



Avalanche Skills Training Course Information Package

Welcome to the Hyland Backcountry Avalanche Skills Training (AST) program for Winter 2022. 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, as you will be bound to the terms within. Please contact us if you need more information.

Please be patient, thoughtful, and considerate of other students & instructors as we continue to navigate through the Covid 19 pandemic, and do what we can to morally, ethically and legally operate in our community. If your views do not align with this statement, I kindly ask that you do not register, and I will refer you to another provider.

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

Payment: E-transfer to: info@hylandbackcountry.ca

Upon receipt of your payment, we will send you the Zoom invite or Online Course link

Schedule

Class: 2 x 3 hr Zoom sessions OR Online Course

Field: 0830 - 1630 Fieldtrip

Virtual Classroom (HBS will schedule one of the following options)

1. 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

2. Custom Online Course

This is a self-paced, online course students will log into, and complete prior to the pre fieldtrip Zoom session. Give yourself several evenings to complete.

Hyland Backcountry Services Ltd.

PO Box 3257

Smithers, BC

V0J 2N0

250-643-0505





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

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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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

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