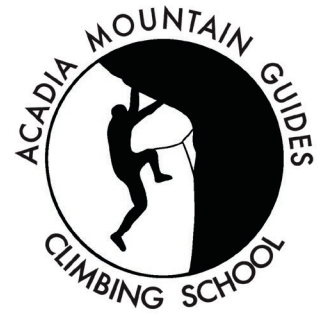


AIARE Avalanche Rescue AMG Backcountry Rescue Medicine Avalanche Education Course Detailed Course Information



Description:

Our AIARE Avalanche Rescue course is a one-day stand-alone course that is intended to be retaken on a regular basis in order to keep abreast of best practices in rescue techniques and gear. New participants will learn the basics of companion rescue, while returning participants will expand their skill set with advanced topics and realistic scenario practice to help improve their skills. Each participant will have the opportunity to receive professional coaching on their rescue skills and will receive a rescue card acknowledging the completion date.



- **Who's it for?** The Avalanche Rescue Course is a one-day course aimed both at new & experienced recreationists, & aspiring snow professionals that are looking to learn the nuanced nature of complex avalanche rescue scenarios.
- **How we go?** Participants may take this course on backcountry skis, split board, or snowshoes.
- **Where do we go?** Most courses utilize terrain on or near Mt. Washington and the northern Presidential Range.
- **Why go with AMG?** Acadia Mountain Guides is New England's original and most experienced AIARE provider and is led by IFMGA Mountain Guide Jon Tierney. Our curriculum meets and exceeds the AIARE Avalanche Rescue curriculum. The Wilderness Medicine skills of our instructors allows us to teach basic backcountry medicine.
- **Pre-requisites:**
 - Fitness, clothing and equipment to ski or hike up to 3 miles round trip with a 10-pound pack. If skiing or riding, you should be advanced enough to ski ungroomed terrain at major northeast ski resorts.
 - AIARE Avalanche Rescue is a prerequisite for the AIARE 2 and Pro 1 courses. AIARE recommends that all backcountry travelers keep their skills current by taking an Avalanche Rescue course and receiving a rescue card at least every other year.



The course will help you to answer these questions better:

***What gear do I need to complete a rescue? How does the gear work? What does a rescue entail?
How do I conduct a rescue? How can I get better at rescuing my partner?***

Starting with brief pre course online classroom you will learn the basics of a companion rescue, strategic shoveling, and probing. At the start of in-person class we will go in-depth into how beacons operate and the finite logistics behind a rescue indoors. We will then head outside onto the snow to begin working on following flux lines, proper probing techniques, strategic shoveling, and multiple scenarios (single & multiple burials scenarios). We will work with more advanced students to refine their skills and lower the time it takes them to find a buried victim. Beginner students will see just how difficult an avalanche rescue can be and we hope to build a knowledge base that allows them to expand their skills through practice after the course. Throughout the course, you will have the opportunity to "pick the brain" of guides who have spent many years skiing and climbing in the mountains all over the world.

Tuition

\$200.00 -Includes AIARE Av Rescue text hardcopy and PDF, beacon, probe, and shovel, no hidden fees!

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Course Format:

1 Day (8:00 AM – 3:00 PM); How beacons work, logistics of a rescue, probing technique, strategic shoveling, real-life avalanche rescue skills, how to build a backcountry sled, and basic backcountry rescue medicine skills.

Learning Objectives:

At the end of the Avalanche Rescue course the student should be able to:

- Describe what to do if they or a member of their party is caught in an avalanche.
- Identify and be able to use gear necessary for avalanche rescue.
- Set up a realistic scenario in order to practice an avalanche rescue response.
- Improve their response skills and times during and after the course with feedback from instructors and peers.
- Develop a plan for continuing practice.

COVID In the Field

As we all look for ways to get outside it's important do so in a responsible manner that promotes the health and safety of both participants and guides. Since opening in 1994, Acadia Mountain Guides has had a strong reputation for leading the way with regard to safety quality assurance and has now established Covid-19 pandemic guidelines that meet and exceed those recommended by the CDC, the state of Maine, the American Camping Association and professional guide associations. We are committed to maintaining a healthy educational environment. As best practices continue to evolve and the nature of the pandemic changes, we will continue to adapt our guidelines. We ask for your patience, flexibility and cooperation and we work through this together. If you do not pass our COVID screening or we are forced to cancel your program due to COVID, you will be given the option to reschedule or receive a full refund.

During your avalanche training course, you can expect the following COVID guidelines to be followed:

- AMG will limit the size of courses and travel groups to reduce exposure and to meet spacing requirements.
- Guides will record health status and temperature at start of day will not report to work if symptomatic.
- Clients are expected to honestly answer the following health related questions regarding COVID – 19 signs and symptoms and understand that you may not be allowed to participate if certain conditions are present:
 - Known close contact with a + COVID person within last 14 days?
 - Onset of non-productive cough within last 14 days?
 - Onset of new shortness of breath within last 14 days?
 - If any of the above, you may not participate until having a COVID test or have been symptom free for 14 days.
 - Any additional signs / symptoms Fever (>100.4 F), recent chills, body aches/muscle pain, headache, sore throat, nausea/vomiting, new loss of taste or smell.
 - If 2 or more of above, you may not participate until having a COVID test or have been symptom free for 14 days. If your participation in the outing is not allowed, you will be given the option to reschedule, or to receive a refund.
- Surfaces, instruments and equipment in which we anticipate your contact will be disinfected prior to your arrival.
- Hand sanitizer will be readily available throughout the course.
- Whenever possible we will meet and prepare for tours outside in the fresh air.
- We will not share food, drink or clothing.
- We will not greet you with a handshake but with a big, friendly smile hidden by our face covering.
- Physical distancing will be maintained when possible and face coverings will be utilized when distancing can't be maintained.
- You will be issued a cleaned transceiver, shovel and probe for your own use during course. Any additional shared gear will be sanitized or quarantined between use.
- Clients and guide should ride in separate vehicles. Carpooling with those outside of your family is discouraged.
- Medical care: In addition to standard medical supplies, guides will carry an HME filter and mask to safely provide airway and breathing management.

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About the American Institute of Avalanche Research and Education

AIARE courses are recognized across the country and are consistent with the international standards and recording methods. AIARE instructors participate in annual training and network continuously with each other to learn about the latest information in avalanche science. Courses flow sequentially regardless of where you take your class. AIARE courses teach you a way of thinking about snow travel rather than a protocol-based approach to learning. Save lives through education.

Preparing for Your Course

Please complete the following as pre-course work and be prepared to discuss in class.

On line learning: AIARE offers an [online learning component](#) is great for getting an understanding of avalanche terrain, avalanche problems and how to recognize suspect areas. We strongly suggest looking at this in advance. Plan about 2 – 4 hours to work on the online content ahead of the class.

Optional Text:

- **Staying Alive in Avalanche Terrain, 3rd Edition. Bruce Tremper**
 - This edition features a wholly new chapter in which Bruce pulls all the pieces together to create an organized, step-by-step system for making decisions off, and on, the mountain.
- **Avalanche Essentials: A Step-by-Step System for Safety & Survival, Bruce Tremper**
 - This is the companion to Staying Alive in Avalanche Terrain the bestselling avalanche text in the U.S - with easy-to-understand safety tips and checklists to help anyone stay safer in avalanche terrain. It is a small, take-along resource to reference in the field and assist decision making. Winter athletes don't necessarily want to be snow scientists but playing in avalanche country does require basic knowledge of the risks in order to stay safe.

Books may be ordered from Alpenglow [\(207\) 866-7562](tel:2078667562) or online at AlpenglowGear.com. at the time of your registration.

Inclusions

- AIARE Avalanche Rescue Student Manual
- AIARE Online Pre-Course Preparation
- Beacon, probe, and shovel for use during the course
- Professionally guided by AMGA trained or certified ski guides.
- Ration: Maximum of 6 clients / guide
- All group and emergency gear provided

Exclusions

- Personal clothing/equipment
- Transportation to/from classroom venue
- Trailhead parking fees if any
- Transportation to/from trailheads
- Evening beverages / pub visits
- Lodging / Meals
- Instructor / Guide Gratuities

Lodging and Food:

Acadia Mountain Guides has partnered with [Quality Inn, Gorham New Hampshire](#) to offer lodging right at the same venue as the classroom location. Quality Inn offers single/double occupancy rooms for \$99/night, an additional \$5/night will be charged for above double occupancy, room charge also includes continental breakfast.

Gorham has several options for breakfast, lunch and dinner. All are within walking distance of the classroom.

You will often find our instructors down the road at locally/skier owned [SAaLT Pub](#) enjoying locally sourced food and drink for dinner after a long day in the mountains!

We encourage you to join us there, we are delighted to continue conversing about snow, mountains and more even after the class has ended!

Parking and / or Single Ride Lift Fee

We seek to find the best snow and learning conditions possible for each course and to provide different venues for each field day. If we travel to the west side of Mount Washington a nominal parking fee may be charged at the Cog Railway base station parking area. Occasionally we utilize lift access at Wildcat to access terrain and this may require purchasing a single ride lift pass.

Meet your instructors:

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Our courses are instructed by a team of professionals – all of whom have been vetted and approved through AIARE. Each course will have one or more instructors and a course leader. Occasionally we also have interns and guide assistants who have been through AIARE 1 and 2 courses and are there to provide additional assistance which allows us to get even more accomplished.

Jon Tierney, owner of Acadia Mountain Guides. Jon is an internationally licensed IFMGA/AMGA mountain guide, an AIARE 2 Course Leader and a Critical Care and Flight Paramedic. He has completed multiple AIARE L3 courses and is a member of the American Avalanche Association. He has a highly developed blend of education and experience in outdoor leadership, mountain guiding, backcountry rescue and emergency medicine spanning over three decades. Jon brought the initial AIARE curriculum to New England and has been teaching for AIARE since the mid 90s. With a passion for rock, snow, and ice, Jon's accomplishments as a climber and guide include over seventy high altitude peaks as well as difficult first ascent rock and ice climbs and hundreds of multi-pitch rock and alpine routes throughout the Americas. Formerly he worked as a climbing and backcountry ranger at Rocky Mountain National park where he helped institute wilderness medical practices, and he has served as a search and rescue volunteer on North America's highest peak - Denali. Jon has experience in a variety of snowpacks around the world. Throughout his career he has strived to synthesize good concepts, challenge usual paradigms, and develop new ideas to raise guiding, wilderness medicine and wilderness leadership standards.

Al Mandell has been backcountry skiing for 20 years throughout the US, Canada and Europe. As graduate of the Green Mt Valley School & Middlebury College, Al's ski racing background provides solid fundamentals for teaching steep skiing techniques. His avalanche education includes the AIARE level 3 certification, the highest level, providing a deep understanding of avalanche phenomena and education. Al is a professional member of the American Avalanche Association, he regularly guides hut/yurt trips in Quebec's Chic Chocs, Canada's Rogers Pass, Colorado and Utah and is pursuing his full AMGA ski mountaineering certification.

Mark Renson: Mark picked up skiing at the now abandoned Ohoho ski area – 300 feet of vertical but skied like 325 - while attending the University of Connecticut. After years of lift served skiing, he hooked up with a guide in Rogers Pass Canada and became intrigued with the backcountry. Mark also enjoys dabbling in rock climbing, ice climbing and whitewater kayaking. Mark also instructs courses for Colorado Mountain School.

- Completed American Mountain Guides Association Ski Guide Course
- Level 3 Avalanche Certified by the American Avalanche Institute (Pro 2 equivalent)
- Completed AIARE Course Leader Training
- Canadian Avalanche Association AST-2
- Senior Outdoor Emergency Care & CPR certified
- Senior Alpine Ski Patroller supporting the Mount Washington NH Avalanche Center

Ben Allen hails right from Gorham, NH, and knows the Presidential Range in great detail. He is a superb skier with a knack for teaching about snow. His low-key demeanor, combined with his enthusiasm for getting people out on the snow, makes it easy for people to learn. Ben is a Level 1 course instructor and a graduate of the new Pro 1 course.

Dick Chasse has guided and climbed throughout the US and in South America. Favorite routes include Wafer Step in Acadia National Park and Barren's Direct on Katahdin in Maine, North Ridge Mt. Baker in Washington, Vulcan Cayambe in Ecuador, Damnation Gulley on Mt Washington in New Hampshire, and Dark Shadows in Red Rocks Nevada. Embracing his Franco-American roots, Dick's goals for the coming year include expanding Acadia Mountain Guide's offerings in Quebec, especially in the Parc de la Gaspésie and surrounding area.

Dick's specialty is the attention he devotes to his clients; he truly loves guiding. "I constantly find myself thinking about how to make the next experience better for my clients. I consider it an honor to take people out to the cliffs and mountains," he says. "The wonderful secret of guiding is that I learn as much from my clients as they learn from me."

Tipping your instructor:

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People often ask if it's appropriate to tip the instructor. Tipping is never expected but always greatly appreciated. This is your course. The more you let your instructor know what your needs are, the more he or she can help you. If you don't understand, ask questions. If you have special interests, let your instructor know. If your instructor has provided you with a great experience and shared his or her knowledge and joy of the mountain world with you, a thank-you note, or gratuity is always well received. If they have not, we would like to know about it.

What Gear Do You Need - Personal Equipment Checklist * = rental available

Participants receive a 20% discount on any avalanche related purchases made between registration and seven days after the course (15% thereafter for lifetime). Avalanche gear will be available for purchase at the course as well. (online at AlpenglowGear.com)

Ski Clothing; *(your normal backcountry skiing kit w/ added insulation for standing around and learning)*

- Soft shell jacket
- Soft shell pants
- 1 mid weight base layer
- 1 light top or similar base layer
- Base layers
- 2 prs of ski socks
- Heavy gloves
- light gloves (soft shell, wind stopper)
- Ski hat/helmet
- Down coat/puffy/insulation layer
- Goggles
- Sunglasses
- Balaclava

Lunch Food, Snacks and Drinks (as desired);

- Cliff bars/energy bars
- Jerky
- Mixed nuts
- Chocolate
- Hot chocolate/tea/coffee/etc.

In the field

- Touring skis, poles, boots, splitboard, or snowshoes.
- Probe, transceiver, shovel*
- Skin wax glob stopper
- Skins*
- Ski pack (30 L or bigger)
- Thermos
- Compass with baseplate
- Sunscreen / lip balm

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Risk and Rescue

Enjoying the outdoors necessitates a certain degree of risk-taking. You are participating in this trip and entering the winter backcountry environment at your own risk. You are choosing to engage in an activity in which participants have been injured and killed. While such accidents are rare, they may occur at any time and be out of our control. Our guides draw upon solid guide education coupled with extensive experience to manage significant hazards inherent to mountain travel. Some of the hazards that can lead to injury or death associated with this trip include but are not limited to extreme weather, demanding physical travel, avalanche, vehicle transportation and falls or collisions while skiing or snowboarding. Please be sure that you are fully aware of such risks. It is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing an enjoyable and memorable experience.

Self-reliance in the face of adversity is expected on the part of the wilderness traveler entering the wilderness. Rescue is not automatic. For all practical purposes, our party is alone and must depend upon our own resources for self-rescue and be equipped for an extended emergency. Cellular phones and radios should not be relied upon in an emergency.

Finally, this is a group trip and good expedition behavior is critical. Participants are asked to stay with the group until everyone has safely exited the backcountry.

Medical and Rescue Concerns:

No one starts out the day expecting to get hurt in the backcountry. However, despite all we know and all we do, accidents can still happen. At AMG, we take your medical care seriously. Like many guide services our leaders are trained as Wilderness First Responders, many are WEMTs. Additionally, all our regular employees participate in periodic medical skills review with our owner Jon who is a flight paramedic and lead instructor in wilderness medicine. Additionally, on courses traveling to remote areas such as Katahdin, Chic Chocs or Mount Washington you can expect our guides to have pain and sedation medications available if needed.

Summit or Bust:

The goals and objectives of this program are to learn avalanche skills. It is unlikely that we will pursue any summits during the course. Commonly we ascend into areas around Tuckerman Ravine, Gulf of Slide and ravines adjacent to the cog railway. We will make every reasonable effort to reach these areas, however, extreme weather, avalanche conditions, inadequate personal fitness, difficult terrain, or park weather / travel closures may make it impossible to achieve our desired terrain objectives.

Reservation and Payment

A 100% deposit is required for registration.

Cancellation:

When you book a course with Acadia Mountain Guides you are agreeing to our cancellation policy. Please realize that if your travel does not go according to plan in any way and for any reason, we are unable to provide credits or refunds outside of what is described below. We strongly recommend that you purchase trip insurance to protect your activity purchase against unforeseeable circumstances which include but are not limited to:

- Anticipation of Inclement Weather
- Flight and Travel Delays and Conditions
- Personal or work schedule changes
- Injury or Illness of self or family member

If you cancel more than 21 days in advance you may put the deposit toward a future course or receive a refund of 50% of your deposit. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. Alternatively, if you find a replacement you will receive a 100% refund. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course.

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COVID Specific Cancellations:

If you are symptomatic or found positive for COVID, have been exposed to COVID + person(s) in the past 14 days you may request to be either rescheduled or receive a full refund.

Minimum Registration Requirements

A minimum of four (4) participants are needed to run this program and there is a maximum of twelve (12). The decision to run the program will be made at three weeks prior to the start date. In the case of low registration, you will have the options of joining another trip, receiving a refund or possibly paying an additional amount to allow the trip to run with low numbers.

Have a group?

Are you part of a college organization, ski club, etc.? We are happy to schedule a customized course for organizations, small groups, and individuals through New England and Eastern Canada. Of course, if you would like to schedule a course or trip in Iceland, Colorado, or Japan, etc. we would be very pleased to work with you.

Acadia Mountain Guides Difference

Acadia Mountain Guides Climbing School is certified through the American Mountain Guide Association and the Professional Climbing Instructor Association. Acadia Mountain Guides actively supports furthering their guide's development throughout their career. That means our guides are constantly taking steps to progress their skills and will provide you with an exceptional experience. AMG is also a proponent of helping clients reach their goals, whether its having an epic day in the mountains or gaining skills to get into other terrain, Acadia Mountain Guides Climbing School can get you there!

Register online at Acadiamountainguides.com

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