



AIARE AVALANCHE RESCUE COURSE

Winter 2022-23

PRE-COURSE LEARNING (1-2HRS)

To get the most out of this course we recommend completing all pre-course homework before the course. There will be some time the morning of the course for review and questions.

- About a month prior to this course you will receive an email from Sawtooth Mountain Guides with a link to the pre-course learning.

COURSE AGENDA (8HRS)

800-930 Instructor led Zoom

- Course goals and Introductions
- Review pre-course learning
- Answer questions from pre-course learning
- Read current avalanche forecast at [Sawtooth Avalanche Center](#) website

0930-1000 Travel to TBD trailhead

1000-1100 Meet at TH

- Meet at assigned trailhead for full field day
- Review introductions and goals
- Hand out materials - AIARE Rescue Card, pencil
- Gear check
 - Review [equipment list](#) - Due to extended hours outside consider including lots of layers, extra gloves, hand/toe warmers, extra snacks, thermos/warm beverage.

1100-1600 Field: Rescue Practice

- Strategic Shoveling
- Review trailhead function check
- Review and check single burial search technique
- Multiple burial search technique
- Rescue scenarios with emphasis on leadership
- Patient considerations and Evacuation

1600-1630 Course Close

