



Rescue Dynamics

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This letter will serve to introduce you to the Basic Snow & Ice Climbing Courses you expressed interest in. We have several Basic Snow & Ice Climbing courses this year. The date for the remaining course is July 9, 10, 11, 2007 (Monday, Tuesday, Wednesday). We are no longer accepting applications for the June 18, 19, 20, 2007 course.

The cost of each course is \$375.00 per person including GST. In order for you to be confirmed on the course you must prepay the course fee, complete the personal information, then read, understand and sign the waiver. The waiver must be witnessed by someone other than a family member. (Cheques may be made payable to Rescue Dynamics.) If you have not paid, your spot is NOT booked.

See our website for complete cancellation policies and procedures. Medical cancellation coverage is available for an additional \$18.75. Should less than three persons sign up for the course, we reserve the right to cancel the course. We also reserve the right to cancel the course in the event of severe weather. Should this happen, your course fees will be refunded.

The course introduces you to skills required to safely begin snow, ice and glacier travel with an experienced partner or group. You must have a Basic Rock course or equivalent to get on this course. The course content includes snow techniques such as kicking steps, snow anchors (pickets, plates and t-slots), snow belays, self arrests, knots, roping for glacier travel, prusiking and safety topics.

The second day will be on ice and will include cutting steps, crampon technique, French technique, use of the ice axe, ice screws, ice anchors and a review of crevasse rescue. The third day will be an attempt at a summit climb (weather permitting). The instruction for this course takes place on snowfields and glaciers near Mt. Athabasca.

We will provide instruction and all the technical climbing equipment including ice axe, crampons, hardware, ropes, helmets and harnesses. (If you own your own gear, feel free to bring it if you wish.) We DO NOT provide climbing boots, day pack or clothing. We strongly recommend renting plastic mountaineering boots for this course unless you have fairly stiff mountaineering boots with a good welt. Boots can be rented at MEC in Edmonton or Gravity Gear in Jasper. Light hiking boots are not acceptable.

Be sure your clothing can handle the mountain environment, including heat, cold, wind, rain or snow, sun and insects. Since we are laying and sliding in the snow, you WILL get wet and cold. We are outside all day every day, and the course will proceed in all but the most severe weather. The enclosed equipment list may help you to prepare.

You are responsible for your own meals, accommodation and transportation for the entire course. Prepare a bag lunch and bring water or other drinks (thermos?) for each day of the course, as we do not return to the vehicles for lunch.

The meeting time and place for the course is 8:00 am on the first day of each respective course at the parking lot just outside of the new Columbia Icefields Information Centre atop where the old Columbia Icefields Chalet once stood. It is the only large building in the area. This is located a little over an hour south of Jasper on highway 93. Look for one of three vehicles; black Toyota Forerunner - VE6 MTN; brown camper van - WJK 864; white cargo van - CYM 044.

There are two campgrounds near this area. They fill up quickly and do not accept reservations. The Beauty Creek Hostel is 1/2 hour north along Highway 93. Hostel reservations can be made at (780) 852-3215. There is a PDF file available on our website detailing how to get to this location as well as how to book the various parks campsites.

You must have a valid Park Vehicle Group Pass or Personal Pass to attend this course, as we are traveling in National Park areas. Be sure to purchase one when you first enter the Park if you do not already have one. If you have any further questions, please call or email us.

Sincerely

Cyril Shokoples EMT, IFMGA
Chief Instructor / Mountain Guide

General Course Overview

Notice: Course content subject to revision or modification without notice
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Basic Snow & Ice

DAY 1

- Review of basic knots & roping up for glacier travel
- Review of basic equipment and harnesses (full body vs. seat?)
- Introduction to step kicking - cross over vs. box step
- Introduction to use of ice axe for self belay
- Introduction to snow anchors – deadmen / plates, T - slot, Saxon cross, pickets, ice axe
- Introduction to snow belays - running belays, dynamic belays, dubious belays!
- Introduction to self arrests - four basic attitudes
- Introduction to descending - retracing steps, plunge step, glissades
- Introduction to self arrests - four basic attitudes
- Introduction to self rescue - prusik systems
- Introduction to crevasse rescue - dropped loop - simple

DAY 2

- Introduction to cramponing - French technique and related use of axe
- Introduction to cutting steps
- Introduction to ice anchors - screws, pitons, Abalakovs
- Introduction to 3 O'clock technique & front - pointing and use of one or two ice tools
- Practice of crevasse rescue - dropped loop - compound modification
- Introduction to Glaciers & crevasses - hazards and features
- Discussion of routefinding, pacing, hazard avoidance

DAY 3

- summit climb of snow and ice route (weather permitting)