



## **AMGA Out-of-Bounds Ski Instructor Course**

*Revised 12/08*

### **A. Program Goals:**

1. Recognize the skills and abilities of current PSIA-AASI Level III Instructors (Alpine, Telemark, Snowboard Certified) relevant to the rigors of training and certification.
2. Recognize the skill sets and standard training requirements of the AMGA and the IFMGA at the certification level, including terrain parameters and necessary avalanche education.
3. AMGA Training for PSIA-AASI Level III Instructors (Alpine, Telemark, Snowboard Certified) to guide out-of-bounds from resort areas.

### **B. Student Prerequisites:**

1. PSIA-AASI Level III Instructors (Alpine, Telemark, Snowboard Certified).
2. Minimum of 10-days touring experience with climbing skins in or around avalanche prone terrain.
3. AIARE Level 1 and Level 2 Avalanche course completion (or equivalent)
4. Must have current Wilderness First Aid (2-day, 18hr.) training and CPR prior to the certification exam
5. Previous experience with rope belaying, rappelling and lowering

### **C. Terrain Condition Perimeters:**

Ski guiding downhill out-of-bounds from the ski resort including uphill touring to access out-of-bounds areas near the resort.

### **D. Avalanche Danger Rating:**

The Risk Management Plan at the Ski Resort offering this out-of bounds guiding by PSIA-AASI Level III Instructors (Alpine, Telemark, Snowboard Certified) should include the instructors working closely with ski patrol, patrol director and forecaster.

An AMGA trained PSIA-AASI Level III Instructor (Alpine, Telemark, Snowboard Certified) with AIARE L2 training may only guide out-of bounds with an Avalanche Danger rating of "LOW and MODERATE" outside the controlled areas that are not on glaciers. An avalanche danger rating of "CONSIDERABLE" would require AIARE LEVEL 3 training and certification where the instructor would consider safer terrain options to manage the "considerable risks". The instructor guiding out-of-bounds would not be permitted with a "HIGH or EXTREME" Danger Rating.

### **E. AMGA Out-of-Bounds Ski Instructor Course and Exam Provider Qualifications:**

1. AMGA Ski Instructor Pool Member
2. PSIA Level III Telemark or Alpine Certified
3. Recommended Level II AIARE Instructor

### **F. AMGA Instructor Pool Members to date:**

1. Bela G. Vadasz
2. Jean Pavillard
3. Rob Hess
4. Freddy Grossniklaus
5. Peter Leh

## ***G. Out-of-Bounds Ski Instructor Course Itinerary:***

5 days, 5:1 ratio

### **Day 1**

Interpreting Hazard Analysis- 1 Hour

- Avalanche Bulletin

- Ski Patrol Assessment outside of groomed and patrolled areas and areas of skier compaction

Risk Management Planning- 1 Hour

- Emergency Response

- Self-Rescue

- Assisted Rescue

Transceiver, Probe, Shovel and Pack Presentation to clients (phase 1)-.5 Hour

Transceiver Practice as with clients-1.5 Hours

Off-Piste Downhill Guiding- 4 Hours

- Group Management Strategies and Techniques

Evening Presentation- 1 Hour

- Ski Guides Auxiliary Gear

### **Day 2**

Guides Meeting Process-1 Hour

Teaching Rescue to Clients (phase 2)-1 Hour

Rescue Practice, dual burial-2 Hours

Downhill Guiding Out-of-Bounds

Uphill Guiding

- Route Finding

- Track Setting

More Downhill Guiding

Evening Guide Meeting

Evening Presentation- 1 Hour

- Route Planning, field notebook entries, time estimates, and time management.

### **Day 3**

Morning Guides Meeting - 0.5 Hour

Avalanche Rescue Practice - 2 Hours

- Multi-pitch burials (3 transceivers, 7 minutes, 100m x 100m)

Uphill and Downhill Guiding - 2.5 Hours

Spotting and Bracing Techniques both for uphill and downhill-2 Hours

Boot track Setting - 1 Hour

- Uphill

- Downhill

Evening Guide Meeting

Evening Presentation - 1 Hour

- Whiteout navigation and group management

### **Day 4**

Morning Guides Meeting - 0.5 Hour

Communication Systems - 0.5 Hour

- Radio

- Cell Phone

Rope Handling - 2 Hours

- Anchors

- Belays

- Lowers

Emergency Rescue Sled System - 2 Hours

Uphill Guiding Practice - 1 Hour

Downhill Guiding Practice - 1 Hour

Rescue Practice - 1 Hour

Evening Guide Meeting

Evening Assignment

- Route Plan for next day

### **Day 5**

Morning Guides Meeting - 0.5 Hour  
Ski Tour - 4 Hours  
Pre-exam Assessments  
Evaluations - 4 Hours  
    Student Evaluations  
    Course/Instructor Evaluations  
Course Close

### ***H. Out-of-Bounds Ski Instructor Exam Itinerary:***

4-days 4:1 ratio

#### **Exam Prerequisites:**

- 1) Successful completion of AMGA Out-Of-Bounds Ski Instructor Course.
- 2) Wilderness First Aid certification or equivalent and current CPR.
- 3) 10 days mock guiding and skills practice out-of-bounds after completion of the AMGA Out-Of-Bounds Ski Instructor Course.

#### **Day 1**

Morning Guides Meeting  
Guides Pack Content  
Avalanche Rescue Test  
    3 Transceivers, 7-minutes, 100m x100m  
Rescue Sled Construction and Evacuation Test  
    Down slope, lower with rope, side hill with assistance, flat haul  
Stability Evaluation, Hazards Assessment  
    Test Profiles  
    Additional Tests  
Evening Guides Meeting

#### **Day 2**

Morning Guides Meeting  
Uphill and Downhill Guiding Assessments  
Evening Guides Meeting

#### **Day 3**

Morning Guides Meeting  
Uphill and Downhill Guiding Assessments  
Roped-belay techniques  
Route planning and navigation plan test from candidates - field book  
Evening Guides Meeting

#### **Day 4**

Morning Guides Meeting  
Uphill, downhill guiding (as necessary)  
Pick-up Skill Tests  
Guides Meeting  
Candidate Debriefs  
Exam Evaluation and Results

### ***I. Equipment Lists:***

#### **Skiing Equipment:**

Alpine Touring, Telemark, or Snowboard (split-board or with short approach skis)  
Boots (randonnée or telemark), poles, climbing skins  
Ski brakes recommended when more appropriate than leashes, depending on binding type.  
Ski straps (4) multi purpose

#### **Snow Safety Equipment:**

Avalanche transceiver (457 kHz single frequency)  
Avalanche probe  
Shovel  
Pack, 30-40 liter

Bivy Sack or Guide's Tarp (2 or more people)  
FM VHF radio, GMRS and/or cell phone\*  
Avaling, avalung pack, or ABS pack should be considered situationally

**Snow Study Kit:**

Guides Notebook- 4 5/8" x 7" all-weather paper ("Rite in the Rain" LEVEL, No. 311 recommended) with Field Observation templates. \*Available from Brooks Range Mountaineering - <http://www.brooks-range.com>, and/or AIARE Fieldbook.  
Mechanical pencils.  
Crystal card  
Magnifying loupe (5x-10x)  
1 Dial-Stem Thermometers (Centigrade)  
Snow saw and/or Ruschtblock cutting cord  
Folding ruler (1-2m) or other measuring device  
Clinometer (or compass with clinometer)

**Guides Equipment:**

Map  
Map case  
Compass  
Altimeter, and/or alarm watch  
GPS Recommended  
Map ruler (for distances and slope angles) \*Available from Brooks Range Mountaineering - <http://www.brooks-range.com>  
A light ski harness with adjustable leg loops, belay loop and gear loops  
3 Screw-gate pear-shaped carabineers  
Four non-locking carabineers  
2 Cordelettes (6mm x 4-5m)  
3 Slings (sewn double-length) or additional cordelettes  
1 Ski rope (half-rope, 30-45mm)  
Small ascender like Rope Man or tibloc (optional)  
2 pieces of rock protection (small – med)  
Rescue sled (improvised or commercial) \* Available from Brooks Range Mountaineering - <http://www.brooks-range.com>  
Skiing helmet (optional)  
Ice axe, boot crampons and ski crampons may be recommended by your course director

\*Optional, if you are not yet familiar with these items, you will learn  
About them during the course and you may obtain them soon after.

**Clothing:**

All necessary under, mid, and outer layers appropriate to the area and season  
Winter gloves  
Warm hat  
Sun hat  
Balaclava or neck gaiter  
Gaiters or in-the-pants gaiters  
Socks

**Other Accessories:**

Headlamp with spare batteries and bulb  
Sunglasses  
Goggles (light lenses)  
Sun screen SPF 30 or greater  
Lip balm SPF 30 or greater  
Butane lighter  
One-liter water container  
Vacuum bottle (optional)  
Camera, film or digital  
Topographic Maps: Will be printed as needed