**Awareness WINTER/ALPINE OPERATION COURSE**

**Course Objectives: Course is designed for back country responders to SAR and Law Enforcement emergencies during winter / alpine conditions. Emphasis is on safety, survival and operational effectiveness during SAR or LE operations in severe winter conditions. Target venues will be officers / rangers from NC State Parks, National Park and US Forest Service lands in the Blue Ridge Parkway / Pisgah National Forest land mass. There are no course pre-requisites, however, all participants should be in physical condition for arduous duty and be able to work / operate an entire day in a cold, wooded and alpine environment. Packing list will be provided on a separate document.**

**Day One**

All course instruction day 1 is indoors.

0800-0830: Introduction to Winter/Alpine SAR / LE Operations , Local Applicability

0830-0915: Hypothermia and emergency shelters (F)

0915-1015: Clothing system (F)

1015-1030: Break

1030-1045: Lost / hiding person behavior in winter conditions

1045-1115: Scene Safety (from environmental hazards)

1115-1200: Basic navigation equipment and preservation / Care of equipment / weapons / radios /

Lights and batteries/food/water, etc.

1200-1300: LUNCH

1300-1500: 24 Hour packs (will work on this in class...everyone brings their stuff) (F)

1500-1530: Movement techniques and equipment (snowshoes, crampons, ice tools-axe arrest, etc)(F)

1530-1545: Break

1545-1730: When to belay, fall slope angles on snow/ice/rock...basic and expedient anchor (F)

1730: Class dismissed

**Day Two** Roan Mountain

All instruction for Day Two, as well as lunch, will be in the field. The items above with an (F) have field exercise requirements.  We will divide into squads and build several stations to include shelter stations, ice axe arrest, start a fire station, crampon and snowshoe usage, belay and lower a package, and evidence preservation, etc. Less walking will be involved for this phase of the training. Day Two will start with a safety brief. Students should arrive prepared to be out all day!

**Day Three** Grandfather Mountain

Field Exercises and Mock mission: A walk through mission will be performed that will hopefully allow us to traverse snow, ice, build an expedient shelter, and demonstrate a belay. The mock mission will incorporate navigation, radio, and the skills learned on Day Two and possibly approach a suspected victim / subject from different routes.

**Skill Check off’s:**

Prior to completing the course, each student will demonstrate competency in the following skills:

**Instructor** . **Skill Description .**

**Initials**

\_\_\_\_\_ Demonstrate proper clothing system for cold weather operations.

\_\_\_\_\_ Demonstrate a properly packed 24 hour pack for alpine rescue operations

\_\_\_\_\_ Demonstrate how to properly don and use snow shoes. Explain when they should be used.

\_\_\_\_\_ Demonstrate how to properly don and use crampons. Explain when they should be used.

\_\_\_\_\_ Demonstrate / discuss how to use an ice axe. Explain when it should be used /carried.

\_\_\_\_\_ Demonstrate how to build a fire in a wilderness setting.

\_\_\_\_\_ Demonstrate how to build an emergency shelter

\_\_\_\_\_ Tie a water knot using 1 inch tubular webbing

\_\_\_\_\_ Tie a follow through figure 8 knot

\_\_\_\_\_ Tie a figure 8 on a bight

\_\_\_\_\_ Tie a munter hitch

\_\_\_\_\_ Tie a Clove Hitch open and closed

\_\_\_\_\_ Build multipoint anchor systems

\_\_\_\_\_ Build a wrap 3 pull 2 anchor with tubular webbing

\_\_\_\_\_ Tie a high strength tie off with a provided rope.

\_\_\_\_\_ Demonstrate how to belay / lower a team member and catch a fall on a low angle

slope using a munter hitch or other belay device.

\_\_\_\_\_ Effectively perform rescue operations in a winter environment for a whole day

using only the supplies carried in your packs.