



Scottish Mountain Rescue
Avalanche Rescue Training Course

Course Aims and Outcomes

Hours of learning	23 contact hours. Course starts at 7pm Friday evening and finishes 4pm Sunday
Introduction	<p>The Avalanche Rescue course is suited to team members who have completed the Avalanche Companion course. Alternatively participants understand the basics of avalanche hazard assessment and risk reduction. Candidates should be able to competently perform a transceiver search and companion rescue of a single buried victim.</p> <p>This course teaches the skills required to operate as a group member or perform specific tasks required for a successful organised rescue response to a multi burial avalanche incident.</p>
Learning outcomes	<ol style="list-style-type: none"> 1. Further avalanche hazard identification and risk assessment, continuous avalanche hazard evaluation and decision making under pressure 2. The principles of organised rescue for a multi burial avalanche incident 3. The avalanche victim survival curve & mortality dependant on burial time in relation to organised rescue 4. The role of the hasty party 5. The appropriate use of different avalanche rescue tools to rapidly locate buried victims 6. Recognise and understand IKAR guidelines for 'flagging' an avalanche location 7. Marking and management of the avalanche scene 8. Deployment of limited resources to maximise life chances 9. Advanced understanding and use of transceivers, probing and Recco 10. The principles of avalanche scene management and risk assessment of an avalanche site 11. Understand the control, management and search of avalanche debris/scene, including the separate roles of incident control, scene manager, and scene rescuer 12. Understand the importance of the incident timeline including witness information, position last seen and maintaining a written record/log of events and decisions 13. Understand the role of outside agencies e.g. SARDA, SAR-H and other resource 14. Understand the principles of casualty extraction, medical considerations and incident timeline includes knowing when to step up the search
Acquired skills	<ol style="list-style-type: none"> 1. Practically evaluate avalanche hazard from base to scene 2. Safe travel techniques within avalanche terrain to minimise risk 3. Hasty party role and initial avalanche scene search & assessment 4. Transceiver search for single and multiple burials 5. Probing techniques 6. Marking an avalanche site 7. Advanced casualty extraction, assessment, treatment and evacuation 8. Scene management and resource deployment 9. Know how the incident time line influences casualty management and know how the accident site log works



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Training methods	<ol style="list-style-type: none"> 1. Lectures 2. Facilitated group exercises 3. Practical outdoor exercises 4. Full outdoor multi-burial avalanche scenario and practical exercises day time
Training evaluation methods	<p>Participants will:</p> <p>Practically demonstrate skills via planned exercise scenarios</p> <p>Facilitated question and answer</p>

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.	
Hours of learning	23 contact hours
Friday Evening Classroom	<ol style="list-style-type: none"> 1. Course welcome and intro 2. Avalanche Avoidance 3. Hasty Party and Probing 4. Groups and prep for Saturday
Saturday	<ol style="list-style-type: none"> 1. Planning exercise to set up day <p>Depart for hill</p> <ol style="list-style-type: none"> 1. Practical training sessions <ol style="list-style-type: none"> a. The journey b. Transceiver searches c. Hasty search techniques 1. Practical skills stations <ol style="list-style-type: none"> a. Multi transceiver searches b. Probe lines and flagging c. Shovelling d. Hypothermia 2. Depart hill <ol style="list-style-type: none"> 1. Review of day and scene set for following day 2. Avalanche transceivers 3. Medical & casualty cares
Sunday	<ol style="list-style-type: none"> 1. SAIS info & website links 2. Avalanche scene management 3. SARDA lecture <p>Depart for hill</p> <ol style="list-style-type: none"> 1. SARDA demo 2. Recco 3. Avalanche incident exercise 4. Modified packaging 5. CPR on the move 6. Depart mountain <p>Course debrief</p>



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