

**Sample Course Schedule**

Please note: This schedule is intended to give you an overview of the general sequence of events during an Avalanche Operations Level 1 course. Many factors will dictate the exact schedule, so please come prepared for the activities and willing to be flexible.

Day 1				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
800		60 min	Course Introduction: Introduce students and instructors, goals, expectations, equipment, waivers	LP 1
900		10 min	Avalanche Hazard in Japan: An overview of the Avalanche Industry	LP 2
910		40 min	Formation and Nature of Avalanches	LP 3
950		10 min	Break	
1000		60 min	Professional Rescue	LP 6
1100		60 min	Organisation for field session, lunch, travel to field site	
1200		3 hours	Field Session - Professional Rescue Workshop Field Session - Study Plot Weather Observations - (groups rotate between two stations)	LP 6 LP 8
1500		10 min	Accuracy of Observations/Field Books	LP 7
1510		60 min	Avalanche Terrain	LP 4
1610		10 min	Break	
1620		90 min	Mountain Snowpack	LP 5
1750		10 min	Organization for tomorrow. Handout: Formation and Nature of Avalanches Quiz for homework	

Day 2				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
730			Study plot weather observations - coaching	LP 8
830		30 min	Review AM weather observations and calculation of water equivalency	LP 8
900		30 min	Lecture: weather data and forecast	LP 8 J
930		10 min	Break	
940		60 min	Data and Evidence in the Hazard Analysis	LP 10
1040		4.5 hours	Field Session: (arrange meeting location) Transceiver function – Check Short travel to field site Field weather observations Full snow profile demonstration	LP 6 LP 8 LP 11
1440		30 min	PM weather observations at study plot - coaching	
1510		20 min	Fracture Character	LP 12
1530		15 min	Crystal identification using photos	LP 5
1545		15 min	Break	
1600		40 min	Safety Measures and Backcountry Travel	LP 9
1640		20 min 40 min	Plotting Snow Profiles Interpreting Snow Profiles	LP 13 LP 13
1740		10 min	Review and feedback of the day Homework: Finish plotting profiles, Mountain Snowpack Quiz.	

Day 3				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
730			AM weather observations - coaching	
800		30 min	Review of AM observation and presentation of weather forecast	
830		30 min	Lecture: Weather Local Processes	LP 8
900		30 min	Introduction to the "Keijiban"	LP 14
930			Break and depart for field work	
1030		5.5 hours	Field Session: Field Weather Observations Full profile by students Test profile demonstration and Rutschblock Safety Measures discussion Avalanche occurrence observations	LP 8 LP 11 LP 9 LP 15
1600		30 min	PM Study Plot Weather Observations	
1630		30 min	Begin to plot profiles - coaching	
1700		30 min	Avalanche Occurrence Observations	LP 15
1730		60 min	Hazard Evaluation Lecture and Demonstration	LP 16
1830		10 min	Review of day – Feedback from class Homework: Plot profiles & Hazard Evaluation Quiz	

Day 4				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
730			AM Study plot weather observations - unsupervised	
800		20 min	Review weather observations, presentation of weather forecast and Keijiban	
820		40 min	AM hazard and risk worksheet and review	
900			Break and depart for field trips	
1000		5.5 hours	Field Session: Terrain analysis and route selection, safety measures as required Test profiles in teams and individually Field weather observations Avalanche occurrence observations	
1530		30 min	PM Study plot weather observations	
1600		30 min	PM hazard and risk worksheet and review	
1630		15 min	Crystal identification	
1645		15 min	Break	
1700		45 min	Terrain photo exercises	
1745		15 min	Review of day/Mid-course debrief Review quizzes Homework: Finish plotting profiles and hazard worksheet	

Day 5				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
700			AM Study plot weather observations - unsupervised	
730		15 min	Review weather observations, presentation of weather forecast and Keijiban	
745		45 min	AM hazard and risk worksheet and review	

830			Break and depart for field trips	
930		6 hours	Field Session: Lots of travel, student leads, terrain analysis and safety measures. Numerous test profiles in pairs and individually Field hazard Assessments & route selection Avalanche occurrence observations Test: Field Weather Observation Exam	
1530		30 min	PM Study plot weather observations	
1600		30 min	PM hazard and risk worksheet and review	
1630		30 min	Rating Systems in Avalanche Work	LP 17
1700		30 min	Organized Avalanche Rescue (optional)	LP 18
1730		30 min	Terrain photo exercise and prep for Field Hazard and Terrain Photo Assessment	
1800			Review of the day; Q & A period Homework: Plot all remaining profiles, review all quizzes	

Day 6				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
730		1.5 hours	Study Plot Weather Exams (12 students) Remaining students take their observations	
900		30 min	Review observations, presentation of weather forecast and Keijiban	
930		30 min	AM hazard and risk worksheets	
1000			Break and depart for field trips	
1030		5 hours	Field Session: Professional Rescue Exam Full Profile Exam Field Hazard Assessment Exam	
1530		60 min	Remaining Study Plot Weather Exams	
1430		30 min	Terrain Photo Exams	
1500		60 min	Written Exam	
1600			Update field books and turn in for evaluation Review of day; Q & A for tomorrow Hand out student course critiques	

Day 7				
Time	Instructor	Duration	Lesson Name/Description	Lesson #
730			AM Study plot weather observations	
800		30 min	Presentation of weather forecast and InfoEx	
830		50 min	AM Hazard & Risk Worksheet Exam	
920		10 min	Break	
930		40 min	Review Terrain Photos, Written and Hazard Exams	
1110		30 min	Case history	
1140		60 min	Lunch break	
1240		30 min	Situational Awareness and Human Factors	LP 19
1310		50 min	Course conclusion/ Debrief	LP 21
1400			Course ends	