

Alpine Touring Workshop

Purpose: Provide students with skiing/riding skills and technique for enjoying variable off-piste conditions whether in resort or out-of-resort. Introduce students to the gear, avalanche safety equipment and basic avalanche hazard understanding as participants venture outside the resort boundaries during this workshop.

Workshop length: Four week program, one session per week, session meeting times and hours per session vary according to details below.

Prerequisite: Minimum solid blue skills (intermediate), have explored blue ungroomed resort terrain. Any sliding tool accommodated. Level of fitness commensurate with a full day hike in summer at high elevation.

Sponsor: Brighton Snowsports School

Outline

First Session 6 - 9pm, indoor lecture
Introduction and outline of workshop

Gear overview

Backpack contents

- Avalanche safety equipment (beacon, probe, shovel)
- Food and extra food, water
- Proper clothing (layers), waterproof/windproof
- Tools and necessary spare parts
- Emergency supplies (space blanket, first aid, fire starter, etc)
- Communications

Uphill travel needs

- Skins/snowshoes (including skin care and skin wax)
- Sliding tool types
- Binding styles
- Poles

Avalanche Safety

- Red Flags, weather effects, handouts
- Know-Before-You-Go video
- UAC forecast/advisory
- Human Factors: Common mistakes in the BC and group dynamics

Second Session 9am - noon, on-snow
Skills day (includes full day lift pass)

9 - 11am

General skiing/riding improvement and feedback (lift-served)
break into groups, splits
conditions du jour, ungroomed blue and black terrain according to student goal

11am - noon

Avalanche beacon practice and understanding
Remainder of day student may practice sliding skills improvement with lift

Third Session 9am - noon, on-snow
Beacon exercise and skinning (includes full day lift pass)

9 - 10:30am

Using lift to access just beyond resort boundary
Perform beacon search, probe and shoveling in realistic environment

10:30am - noon

Skin application/removal/adjustment, skinning technique (kick turns, skin-track steepness, uptrack terrain choice), fitness overview
Return to resort

Fourth Session 9am - 4pm, on-snow
Full day tour (bring lunch)

Morning meeting

UAC advisory discussion, weather of the day
Options on safe places to go
Splits depending on skills, sliding tool and fitness
Required gear check

Uphill travel from near base area (**non-lift served**)

Frequent hand pits, ski pole penetrometer, alert for red flags, test slopes
Route selection, terrain steepness and convexity analysis, aspects
Brief stability test overview (dig pit if time, pros & cons of pits & weighing results)
Question for group: Where is the safest place to descend? Alternatives?
Off-piste riding/skiing skills review and feedback for improvement

Wrapup