



AST 1 Plus Course Information Package

Welcome to the Hyland Backcountry **AST 1 Plus** program for Winter 2018. AST training is your first step to safely enjoying the backcountry.

Courses usually fill fast, so register early to avoid disappointment. Review this information package, and the *Booking and Cancellation Policy*, and please contact us if you need more information.

Cost: \$299.00 + GST (\$14.95): **\$313.95**

Payment: We prefer Interact E-Transfer, or a cheque. Your spot is reserved when we receive your payment,.

Location

Classroom: Northwest Community College, Smithers, BC
Field : Hudson Bay Mountain / Hankin Evelyn

Times

Friday: 1800 - 2100
Saturday: 0800 - 1630
Sundays: 0800 - 1700

Schedule

Classroom	7 Hrs	(Sat)
Field	Day Trip	(Sun)

Waivers

Mountain travel is not without certain risks and hazards. All course participants will be required to read and sign a waiver. Waivers will be provided to participants in advance of the course for their information.

Equipment

All course participants will need to provide the minimum course gear.(See attached list) If you do not have the required gear, please make arrangements to rent or borrow gear for the course. Avalanche Transceivers: Please, only modern digital transceivers. Analog is obsolete.

Hyland Backcountry Services Ltd.
PO Box 3257
Smithers, Bc
V0J 2N0
250-643-0505





www.hylandbackcountry.ca

Back Country Evacuation

Course participants will be required to pay for any costs associated with medical evacuations from the field, in the unlikely event of injury or illness. Some insurance providers include this on trip insurance or medical plans

Cancellation Policy:

Please download our Booking & Cancellation Policy

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Please fill out & return this form

AST Course Registration:

Course & Dates:	
Name:	
Age:	
Address:	
Phone:	
Emergency Contact:	
What type of Equipment:	
Have you taken course before? With who?	

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Please fill out & return this form

Medical Information Form

(This form is confidential to instructors to assist your health during a trip)

Medications:	
Medical Conditions:	
Allergies:	
Level of Fitness: Excellent/Moderate/Poor	
Any other conditions we should know of:	

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Recommended Equipment Check List

Clothing

- Wool and or synthetic socks
- Base Layer top-synthetic, wool or silk
- Base Layer bottoms-synthetic, wool or silk
- Mid-insulation layer top- Pile, synthetic or wool
- Mid-insulation layer bottom- Pile or multi-purpose
- Light wind shell- Windproof, water-resistant, breathable
- Weather layer top-Goretex or other waterproof
- Weather layer pant- Goretex or other waterproof
- Warm outer jacket - Down or synthetic
- Toque - Wool or synthetic
- Light gloves - Wool, synthetic or leather
- Insulated gloves - Wool or synthetic, waterproof outer

Travel Equipment (Course Specific AST Ski or AST Sled)

- Skis, Skins, Snowshoes, Splitboard ,Repair kit (any specific parts to your gear)

- Snowmobile, Fuel, Helmet, Tow Kit, Repair Kit, Spare Belt

Snow Safety Equipment

- Avalanche Transceiver (Digital Only), shovel, probe

Group Equipment (HBS Provided)

- Altimeter, map, compass, GPS (optional)
- 1st aid kit, emergency bivi sac, emergency toboggan
- Group repair kit, may substitute for personal repair kit
- Communications device - VHF radio, sat phone, cell

Personal Equipment

- Pack - light, comfortable, 30-40 liters
- Sunglasses, goggles, sunscreen, lip cream
- Headlamp, water bottle, thermos
- Lunch - extra food
- Blister kit, pocket knife, personal 1st aid stuff

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**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**
(hereinafter the "Release Agreement")

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN
LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR
TO CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

PLEASE READ CAREFULLY!

SIGNATURE OF CLIENT/STUDENT

Name	Last	First	Initial
Address	Street	<h1>Sample</h1>	
	City		
Email Address			
Date of Birth	Year	Month	Day
			Age
Telephone	Home	Office	Mobile
Trip Date	Year	Month	Day

TO: _____;
ASSOCIATION OF CANADIAN MOUNTAIN GUIDES; HER MAJESTY THE QUEEN IN RIGHT OF CANADA; and their directors, officers, employees, guides, agents, independent contractors, subcontractors, representatives, successors and assigns (all of whom are hereinafter collectively referred to as **"the Releasees"**)

WILDERNESS ACTIVITIES

In this Release Agreement, the term **"wilderness activities"** shall include but is not limited to: alpine skiing, nordic skiing, telemark skiing, snowboarding, hiking, touring, mountaineering, rock climbing, ice climbing, expeditions, trekking, glacier travel, and all activities, services and use of facilities either provided by or by the Releasees including orientation and instructional sessions or classes, transportation, accommodation, food and beverage, and water supply, and all travel by or movement around helicopters, other aircraft, snowcats, snowmobiles or other vehicles and camping or overnight stays in the outdoors.

In this Release Agreement, the term **"Negligence"** includes the failure by the Releasees to use such care as a reasonably prudent and careful mountain guide/instructor would use under similar circumstances, or breach of any other duty of care imposed by law.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH WILDERNESS ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

NOTICE TO SNOWBOARDERS AND TELEMAR SKIERS - INCREASED RISK

Unlike alpine ski boot/binding systems, snowboard, and some telemark boot/binding systems are not designed or intended to release and will not release under normal circumstances, thus increasing the risk of not surviving an avalanche.

NON-SCHEDULED OR EMERGENCY EVACUATION, RESCUE OR FIRST AID

I acknowledge and agree that all expenses associated with non-scheduled or emergency evacuation, rescue or first aid will be my responsibility and will not be covered by the Releasees.

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SIGNATURE OF CLIENT/STUDENT

ASSUMPTION OF RISKS – AVALANCHES, ALPINE TERRAIN, WILDERNESS TRAVEL, WEATHER
I am aware that participation in wilderness activities involves many risks, dangers and hazards. Avalanches occur frequently in the terrain used for wilderness activities and may be caused by natural forces or by persons travelling through the terrain. I am aware that the Releasees may fail to predict whether the terrain is safe or whether an avalanche may occur. The terrain used for wilderness activities is uncontrolled, unmarked, not inspected, and involves many risks, dangers and hazards in addition to that of avalanche. These may include, but are not limited to: cornices; crevasses; cliffs; trees, tree wells; tree stumps; forest dead fall; creeks; rocks; rockfall; boulders; holes and depressions on or below the snow surface; variable and difficult snow conditions; effects of high altitude including pulmonary edema and cerebral edema; equipment failure; encounters with dangerous or poisonous flora and fauna; impact or collision with other persons; becoming lost or separated from one's party or guide; negligence of other persons; and **NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE BY THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES.** Communication in the alpine terrain may be difficult, and in the event of an accident or illness, rescue, medical treatment and evacuation may not be available or may be delayed. Alpine weather conditions may be extreme and can change rapidly and without warning. Disease may arise from the increased difficulty in maintaining personal hygiene.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
In consideration of the Releasees allowing me to participate in wilderness activities as defined in this Release Agreement, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Releasees and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer as a result of my participation in wilderness activities, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER ANY APPLICABLE OCCUPIER'S LIABILITY LEGISLATION ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES REFERRED TO ABOVE.**

- 2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in wilderness activities;
- 3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- 4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the wilderness activities take place and no other jurisdiction; and
- 5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the wilderness activities take place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of wilderness activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Sample

Witness Signature	Signature of Client/Student
Please Print Name	Date
Signature of Parent or Guardian if under age 19	

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