

COURSES

AST RESCUE



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AVALANCHE SKILLS TRAINING (AST) COURSES

AST LEVEL 1+

PRICE \$259 + 5% GST for the course only. \$383 + 5% GST for the course and lift tickets.
DATES Every Friday, Saturday and Sunday from Nov 25-April 2 except for Dec. 23, 24 & 25 which will be held Dec. 27, 28 & 29 instead. (Private courses available)

Our AST 1+ course provides an entry-level decision-making framework for recreational skiers/snowboarders in winter backcountry avalanche terrain. This comprehensive 2.5 day program is a blend of practical field days, and indoor theory. Spending double the amount of time in the field compared to other offerings this course maximizes the critically important outdoor field based terrain assessment aspects of traveling in the Backcountry. The Extremely Canadian AST 1+ exceeds the standards set by Avalanche Canada.

AST LEVEL 2

PRICE \$599 + 5% GST for the course only. \$847 + 5% GST for the course and lift tickets.
DATES Dec 27 to 30 or Jan. 7, 8 & 14, 15 or Feb. 4, 5 & 11, 12 or Mar. 4, 5 & 11, 12

The AST II course is designed for the serious and experienced backcountry traveller. This course expands on theories and principles established in the AST I course. This program incorporates extensive practical field sessions in real avalanche terrain to properly assess the potential hazards.

PRIVATE COURSES AVAILABLE

PRICE Available upon request (based on people and guides/equipment needed)
DATES Inquire with your requested dates

Inquire for additional mountain education or group programs. Our ACMG guides and qualified coaches can accommodate large backcountry groups, ski groups, or private courses for you and your friends to brush up on knowledge before a big trip. Please inquire for more custom itineraries.

Examples of courses offered:

- Corporate or Private AST I & II courses
- Large group Intro Backcountry Day
- Glacier Travel/ Crevasse Rescue
- Corporate Steep Skiing clinics

CREVASSE RESCUE/ GLACIER TRAVEL COURSE

PRICE \$325 + 5% GST for the course only. \$449 + 5% GST for the course and lift tickets.
DATES Dec. 17 & 18, Jan. 14 & 15, Feb. 11 & 12, Mar. 11 & 12, April 15 & 16
MEETING 8am @ The Cabin (if possible), otherwise on the deck
ABILITY LEVEL Advanced Skier or Snowboarder
PREREQUISITES AST I & previous rope skills recommended but not required
CLIENT RATIO 6:1 (min. 3)
GEAR REQUIRED The following is in addition to the standard AST list.

Glacier travel is a reality of ski touring in South Western British Columbia and can be one of the most dangerous and limiting parts of a ski or snowboarders day. Whether to develop safe travel skills for glaciated ski traverses or to reach new lines accessed via glaciated terrain. This is an essential course designed for experienced backcountry skiers and boarders. If you intend to spend any amount of time traveling in glaciated terrain this intensive and comprehensive two day program provides the foundations of roped glacier travel and crevasse rescue. Rigging for glacier travel, travel techniques both up and downhill, snow anchor construction, Initial Load transfers, and self-rescue are the focus of day one. Raising systems (modern and improvised) with up to 6:1 mechanical advantage is the focus of the final day.

Supplied:

Ropes & Specific crevasse rescue mechanical devices

Required:

All equipment is available for hire with advanced request from local retailers, details below

- Climbing harness
- Helmet (ski or climbing)
- 1 X 1.75m x 7mm Nylon cord
- 1 X 120mm sewn sling
- 2 X 5m x 7mm nylon cord
- 3 X Non-locking carabiners
- 4 X Locking carabiners
- 1 X Ice screw (22cm length)
- 1 X Auto-block device (DMM Pivot, Petzl Reverso, Black Diamond ATC guide).

BOOKING FORM

AVALANCHE & RESCUE COURSES

PERSONAL INFORMATION

Name Phone Number
Address City
Province/State Country Postal/Zip Code
Fax E-Mail
Local Hotel/Accommodation Local Phone Number
Emergency Contact Name Emergency Contact Phone Number

COURSE OPTIONS

Please choose the course and date you would like to enroll. Dates found in availability, on the previous page, or at extremelycanadian.com.

- AST I+ Course Only \$259 + 5% GST
- AST I+ Course & Lift Passes* \$383 + 5% GST
- AST II Course Only \$599 + 5% GST
- AST II Course & Lift Passes* \$847 + 5% GST
- Crevasse Rescue & Glacier Travel Course Only \$325 + 5% GST
- Crevasse Rescue & Glacier Travel Course & Lift Passes* \$449 + 5% GST

Dates

** The Backcountry lift ticket replaces a regular day lift ticket. This discounted pass is offered with the understanding that participants will solely be using the lifts to access the backcountry.*

ADDITIONAL GUESTS (IF APPLICABLE)

1 Name
Phone Number
E-Mail

3 Name
Phone Number
E-Mail

2 Name
Phone Number
E-Mail

4 Name
Phone Number
E-Mail

ADDITIONAL INFORMATION

PAYMENT

Visa Mastercard Amex Diners

Card Number

Expiration CSS (3 digits on the back)

Declaration of Booking Conditions: Full payment is required upon booking for all Whistler Ski Programs. You can cancel for a 100% refund with minimum 24 hrs notice. Cancellations and changes must be made in writing (email, fax, mail) or by phone to Extremely Canadian and are not considered canceled until acknowledged by reply from Extremely Canadian. Cancellations made less than 24hrs to program start will result in forfeiture of the full amount. We highly suggest that you purchase trip cancellation and travel medical insurance to avoid penalties. I hereby authorize Extremely Canadian to charge the amount as specified above to this credit card.

Signature

Date

Disclaimer: If you are filling this form digitally, you may decide to leave the signature field blank. Please click this button to confirm you acknowledge the Declaration of Booking Conditions in lieu of a signature.

**CLICK ON THE ENVELOPE TO
EMAIL THE FORM.**

Booking forms and secure online registration are also available at www.extremelycanadian.com. Please email this form to ski@extremelycanadian.com or call us at **1-800-938-9656** for more information.