

Companion Rescue Clinic (CRC)

Avalanche rescue skills are a must for backcountry recreationists. This one day rescue course will cover the basics of avalanche rescue and leave you with the skills needed to perform a rescue and improve your technique. Whether you've never used a beacon before, or you're a seasoned skier looking to refresh your skills, this course has something for everyone. This course includes a 4 hour hands on field session and a ZOOM based lecture/ meeting prior to help prepare you for the field day. In this course you will learn the basics of avalanche rescue equipment, search strategies and efficient probing and shoveling, with lots of hands-on guided practice!

Course Expectations

What you will learn:

- Avalanche Safety Equipment and Care
- Avalanche Rescue Principles
- Search Strategies
- Effective Probing and Shoveling
- Group management practices for single and multiple burial scenarios
- Techniques to continue effective practice

Ability Requirements

- Preparedness to be outside for the entire course (warm layers, food, water)
 - Pack accordingly for standing around during demonstration, and moving rapidly (getting warm) when practicing
- Travel over snow on mostly flat ground
 - Touring skis/splitboard with skins, or snowshoes are recommended
- Ability to bend up and down repeatedly, twist, and shovel snow
- Ability to travel on snow with skis/ splitboard/on foot

Equipment Requirements

- Modern, 3 antenna beacon recommended
- Avalanche Shovel (These are metal and specific to digging/chopping in firm, icy snow)
- Avalanche Probe (At least 240cm or more)
- A backpack for rescue gear

NOTE: this course does not meet American Avalanche Association standards for an Avalanche Rescue Course, more information on American Avalanche Association course standards here:

<https://www.americanavalancheassociation.org/education-overview>

