



## **Student Readiness for SAR150 - Avalanche Skills for SAR**

*In the online portion of SAR150 – Avalanche Skills for SAR, students will be asked to conduct the following self-assessment of their skills to prepare them to participate fully in the course.*

Participation in the *SAR150 Avalanche Skills for Search and Rescue* requires that students are already familiar and proficient in travelling in winter conditions using their chosen mode of travel. This requires an honest personal assessment of skills and abilities. Over the years we have seen students arrive at a course unprepared, which generally results in creating a safety concern and a reduction in the quality of learning for the whole group. The following are meant as a guide in reflecting on the student's readiness and suitability to attend this course.

The student should:

- o Own suitable travel equipment in good condition (skis, snowshoes, snowmobile) that will be used on the course.
- o Have experience traversing slopes with their personal equipment.
- o Have camped during the winter before (tent, snow cave, etc).
- o Have used their personal travel equipment at least 3 times this season (or last season if this is the beginning of the season).
- o Have been on a chairlift before.
- o Be able to travel self propelled at total of 5km with elevation gain up to 500 meters with ease.
- o Be confident in their personal limits and abilities and in making decisions to stay within them.

### **Self-Assessment Outcome**

If most of the items on the list have not been checked off, the student may want to reconsider their readiness to participate in the field portion of the course until a later date when they have the knowledge and experience to be able to travel in winter conditions.

As a safety precaution for both the student and the rest of the class, students that arrive at the course who demonstrate an inability to safely and effectively use their modes of travel may be asked to withdraw from the course by the instructors and will not be able to participate.

If the student is uncertain of their personal readiness, please contact us to discuss further.