

## 24 -Day Alaska Ski and Snowboard Mountaineering Leadership & Guide Training Course Information



### Course Location

IWLS is based in Haines, Alaska, a small town located near the top of the Inside Passage, bordered by Glacier Bay National Park. The park and the adjacent 27 million acres, including Wrangell-St. Elias National Park, comprise the largest protected wilderness area in the world. It is an extremely jagged and glaciated mountain landscape that includes the world's largest non-polar ice caps, pristine fjords, and wilderness rivers. Peak elevations in this region range up to 20,000 feet.

At 59 degrees latitude, summer days in Haines have over 20 hours of daylight. The long days make for great alpine starts, late night wildlife viewings, and account for the remarkable vegetative growth that is the basis for Alaska's thriving ecosystem. Haines is situated at the northern end of the Tongass National Forest, the largest temperate rainforest in the world.

The terrain surrounding Haines, Alaska offers an unparalleled environment for learning ski/snowboard mountaineering skills. These mountains get the greatest annual snowfall on the planet; neighboring Mt. Fairweather receives over 500 feet of snow annually.

### Course Goals

- Students will gain a strong technical ski/snowboard mountaineering skill set and appropriate traveling techniques.
- Students will be able to demonstrate the ability to professionally deal with emergency scenarios while in the field.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques to move a group through various types of terrain without harming the environment.
- They will learn to exercise good quality judgment and decision-making skills within a leadership position to help avoid potential accident and survival situations, and develop a comprehensive understanding of safety considerations in the mountain environment.
- They will be able to recognize their own leadership abilities and limitations within the context of a group. Students will learn to make decisions pertinent to leading small groups in the mountain environment.
- Students will learn to recognize terrain, snowpack, and weather that contribute to the formation of avalanches and apply appropriate decision making skills regarding avalanche safety.



## Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip. Our exact schedule will depend highly on the weather, strength of the group, and time of year.*

**Day 0:** Pre-trip meeting at 6:00 PM (unless otherwise noted) at the IWLS office in Haines. After a brief meet and greet with your instructors and fellow students, we will discuss the course and students' goals and expectations.

**Day 1:** We'll spend the first day preparing, planning, and packing food and equipment for our expedition into the mountains. This day is often spent in town and camping is provided in the evening on IWLS property or students are welcome to make separate hotel accommodations.

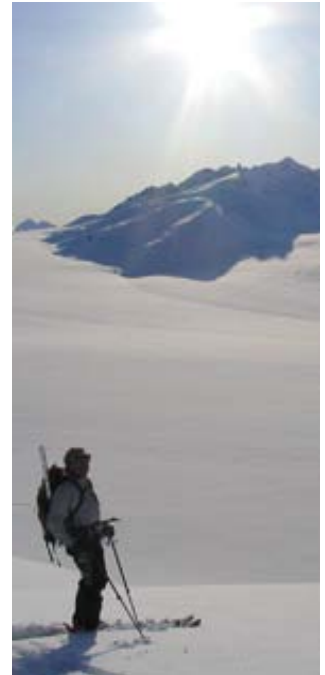
**Day 2-6:** We head into the mountains via airplane, helicopter, or 4WD vehicle (weather and season dependent). The first portion of the trip focuses on snow camping, and general travel techniques on skis, snowshoes, and snowboard. Learn skills including but not limited to: avalanche awareness, safe winter travel techniques, pit analysis, skinning, beacon use, probe use, and rescue scenarios.

**Day 7-12:** Skill intensive mountaineering instruction. This portion of the course focuses on the technical skills associated with mountaineering and Alaska expedition climbing. We will tie these skills specifically to snowboarding and skiing in this glaciated terrain. We will learn skills including but not limited to: rope team travel, self-arrest, cramponing, crevasse rescue, high angle rescue, rappelling, navigation, routefinding, emergency protocols, anchors, and belaying.

**Day 13:** Mid-course evaluations. Instructors will assess participants' level of involvement in accordance with the IWLS curriculum.

**Day 14-23:** We will focus on leadership, judgment, and decision-making development. During this segment of the trip, the group will continue to tackle technical climbing and skiing objectives as a group. Participants will have the opportunity to be in leadership roles, develop teaching styles, and be active participants in group decision-making and safety management. Significant emphasis is placed on avalanche forecasting and snow stability analysis.

**Day 24:** Return to Haines. In the last few days of the course we will have final evaluations. Students will be evaluated, by their instructors, on their understanding and completion of the IWLS curriculum in addition to a self-assessment.





## A Typical Day

A typical day starts around 7am with breakfast and hot drinks. If a summit attempt is planned, you may find yourself awake just before sunrise. While water is heating you will most likely be preparing for the days' adventures.

You will play an integral part of the expedition team by setting up camp, cooking meals, or carrying a portion of the group gear. You may be leader of the day, responsible for planning the day, accomplishing objectives, or facilitating a lesson plan.

The day's activities will vary depending on weather, location, and progression of the course. We may work on developing your technical skills set, learn about different leadership styles, or get an alpine start and ski a large peak in the area. Regardless of the day's activities, it will be full of learning and adventure.

Dinner could be anything from thanksgiving to pasta, to backcountry pizza. Students often walk away from our courses with a newfound love for cooking good and original food.

The day will finish with a debrief session where we'll discuss the days events, what you learned, and how you'll be able to use your newfound skills in the near future.

## Course Curriculum

The International Wilderness Leadership Schools' educational model nurtures leadership development and creates an awareness of the guiding mentality that is essential for leading safe, fun adventures in the mountains. The combination of technical skills training, practical leadership experience and a true wilderness expedition make the IWLS curriculum world class.

We believe that experiences drive our learning and therefore we use formal and informal classes taught by both instructors and students. Instructors are eager to help facilitate the learning process but ultimately, how much you learn will be dependent on the amount of effort you put into the course.

A detailed curriculum will be provided at the beginning of the course. Below is a partial list of curriculum points that will be covered throughout your course.



### *IWLS General Curriculum*

- **Leader of the Day:** Opportunities to lead the group will be abundant and you'll have the time to learn and practice multiple styles of leadership.
- **Situational Based Decision Making:** Over the course of 12 days, we'll discover ways to make effective and safe decisions in the field.
- **Focused and "Big Picture" Awareness:** Learn to identify objective and subjective hazards in a backcountry setting.
- **Logistics:** Develop the ability to efficiently plan and pack for an extended expedition in the backcountry.
- **Communication Skills:** Learn to communicate to a wide variety of audiences and provide constructive and appropriate feedback during daily group debriefs.
- **Teaching and Lesson Plans:** You'll have the opportunity to develop lesson plans, teach in front of the group, and learn the importance of progressions for teaching technical skills and leadership.
- **Expedition Behavior and Group Dynamics:** As this course is a true wilderness expedition, interactions between group members need to be supportive and contribute to the efficacy of the group. Learn the finer points of teaching these facilitation skills.
- **Camp Set-up and Maintenance:** Mastering these essential skills will prove valuable whether you are pitching a tent in gale force winds or melting snow for drinking water.
- **Nutrition and Cooking:** A healthy diet is vital for maintaining energy throughout an expedition. Learn to appropriately prepare nutritional and tasty backcountry meals.
- **Navigation:** Learn how to take a bearing, read a topographical map, triangulate your position, and navigate in a whiteout.
- **Weather:** Will the storm arrive in the next 12 hours, or the next 48? Understanding weather patterns and trends will help you plan successful trips in a wilderness setting.
- **Leave No Trace® Ethics:** As adventurers in some of the most pristine environments on the planet it is our duty to respect the natural world.
- **Natural and Cultural History:** Having a strong understanding of cultural history, flora, and fauna is an integral part of leading people in an outdoor environment. You'll learn some of the botany, ecology, and geology that apply to this remarkable area.



### *IWLS Mountaineering Curriculum*

- **General Mountaineering Skills:** The mountain environment is an exciting and potentially dangerous place. You'll discover how to travel on the steep mountain slopes using equipment such as an ice axe and crampons as well as how to teach these skills to your fellow students.
- **Anchors:** Anchor building is a fun yet complex subject. We'll examine single, double, triple and complex anchors, and their different applications. Learn how to place anchors in snow, rock, and ice.
- **Ropes:** 50 meters or 70 meters? 8.0mm or 10.5mm? Single, double or twin? These are all questions you'll be able to effectively answer. We'll also learn how to care for and maintain these important pieces of equipment.
- **Knots:** Learn the appropriate applications for the figure 8, water knot, double fisherman, bowline, and other essential climbing knots.
- **Belaying:** Should we use a fixed belay or a running belay? Our team will learn and practice the finer points of different belay techniques such as the hip belay, running belay, boot axe belay, fixed belay, and more!
- **Ascending:** Fixed lines are an important tool for large groups and guiding applications. We'll learn how to efficiently use, build and maintain them.
- **Rappelling:** Rappelling down a steep rock face is a thrilling moment and our team will learn how to do it safely. We'll also look at different methods for teaching rappelling and dealing with incapacitated climbers.
- **Rope Teams:** Rope team travel is a complicated endeavor that requires skill, technique and teamwork. We'll cover everything from prussic arrangement to team management.
- **Crevasse Rescue:** Traveling in glaciated terrain requires that every member of the team be proficient in crevasse rescue. We'll learn how to get a teammate out of a crevasse quickly and efficiently.
- **Technical Climbing:** Rock climbing, ice climbing and steep snow climbing are all included in the IWLS curriculum.
- **Escaping the Belay:** What happens when things go bad? We'll practice escaping the belay and getting to the aid of an injured climber.
- **Short Roping:** Learn different applications of short roping technique and times and places to utilize it.
- **Sleds:** Key for long expeditions in the mountains. Learn how to maneuver, pack, and construct expedition sleds.
- **Timing:** In the mountains, timing is everything: when to leave camp, when to turn around, and when to push for the summit. Time management is a critical component of safe travel and plays into many aspects of mountaineering.





### *IWLS Skiing & Snowboarding Curriculum*

- **Equipment:** Learn the basics of skiing and snowboarding equipment, avalanche safety gear, and how to use and repair your gear efficiently.
- **Skiing & Snowboarding Ability Assessment:** Learn how to assess the abilities of others so you can lead people into the appropriate types of terrain.
- **Skiing & Boarding Instruction:** Modeling and good communication is essential for helping guests develop their skiing and snowboarding skills.
- **Site Selection:** Learn how to choose the appropriate terrain and identify hazards to facilitate a safe, fun time in the mountains.
- **Group Management:** Effective group management for a group of skiers and riders can be difficult. Learn communication tools and techniques for keeping a group safe.
- **Snow Conditions:** Whether skiing deep powder, spring corn, or breakable crust, learn how to identify variable conditions and employ different techniques to enjoy them safely.
- **Routefinding:** Both descents and ascents demand good routefinding skills. You'll develop your hazard assessment and navigation skills to be able to find the safest, most efficient route.
- **Skinning:** Develop your kick turns, edging, and other skinning techniques to climb snow slopes efficiently.
- **Steep skiing:** Jump turns, belayed skiing, and self-arrest are some topics that we'll cover concerning steep skiing.

### *IWLS Avalanche Curriculum*

- **Avalanche Statistics:** Can you trigger an avalanche on a 10 degree slope? You'll learn the answer to these and many more questions throughout the avalanche curriculum.
- **Avalanche Characteristics:** We'll examine loose snow, wet snow, soft slab, and hard slab avalanches along with some potential triggers. You'll learn the definition of terms such as stauchwall, alpha angle, and bed surface.
- **Avalanche Pyramid:** Terrain, weather, snow pack, and human factors all play into the creation of an avalanche. Develop your decision making skills by breaking down avalanche danger assessment into these components.
- **Snow Stability Evaluation:** Is this snow capable of avalanching? Learn tests such as compression test and rutschblock test that will help you evaluate layers within the snowpack. Develop your documentation skills for accurate recording and analysis of information.
- **Safe Winter Travel:** As a group, we will travel safely through avalanche terrain. Considerations will include cornices, equipment selection, route finding, campsite selection, and effective communication.
- **Avalanche Rescue:** Someone buried in an avalanche has an 87% chance of survival if found within the first fifteen minutes. We'll practice using probes, beacons, and effective search patterns in order to quickly and efficiently find a buried person.





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## Journal Writing

Keeping a wilderness journal can help students to record, reflect, and gain from experiences throughout the expedition. The following are examples of topics that may be assigned throughout the course: First-Aid SOAP notes, incident management forms, leadership analyses, trip reports, lesson plans and decision making analyses.

## Evaluation and Grading

Students who take this course for credit will receive a letter grade. Grading is a measurement of one's knowledge of material, participation, written and oral communication, and one's judgment and awareness. Students will be evaluated on their skills, level of participation, their knowledge and awareness of their own abilities as outdoor leaders, their level of judgment as applied to decisions, and written projects assigned during the trip. Students that don't take the course for credit will receive a written instructor evaluation in place of a grade.



## Certifications

Upon completion of the 24-day ski/snowboard mountaineering leadership and guide training course, students may be eligible for the following certifications:



### **24 Day Guide Training Certificate of Completion**

*International Wilderness Leadership School*

### **Level 1 Avalanche Certification\***

*International Wilderness Leadership School*

\*Dependent on weather and season.

