



AST 1 Course Information Package

Welcome to the Hyland Backcountry **AST 1** program for Winter 2021. AST training is your first step to safely enjoying the backcountry.

Courses usually fill fast, so register early to avoid disappointment. Please read this information package carefully, and please contact us if you need more information.

Cost: \$275.00 + GST (\$13.75) = **\$288.75**

Payment

We prefer Interact E-Transfer to info@hylandbackcountry.ca. Your spot is reserved when we receive your payment, and we will send you the Zoom meeting invite.

Location

Classroom: Virtual using the Zoom platform.

Fieldtrip : Smithers area backcountry TBD

Schedule

Weds & Fri: 1800 – 2100 Virtual Class

Saturdays: 0800 - 1700 Fieldtrip

Virtual Classroom

We will be using the Zoom online platform. If this is unfamiliar to you please check out their website <https://zoom.us>

Once your payment has been received, we will send out a Zoom Meeting Invite

- Follow the information in the invite – do this well ahead of time to see the system
- Go online 10 minutes before class
- More info will be sent prior to course

Hyland Backcountry Services Ltd.
PO Box 3257
Smithers, BC
VoJ 2No
250-643-0505





1. Booking Conditions

Covid -19

As per HBS Covid -19 Safety Plan, all students will be required to:

- Sign a completed declaration of health at the start of a program
- Complete the Province of BC Covid 19 Self Assessment Tool each field day

*** These forms are located at the end of this document to print and bring to the course**

Waivers

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

Mountain Weather

The mountain weather, snow conditions, and avalanche hazard are beyond our control. If conditions do not allow the original program, we will make every effort to find a safe, suitable alternative. As such, we reserve the right to cancel all or a portion of a program, without penalty to HBS. We cannot be responsible for clients' expenses as a result of this. **Trip cancellation insurance is strongly recommended.** See www.lifestylesfinancial.ca

Backcountry Emergency Evacuation

Program participants will be required to pay for any costs associated with medical evacuations from the field, in the unlikely event of injury or illness. **Specialty adventure travel insurance is strongly recommended.** See www.lifestylesfinancial.ca

Personal Wellbeing

The participation of any person on any program is continually subject to the discretion of the guides and HBS. If a person is asked to leave a program for any reason, there will be no refund.

Equipment

All program participants will need to provide the required gear. If you do not have the required gear, please rent or borrow gear for the program. Local Supply Co in Smithers can assist you.

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Insurance

Hyland Backcountry Services Ltd. strongly recommends our guests and clients obtain adequate adventure tourism insurances for their trips or courses. The following types of insurance should be considered

- Emergency Evacuation/Medical Insurance
- Trip Cancellation or Interruption Insurance

These policies will protect you in the event of cancellation or sickness/injury. For more information, consider checking with *Lifestylefinancial.ca* or other providers.

2. Cancellation and Refund Policies

We highly suggest clients obtain trip cancellation insurance.

Client Cancels: 30 days or more from course date

If a client cancels in advance of the program start date, by 30 days or greater, HBS will fully refund the course fees, **minus a \$100.00 + tax processing fee.**

Client Cancels: Less than 30 days from course date

If a client cancels less than 30 days in advance of the program start date, or is a no show, they will not be refunded.

Covid 19:

If a client becomes sick, or suspects they have Covid 19 – STAY HOME. Students will be placed on the next available course when they are healthy as defined by the BCCDC. If this is not possible, we will refund them the portion of the course/trip they did not attend

HBS Cancels

If we cancel a program for reasons beyond what are discussed in this document, we will refund the client the full amount of the program.

****Cancellations are only effective once we receive notification in writing by e-mail, except for Covid 19 circumstances.***

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www.hylandbackcountry.ca

Please fill out & return this form

AST Course Registration:

Course & Dates:	
Name:	
Age:	
Address:	
Phone:	
Emergency Contact:	
Mode of travel: (Ski, Snowboard, Snowshoes)	
Previous Training Completed	

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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
- ☐ First Aid kit, emergency bivi sac, emergency toboggan
- ☐ Group repair kit, may substitute for personal repair kit
- ☐ Communications device - VHF Radio, InReach,

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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canadianavalancheassociation
professional member



AVALANCHE SKILLS TRAINING PROGRAM

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

AVALANCHE SKILLS TRAINING PROGRAMS ARE OFTEN CONDUCTED IN MOUNTAINOUS OR BACKCOUNTRY TERRAIN. THESE COURSES INVOLVE RISKS, DANGERS AND HAZARDS IN ADDITION TO THOSE NORMALLY ASSOCIATED WITH BEING IN A MOUNTAIN ENVIRONMENT. ALL AVALANCHE SKILLS TRAINING PROGRAM PARTICIPANTS ARE REQUIRED TO SIGN THIS RELEASE OF LIABILITY AND WAIVER AGREEMENT.

I UNDERSTAND THAT BY SIGNING THIS RELEASE AGREEMENT, I WILL GIVE UP OR WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION SHOULD I BE INJURED. I ALSO UNDERSTAND THAT SUCCESSFUL COMPLETION OF AN AVALANCHE SKILLS TRAINING PROGRAM DOES NOT IN ITSELF QUALIFY ME TO SAFELY TRAVEL THROUGH AVALANCHE PRONE TERRAIN.

PLEASE READ CAREFULLY!

INITIAL

Name		
Mailing Address		
City	Prov.	Postal Code
Avalanche Skills Training 1	<input type="checkbox"/>	Location
Avalanche Skills Training 2	<input type="checkbox"/>	Course Date
Companion Rescue Skills Course	<input type="checkbox"/>	
Managing Avalanche Terrain Course	<input type="checkbox"/>	

TO: Hyland Backcountry Services Ltd, Sean Fraser

(Insert name of Avalanche Skills Training Program Instructors, Company or Institution where applicable)

AND TO: AVALANCHE CANADA AND ALL SKI AREA OPERATORS, PROPERTY OWNERS AND INDIVIDUALS WHO PROVIDE OR MAKE AVAILABLE FACILITIES, PREMISES OR SERVICES FOR THE TEACHING OF AVALANCHE SKILLS TRAINING COURSES AND ALL AVALANCHE SKILLS TRAINING SPONSORS, AND THEIR DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, INDEPENDENT CONTRACTORS, SUBCONTRACTORS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS (ALL OF WHOM ARE HEREINAFTER COLLECTIVELY REFERRED TO AS THE "RELEASEES")

DEFINITIONS

In this Release Agreement:

- the term "MOUNTAIN TRAVEL" shall include, but is not limited to: skiing; snowboarding; snowshoeing; hiking and climbing; and all travel by snowmobile, snowcat, motor vehicle, aircraft, helicopter and other conveyances.
- the term "AVALANCHE SKILLS TRAINING" shall include all courses, seminars, workshops, field activities, services and use of facilities in any way related to the avalanche course I am participating in including, but not limited to: classroom sessions; field trips; and all mountain travel either within or beyond the ski area boundaries or in the backcountry; and all transportation by air or on public or private roads or highways in connection with the Course.

AVALANCHE CANADA'S ROLE IN AVALANCHE SKILLS TRAINING

Avalanche Canada ("AvCan") facilitates avalanche safety in Canada by developing nationally recognized avalanche course standards and providing support and instructional materials to independent instructors who in turn deliver the Avalanche Skills Training ("AST") programs.

- AvCan does not certify AST instructors or monitor their performance as instructors.
- AvCan does not supervise or control the classroom or outdoors activities or safety decisions of AST instructors.
- AvCan does not choose the terrain or monitor the conditions for AST field sessions.
- AST instructors are not employees, agents, representatives, independent contractors or subcontractors of AvCan.
- AvCan assumes no liability for loss, injury or death incurred during participation in AST programs.

INITIAL

AST Student RELEASE 2020-21

RBK/FARR/SJUL2009

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ASSUMPTION OF RISKS - AVALANCHES, MOUNTAIN TRAVEL, WEATHER, ETC. I am aware that the field sessions of the Avalanche Skills Training program may take place in mountainous or backcountry terrain and involve various risks, dangers and hazards. I acknowledge and accept that the AST Instructor may fail to predict whether the terrain is safe for travel or whether avalanches may occur. Further risks, dangers or hazards may include but are not limited to: ice and snow comices; trees, tree wells and tree stumps; creeks; rocks and boulders; forest deadfall; holes and depressions on or beneath the snow surface; cliffs; variable and difficult snow conditions; crevasses; winter travel on highways and backcountry roads; snowcat roads and road banks, fences, and other man-made structures; becoming lost or separated from the Instructor or other Course participants; extreme and rapidly changing weather conditions; observing or participating in snow control programs, encounters with hunters or domestic or wild animals, including bears; negligence of other persons; infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact; mechanical failure of snowmobiles, snowcats and related equipment; impact or collision with other persons or snowmobiles, snowcats and other vehicles; failure to operate a snowmobile safely or within one's own ability; AND NEGLIGENCE ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE BY THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS REFERRED TO ABOVE.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH PARTICIPATING IN THE AVALANCHE SKILLS TRAINING PROGRAM 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.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in the Avalanche Skills Training Course, 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 arising out of any aspect of my participation in the Avalanche Skills Training Course 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 during my participation in the Course, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, AS WELL AS ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS REFERRED TO ABOVE; INITIAL
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 the Avalanche Skills Training Course;
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 jurisdiction in which the Course is taught and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the jurisdiction in which the Course is taught.

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 the Avalanche Skills Training Course, 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.

Signature of Participant

Date

Signature of Witness

Name of Witness (please print)

Signature of Parent or Guardian (if Participant under age 19)

Name of Parent or Guardian

AST Student RELEASE 2020-21

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COVID 19 Pre-Trip/Course Declaration of Health and Exposure

Hyland Backcountry Services Ltd takes the safety of their guests and employees, and the prevention of the spread of the COVID-19 pandemic very seriously. As such, you are required to make four attestations below. The inability to make one or more of these attestations may disqualify you from participation.

I, the undersigned, attest to the following: (please initial beside each applicable attestation)

_____ *To the best of my knowledge, I do not have COVID-19 or any variant of COVID-19, nor have I had it within the past 14 days*

_____ *To the best of my knowledge, I have not been exposed to someone who has COVID-19 or any variant of the novel coronavirus COVID-19 within the past 14 days*

_____ *Within the past 14 days, I have not experienced any of the following that are new and not related to allergies or pre-existing conditions: persistent cough, fever higher than 38 degrees Celsius, shortness of breath, sore throat, flu-like symptoms, runny nose*

_____ *I have not travelled outside Canada during the past 14 days*

By signing below, I confirm my understanding that I may be refused participation in, or be asked to leave, this trip/course, with no option for refund of payment, if any of the above attestations are found to be incorrect or If the status of those attestations changes between the time of signing of this form and any time before the end of the trip/course.

Name of Client (Print)

Signature of Client

Date

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BC COVID-19 Symptom Self-Assessment Tool

Powered by  thrive health

If you need help or guidance in another language, please call 8-1-1. 8-1-1 has translation services in 130 languages.

This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. You can complete this assessment for yourself, or on behalf of someone else.

Older people and people with a weakened immune system or underlying medical conditions are considered at higher risk of severe disease. For more, see [information for priority populations](#).

If you are a health care worker, follow the advice of your employer. If you need more information, go to [this BCCDC site for healthcare workers](#).

Note that this self-assessment tool is intended for COVID-19 only. Your symptoms may not be related to COVID-19 and could require you to seek medical attention. If you are uncertain and/or feel very sick, contact your family doctor/nurse practitioner or call 8-1-1.

Testing for COVID-19

BC is expanding testing to find new cases and prevent spread of COVID-19 in the community.

Last updated: 4/28/2020 1:30pm PDT

The province has created a phone service to provide non-medical information about COVID-19, including the latest information on travel restrictions. Information is available in more than 110 languages, 7:30 a.m. - 8 p.m. Pacific Standard Time at 1-888-COVID19 (1-888-268-4319) or via text message at 604-630-0300.

For the most up to date non-medical information you can visit the [BC Government's COVID-19 Provincial Support and Information](#).

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1. Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

☐ No ☐ Yes

If "Yes": Please call 9-1-1 or go directly to your nearest emergency department.

These symptoms require immediate attention. You should call 9-1-1 immediately, or go directly to your nearest emergency department. END

If "No" proceed to question 2.

2. Are you experiencing any of the following:

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

☐ No ☐ Yes

If "Yes": Please consult your family doctor or nurse practitioner.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department. END

If "No" proceed to question 3.

3. Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?

Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

☐ No ☐ Yes

If "Yes": proceed to question 3.a.

If "No" proceed to question 4.





3.a Did you develop symptoms within 14 days of travel outside Canada?

☐ No ☐ Yes

If "Yes": Please get assessed for a COVID-19 test and self-isolate for 14 days or longer depending on when your symptoms started (see below**). END

If "No" proceed to question 3.b.

3.b Did you provide care or have close contact with a person with confirmed COVID-19?

Note: This means you would have been contacted by your health authority's public health team.

☐ No ☐ Yes

If "Yes": Please get assessed for a COVID-19 test and self-isolate for 14 days (see below**). END

If "No": Please get assessed for a COVID-19 test and self-isolate for 14 days (see below**). END

4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

☐ No ☐ Yes

If "Yes": Please self-isolate for 14 days and self-monitor.

As of March 25, 2020 it is mandatory under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still need to self-monitor for symptoms. Returning travellers that develop symptoms are also required to self-isolate for at least 14 days or 10 days after onset of symptoms, whichever is longer.

This can be a bit tricky to figure out. Here are some examples:

Example 1: Respiratory symptoms appear five days after returning to Canada and last only a couple of days. Self-isolate for 10 additional days from when your symptoms appeared for a total of 15 days.





Example 2: Respiratory symptoms appear two days after returning to Canada. Self-isolate for 10 days from onset of symptoms + an additional 2 days for a total of 14 days.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

If "No" proceed to question 5.

5. Did you provide care or have close contact with a person with confirmed COVID-19?

Note: This means you would have been contacted by your health authority's public health team.

☐ No ☐ Yes

If "Yes": Please self-isolate for 14 days and self-monitor.

People who are contacts of a confirmed case, meaning they have been or could have been exposed to the virus but do not have symptoms, are required to self-isolate for at least 14 days or 10 days after the start of symptoms, whichever is longer.

Self-isolation means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. You may not self-isolate in a place where you will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions.

[See the self-isolation dos and don'ts information sheet:](#)

- Stay at home. Do not go to work, school, or public areas, do not use public transport or taxis.
- Wash your hands or use alcohol-based hand sanitizer often.
- Ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order groceries and medication by phone or online.
- Do not have visitors in your home except if they are providing care or delivering goods and supplies, and in that case, maintain a distance of 2 metres.
- Clean and disinfect high-touch surfaces.
- Self-isolation can end 14 days after the last contact.

If "No": You don't appear to have symptoms of COVID-19.

There are many things you can do to prevent the spread of COVID-19 in your community.

For more information on preventing COVID-19, visit [the BCCDC website](#). END

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