

Information and Equipment List

Winter 2021



Infectious Disease Protocols (IDPs)

General

Due to COVID-19 IDPs will be in effect for all Face-2-Face (F2F) classes this winter quarter.

This is a Hybrid course and will incorporate;

- Online Distance Education (ED) via LTCC's Learning Management System (LMS) Canvas
- Enhanced Virtual Education (EVE) Zoom class room instruction
- F2F instruction in the field

During the F2F delivery, every effort will be made to maintain physical distancing (more than 6 feet of separation between participants) there may be times when that may not be possible. When physically distancing is not possible face coverings will be required.

To reduce parking congestion, carpooling usually highly encouraged; however, during IDPs LTCC does not recommend carpooling except with persons with whom you already maintain close personal contact with (e.g., members of a single household).

Waitlisted students may be added late to the course provided they meet all Pre F2F requirements. There are no "walk-ons" due to IDPs. **You will receive an email to your LTCC email to register when it is your turn. Check your LTCC email regularly!**

Pre F2F Requirements:

- Please watch the [hybrid orientation video](#)
- Complete the [quick quiz](#)
- Complete the [liability waiver](#)
- [Assumption of Potential Risk, and Medical History & Authorization for Treatment](#)
The WEOL AoR/Med form requires an LTCC Passport logon
- Download the CampusClear App – **you will be required to show your "Good to Go!" status to the instructor each day that you are face to face.**



CampusClear:

Download the app from:

[Apple App Store](#) or [Google Play](#)

Log in by entering your LTCC email address.

Enable notifications from the app.

At the start of each F2F class:

- Ensure you have a face covering
- Show your instructor your CampusClear "Good to Go!" status
- Have a skin temperature of $<99^{\circ}$ Fahrenheit (this will be taken by the instructor with a no-touch thermometer)

AIARE COURSE DESCRIPTIONS

WLD 128A Decision Making in Avalanche Terrain (DMinAT)

This is a quarter long course combining WLD 128B AIARE 1, WLD 128E AIARE Avalanche Rescue, WLD 128D AIARE 2 and guided mentorship that provides preparation and training aligned to American Institute for Avalanche Research and Education (AIARE) standards. Through classroom, field instruction and 8 TBA hours, students will learn to apply a routine that promotes teamwork, preparation and planning for traveling in avalanche terrain, safe skiing/riding techniques, end-of-day reflection/discussions to reduce risk, and effective companion rescue.

Note: If you take WLD 128A DMinAT you do not have to take WLD 128B, 128E, or WLD 128D.

WLD 128B AIARE Level 1

The objective of the AIARE 1 is to learn how to recognize risk in avalanche terrain. This three-day course provides an introduction to using The AIARE Framework to manage risk while traveling in avalanche terrain.

Prerequisite: None.

WLD 128E AVALANCHE RESCUE

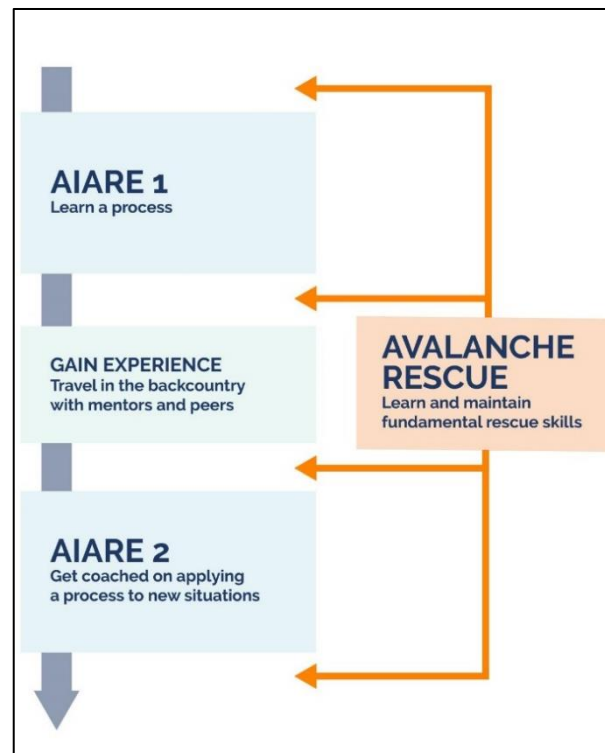
Avalanche Rescue is a one-day intensive course to learn how to manage a small-team avalanche rescue. This course also serves as a regular refresher opportunity to practice seldom-used skills. Prerequisite: None.

WLD 128D AIARE Level 2

The objective of the AIARE 2 is to learn how to manage uncertainty in avalanche terrain. This three-day course is for those who have taken an AIARE 1, Avalanche Rescue, and

have had at least one year of backcountry travel experience. The AIARE 2 provides backcountry coached mentorship in the application of The AIARE Framework to new terrain and situations.

Prerequisite: WLD 128B and WLD 128E.



Note: Proof of successful completion of an American Avalanche Association (A3) approved Recreation Level 1 course and/or Avalanche Rescue course fulfills the Prerequisite of WLD 128B AIARE 1 and WLD 128E AIARE Avalanche Rescue for WLD 128D AIARE 2.

General Format of 2021 Courses

AIARE Online

Prepare yourself for your WEOL Program AIARE Courses by completing the AIARE provided online learning module appropriate for your course.

- [AIARE Level 1](#)
- [AIARE Rescue](#)
- [AIARE Level 2](#)

WEOL Program

- AIARE Rescue
 - Pre-Course Work
 - [AIARE Rescue Online](#)
 - [AIARE Rescue Student Handbook](#)
 - [Avalanche Rescue Quick Reference Card](#)
 - Day 1: Conducted entirely in the field
 - 8:00am meeting at the WEOL Program equipment shed next to the Physical Education Building (see maps and directions for location)
 - TBD: Transition to field location
 - 4:50pm release time in the field
- AIARE Level 1 & 2
 - Pre-Course Work
 - [AIARE Level 1 Online](#)
 - [AIARE Level 1 Student Handbook](#)
 - [AIARE Level 2 Online](#)
 - [AIARE Level 2 Student Handbook](#)
 - [Fillable Backcountry Decision-Making Guide \(BDMG\) 2020-21](#)
 - [Update to page 3 of BBMG](#)
 - Day 1:
 - 8:00am: Initial meeting via Zoom, your instructor will email you the link
 - TBD: F2F at WEOL Program equipment shed next to the Physical Education Building (see [maps and directions](#) for location)
 - TBD: Transition to field location
 - 3:50pm release time in the field
 - Day 2:
 - 8:00am: Meet via Zoom (only if needed)
 - TBD: F2F meeting at field location
 - 3:50pm release time in the field
 - Day 3:
 - 8:00am: F2F meeting at field location
 - 3:50pm release time in the field

Your instructor will direct you to all field locations.

Contact Information

If your contact information changes update with the WEOL Program at (wilderness@ltcc.edu) or (530) 541-4660 ext. 463, or the Instruction Office 530-541-4660 ext. 752, as soon as possible.

Course Dates

Check LTCC's course schedule and your passport account for exact dates for your specific course (<http://www.ltcc.edu/academics/scheduleofclasses.php>).

Accommodations, Transportation, & Parking

Accommodations

Participants are responsible for their own lodging and food venues. There are no planned overnights on this course.

Transportation

To reduce parking congestion, carpooling usually highly encouraged; however, during IDPs LTCC does not recommend carpooling except with persons with whom you already maintain close personal contact with (e.g., members of a single household).

Parking

Depending on weather and snow conditions some venue parking may be located at a California Sno-Park area where a SNO-PARK permit is required. Daily permits are \$5.00 and seasonal permits are \$25.00. Passes can be purchased from local vendors or [online](#).

Equipment List

The safety and quality of your experience is determined in large part by the clothing and equipment that you choose to bring. As a recreationalist or aspiring professional, you should ensure your equipment is appropriate for the trip and in top condition.

Generally, you should choose lightweight clothing and equipment and where possible choose multifunction equipment. Ounces make pounds, pounds make pain. Pain increases fatigue and makes learning, leading, guiding, and enjoying the trip more difficult; resulting in increased risk.

Contact the WEOL Program if you have any questions. The WEOL Program has beacons, shovels, probes, snowshoes, and snow study equipment to loan.

You should have all of your equipment at the start of the F2F portions of the class. Bring all your equipment for the Avalanche Rescue Course; it is best to practice with the equipment you will have in the backcountry when skiing or riding.

You can snowshoe on the ups if you have alpine or a solid snowboard.

[Tahoe Sports LTD](#) offers a 20% discount on backcountry touring equipment rentals if you tell them you are taking a course at LTCC prior to check-out.

<p>Upper Body: Base layer: long sleeve synthetic or wool: medium to expedition weight Insulating layer: puffy jacket, synthetic light weight Protective layer: soft/hard shell jacket with hood</p>	<p>Pack & Other: Pack: 30 – 40-liter ski pack Water & Food: insulated thermos/water bottle and food/snacks for the day Sunscreen/lip balm Headlamp w/extra batteries Other personal items needed (you bring it you pack it)</p>
<p>Lower Body: Base layer: light weight synthetic Insulating layer: medium weight synthetic or wool Protective layer: soft/hard shell pant with side zips and built-in gaiters Socks: 1 to 2 pair medium to heavy synthetic or wool</p>	<p>Backcountry Touring Gear: Boots appropriate for riding equipment Skis/Splitboard and bindings for boots Ski Poles Field book with 2 pencils Map, compass, GPS/smart phone Altimeter (optional) Personal repair kit & first aid kit</p>
<p>Hands and Head: Gloves: 1 medium & 1 heavy Hat medium weight ski hat Hat baseball or golf visor Neck gaiter (optional) Ski Goggles Sunglasses w/case Helmet</p>	<p>Snow Safety: Transceiver – digital w/3 antenna Shovel Probe – at least 270cm long Rutschblock cord (optional) Snow saw (optional) Snow study kit (optional)</p>