides of hills / mountains can create cornices or wind slabs. Wind can deposit snow 10 times more rapidly than snow falling without wind.
- Sun. Weak layers tend to persist longer on the shady North facing slopes. As temps rise the South facing slopes will load more heavily and create wet avalanches



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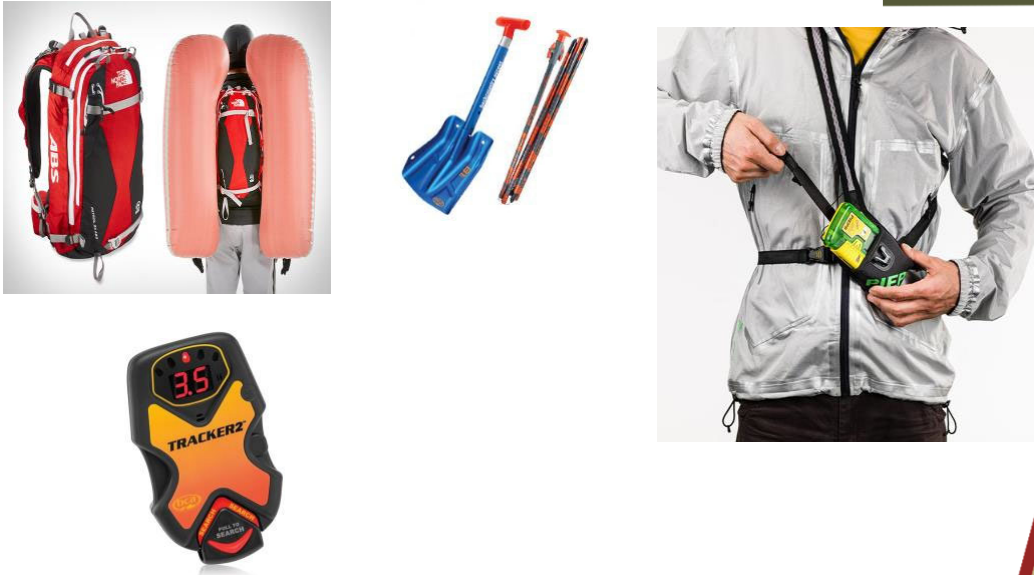
- Recovery Gear, not Rescue Gear
 - Use resources first, not gear!
 - Snow Shovel. Durable metal, not plastic
 - Avalanche Beacon / Transceiver
 - Avalanche Probe 320CM or longer (320cm is about 10.5 feet)
 - Avalanche backpack / Air bag backpack / Avalung vest
 - Training and more training.
 - Practice Annually



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Scenario

6 mile Snowshoe day hike with your Troop / Crew. You are going to a backcountry location with very hilly terrain, and 24" of new snow in the last 3 days.

Choose from the following items and rank in order of importance and explain why. What would you add?

- Snowshoes
- Map
- Compass
- 10 Essentials
- Tent
- Fire starter
- Headphones
- Hat
- Shovel
- Avalanche Beacon
- Lunch
- Water
- Sweatpants
- Avalanche Probe
- Cell phone
- Gloves
- Extra Gloves
- Axe
- Dutch oven
- Weather forecast
- Sled
- Avalanche forecast / report
- Heavy insulated coat
- Trail running shoes
- Insulated boots
- Bug spray
- Rain gear

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Questions?



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Resources

- NW Avalance Center <https://www.nwac.us>
- <https://www.rei.com/learn/expert-advice/cold-weather-hiking.html>



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