



SNOWSPORT SCOTLAND

The national governing body for skiing and snowboarding in Scotland

sportscotland
Avalanche
Information
Service



Avalanche Awareness Courses winter 2012

During the winter of 2009/10, 30% of human triggered avalanches in Scotland were triggered by skiers and snowboarders. Last season, the **sport**Scotland Avalanche Information Service (SAIS) teamed up with Snowsport Scotland to bring practical training sessions that were tailored towards Scottish skiers and snowboarders venturing off piste exploring slopes and gullies to take advantage of the good snow cover.

Saturday 21st of January - Avalanche Awareness for Freeriders 1 Cairngorm Mountain.

Sunday 22nd of January – Avalanche Awareness for Freeriders 2 Cairngorm Mountain.

Sunday 12th of February – Avalanche Awareness for Freeriders 1 Glencoe Mountain Resort.

Sunday 26th of February – Avalanche Awareness for Freeriders 2 Glenshee Ski Centre.

Avalanche Awareness for Freeriders (1)

After much interest and positive feedback from the pilot courses, there have been further courses developed for winter 2012. Avalanche Awareness for Freeriders (1) will be similar to the pilot courses of 2011, with a rough outline below:

9.30am Meet in cafe at car park. Discuss day plan.

9.45-10.30am Route planning and search techniques. (indoors)

10.30 – 12.30pm Equipment and how to use it (outside)

12.30-1.30pm Lunch

1.30-3.30pm Exercise in Avalanche site

3.30pm Summary of Day

The awareness day will cover tips on trip planning, the essentials regarding what to carry with you and how to use it in the event of an avalanche.

The course cost will be £45. Uplift ticket £TBC Ratio 1:10

Avalanche Awareness for Freeriders (2) will be a follow on course open to those that have attended Freerider course 1. This will focus on deciding where to go before an excursion, and then look at decision making in avalanche terrain, which will involve descending the mountain in appropriate terrain and identifying good practise and safe techniques.

Applicants must be strong skiers/boarders, able to ride on steep off-piste terrain in variable snow conditions in control.

The course cost will be £55. Uplift Ticket £TBC Ratio 1:6.

The courses will be supported by Anatom, who will provide shovels, transceivers and probes and training help.

The awareness courses will be led by Mark Diggins who is the coordinator of the SAIS and has many years experience as a skier and International Mountain Guide. They will also be staffed by other IFMGA Mountain Guides engaged by the SAIS.

To book on a course please visit <http://www.snowsportsotland.org/find-a-course> (you do not have to be a member of the SSS coaching scheme) or call the office on 0131 625 4405. Enquiries to info@snowsportsotland.org.

