## Course Aims and Outcomes

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<tr>
<th>Coordinator</th>
<th>SMR Training Officer, SMR Administrator &amp; SMR General Manager</th>
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<tbody>
<tr>
<td>Hours of learning</td>
<td>11 contact hours</td>
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### Introduction

Many winter search and rescue efforts require team members to operate in the winter mountains with an avalanche risk. This course is for those team members with limited knowledge or experience of avalanche hazard assessment and avalanche rescue methods.

### Learning outcomes

Course participants will learn:
1. How to identify avalanche hazards
2. How to evaluate and minimise the avalanche risk
3. How to locate, extract and medically treat a single buried avalanche victim, companion rescue

### Acquired Skills

1. Understand the hazards associated with the conditions, terrain and human factors in the winter mountains
2. Understand the importance of hazard evaluation during the planning, journey and key decision points in the mountains, sources of information and their use
3. Make appropriate decisions regarding the route & group management to reduce the risk of avalanche
4. Understand the avalanche victim survival curve & mortality dependant on burial time
5. The importance of the choice & use of equipment to reduce avalanche risk
6. The importance of the rapid location, extraction and appropriate treatment of the victim
7. Correct use of the transceiver, probe and shovel in companion rescue
8. Four phases of a victim search
9. Safe extraction of the buried victim
10. Medical assessment & treatment of the exposed victim

### Training Methods

1. Lectures in avalanche avoidance and companion rescue
2. Facilitated desk-top group exercises
3. Personal preparation for the winter environment
4. Transceiver protocols
5. Walk to practice area, continuous evaluation of hazards & risks, decision making
6. Practical workshops

### Training evaluation Methods

Participants will:
1. Practically demonstrate skills via planned training scenarios
2. Facilitated question and answer
### Example Course Programme

The course programme is regularly reviewed and updated to take account of the latest experience, research and developments in avalanche awareness and rescue.

<table>
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| First Evening Classroom | 1. Course Introduction  
2. Introduction to avalanche  
3. Companion Rescue, avalanche transceivers, probing and digging  
4. Avalanche hazard identification, risk assessment and decision making  
5. Split into groups, equipment checks |
| Next Day Classroom | 1. Briefing, weather and avalanche forecast  
2. Group planning exercise |
| Practical | 1. Transceiver wearing and testing  
2. Packing of avalanche tools and preparation for hill  
3. Walk to training area  
   a. Continuous observation and hazard assessment  
4. Practical exercised  
   a. Additional avalanche hazard assessments  
   b. Snow pack studies and instability tests  
   c. Transceiver search for single victim  
   d. Probing  
   e. Digging  
   f. Casualty extraction, assessment and treatment  
5. Return walk from training area, further observation, assessment and decision making |
| Classroom | 1. Q&A wrap-up  
2. Course evaluation |