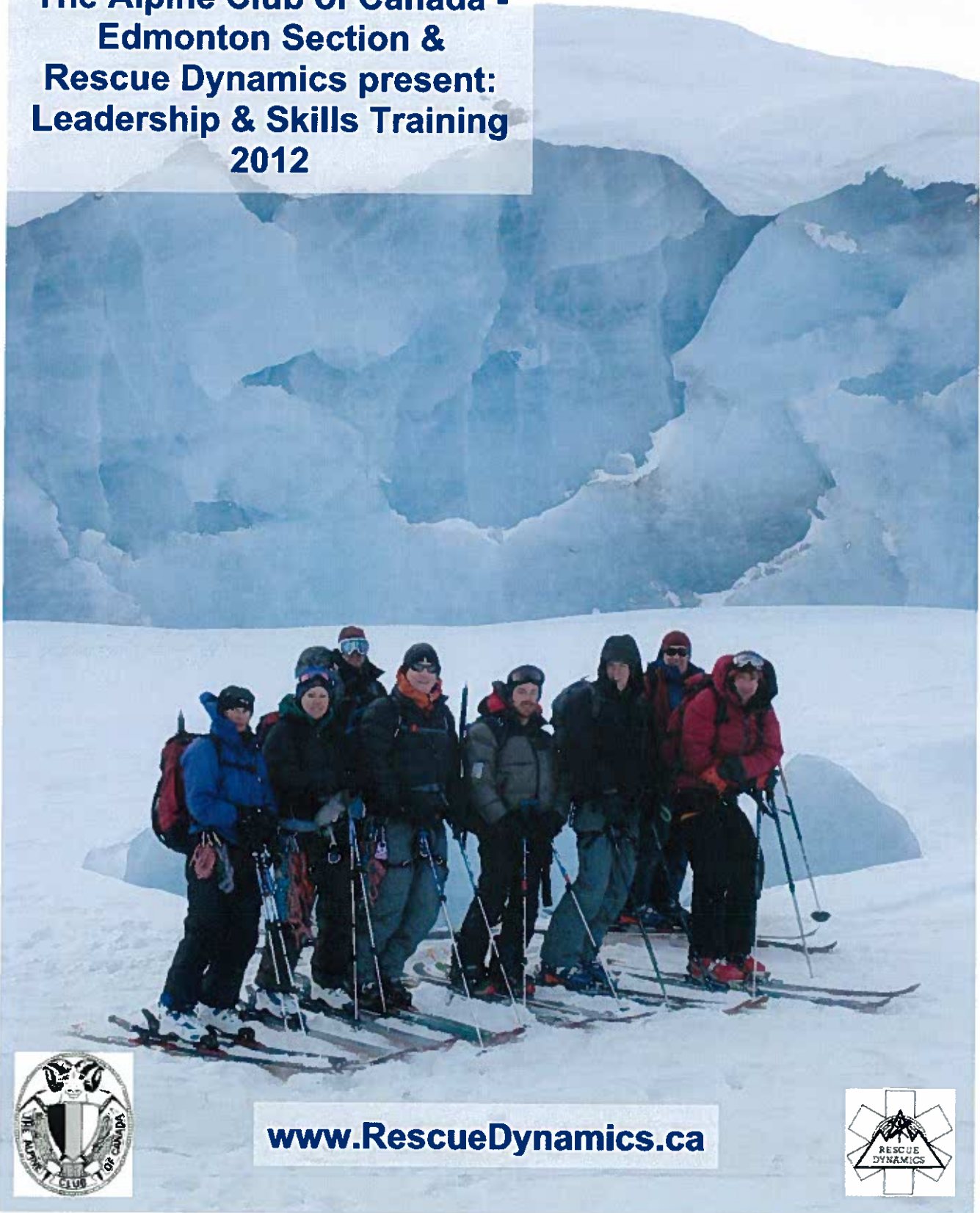


**The Alpine Club of Canada -
Edmonton Section &
Rescue Dynamics present:
Leadership & Skills Training
2012**



www.RescueDynamics.ca



COURSE DESCRIPTIONS:



ACC Ski Touring Leadership 2012 January 7 and 8, 2012

Course description: Ski Touring Leadership is designed to provide training for Edmonton section trip leaders in the art of safe travel in avalanche terrain. Course content will include a review of routefinding and track setting, pacing and group management in avalanche terrain. A certain amount of time will be spent making weather, avalanche and snowpack observations relevant to safety, probing the snowpack and doing various stability tests. Each day is spent in the field with various portions of the trips being led by the participants.

An Avalanche Skills Training Course (CAA AST1 or AST2) is a prerequisite for attendance. A good skiing ability on off-trail conditions while wearing a pack are essential. Either randonnee (AT) or telemark gear are acceptable, but track skis or skinny touring skis are not!

You will be required to read, understand and sign an ACMG waiver when the course begins. There are no exceptions. The waiver will be witnessed by the instructor on the first morning of the course.

This will be a unique weekend in that it is not at all about making turns or extreme skiing in avalanche terrain. We will spend much of our time on terrain rated as simple to challenging on the ATES scale and focus on skills that will assist you to lead groups safely, efficiently and quickly on this type of terrain. Each day will include skills review and practice. We depart at a reasonable time on Saturday and begin our first session at the parking lot. Most participants will be given the opportunity to lead on sections of the trip that are appropriate to their abilities. The activities of the second day will depend on the weather, our progress and the group needs but suffice it to say we will be touring in terrain that will challenge your decision making.

Everyone needs to bring a digital avalanche transceiver, shovel and probe. In addition each participant needs to bring a copy of the Avaluator 2 that they received on their AST course plus they will need a copy of the CAA's new red "Decision-making in Avalanche Terrain" fieldbook. These are both available from MEC or can be purchased from your instructor if you make arrangements in advance.

Participants must provide their own boots, skis, skins, poles and appropriate clothing that can handle the changes in mountain environment. We are outside almost all day on each day of each course, and the course will proceed in all but the most severe weather. Participants are responsible for your own meals, accommodation and transportation for the course. Car-pooling is encouraged Prepare a bag lunch and bring water or other drinks for each day of the course, as we do not return to the vehicles for lunch.

The course will take place in the Banff / Lake Louise area and will be taught by Cyril Shokoples. Cyril has been an ACC member for over 35 years and has been guiding for 30 years. He is an ACMG / IFMGA full mountain guide and is a CAA professional member. He instructs the ACC TNF summer and winter national leadership courses and has been teaching for the Edmonton Section for over 20 years.

Cost: \$ 160

Number of Participants: Max. 6

Contact: leadership@alpineclub-edm.org

ACC MOUNTAIN NAVIGATION COURSE

May 5 and 6, 2012

Canmore / Banff area

This course begins with an introduction to map reading, focusing primarily on the 1:50,000 and 1:250,000 scale topographic maps most common in Canada. We discuss the use of terrain as the first means of navigation including handrails and terrain recognition.

Then use of the compass is added including bearings, back bearings, resections (triangulation), aiming off, backstops, whiteout navigation, and the use of wands. Use of the altimeter in mountain navigation comes next.

Finally satellite GPS is added to the mix including how to make sure you have set it up properly (correct north reference, datum and grid). There is a whole bunch more jam packed into two fun filled days. There is a mix of classroom and outdoor exercises. The first day will take place in Canmore (primarily indoors) with the second day outdoors all day at a couple of locations in Banff National Park.

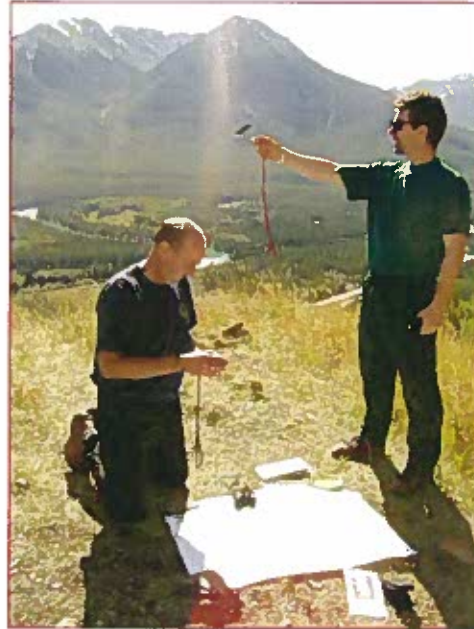
For details see:

www.rescuedynamics.ca/summer.htm#Navigation

Cost: \$ 160

Number of Participants: Max. 8

Contact: leadership@alpineclub-edm.org



AVALANCHE SAFETY TRAINING COURSE (AST) LEVEL 1

Various dates in 2012

Canmore / Banff or Jasper

The Avalanche Safety Training Level 1 is a 2 day course which includes classroom and outdoor instruction covering:

- * Mountain snowpack
- * Terrain
- * Trip preparation
- * Avalanche formation
- * Self rescue

The Avalanche Safety Training curriculum for recreation was developed by the Canadian Avalanche Centre. The course cost includes an Avalanche Awareness Handbook, the Avaluator 2 and a certificate upon successful completion.

These courses are run by Peter Amann in Jasper and by Cyril Shokoples / Rescue Dynamics in Canmore and Banff.

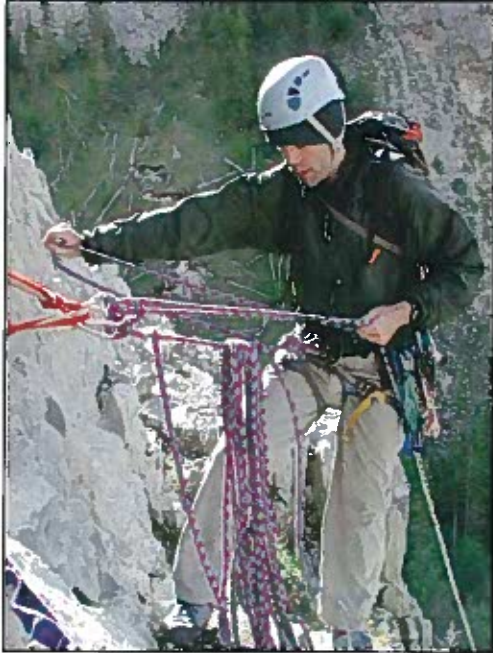
Course dates are listed on the following websites:

<http://www.incentre.net/pamann/>

<http://www.rescuedynamics.ca>



INTRO TO TRAD LEADING



July 7, 8, 2012

The course consists of two days of anchors, rope handling and systems for the climber who is looking to begin leading multi-pitch trad climbs..

The course content includes a review of movement on rock, knots, ropework, belaying, rappelling and safety topics. We also introduce you to protection and anchor systems including pitons, TCUs, Friends®, Camalots®, Rocks®, Hexcentrics®, TriCams®, bolts, equalization, opposition, rope handling and a host of other gadgets and techniques. We will review the BRAKES concept for rappels and the new DARN Solid anchor concept for advanced anchor construction.

We normally try to find an appropriate multi-pitch climb to complete that is well within the abilities of moderately skilled climbers. In order to get the most from this course you should review your knots and basic procedures before arriving. Instruction takes place on limestone cliffs and slabs in the Front Ranges in Jasper National Park.

Cost: \$ 240 Contact: leadership@alpineclub-edm.org
Number of Participants: Max. 4

INTRO TO ALPINE LEADERSHIP (ROCK)

August 11, 12, 2012

Jasper Park

This is a very different course in that the focus is on "efficient" motion on varied terrain. It is not at all about doing hard rock or ice climbing. Many good climbers seem to spend too much time on easy routes or easy sections of routes, not because of inability but because of inefficiency. We will spend a lot of time practicing moving efficiently. We will also practice short-roping, a skill used extensively in the guiding profession to proceed quickly up easy terrain. We will examine the gear used on alpine routes and see how our selection can be improved. We will look at optimizing everything we carry and how we carry it.



The intent on this weekend is to learn some new techniques and climb an alpine route. No wasting time here. We begin our first lessons on very easy terrain then spend the afternoon on an easy alpine style rock climb near Jasper. This straightforward route has a lot of lessons to offer us. We will review movement on rock, knots, ropework, belaying, rappelling and safety topics. On the second day we will attempt a summit climb (weather, conditions and group ability permitting).

Cost: \$ 240
Number of Participants: Max. 4

Contact: leadership@alpineclub-edm.org

ACC EMERGENCY MOUNTAINEERING FIRST AID



**September 29 and 30, 2012
Edmonton**

This two day course is specially designed to address common traumatic and environmental injuries encountered by hikers, climbers, skiers and anyone who travels in the outdoors.

The instructor has extensively researched the nature of outdoor mountain injuries and has vast experience as a mountain guide and as a trainer of Emergency Medical Technicians, National Park Public Safety Specialists and military Search and Rescue Technicians. The information and techniques presented will serve the average

recreational mountain or wilderness traveler very well.

Unlike with other first aid courses, this course price includes the textbook, all of the materials PLUS you get a fully stocked first aid kit valued at \$100 when the course is done. This is a fantastic deal! Persons who have taken this course before and wish to attend as a refresher may be eligible for a reduced course price.

For details see www.rescuedynamics.ca/emergency.htm#EMFA

Cost: \$ 200

Contact: leadership@alpineclub-cdm.org

GENERAL INFORMATION ON ACC LEADERSHIP COURSES OFFERED BY RESCUE DYNAMICS

Almost all of the courses listed above are arranged through Rescue Dynamics in Edmonton and are taught by Cyril Shokoples, an internationally certified mountain guide and Past President of the Association of Canadian Mountain Guides. Cyril has received the Distinguished Service Award from both the ACC and the ACMG as well as the George Stefanick Legacy Award from the ACC Edmonton Section.

Participants are required to complete a medical form and waiver before each course. Participants are responsible for their own climbing equipment, food, boots, clothing and accommodation. When participants do not have the requisite equipment, much of the technical gear can be provided for climbing courses if the instructor is contacted well in advance. All of the technical climbing gear is included on the Intro to Trad Leading course. To confirm a spot on a course, you must pay the course fee in full in advance. Locations vary between Jasper, Banff, Canmore, Lake Louise, Nordegg and the Columbia Icefields. Be sure you check before you sign up.

Rescue Dynamics also offers a complete range of summer and winter introductory, intermediate and advanced courses as well. For more information, visit the Rescue Dynamics website:

<http://www.rescuedynamics.ca>

LEADERSHIP COURSES ORGANIZED THROUGH THE ALPINE CLUB OF CANADA NATIONAL OFFICE

THE NORTH FACE (TNF) NATIONAL SUMMER AND WINTER LEADERSHIP COURSES:



2012 TNF Winter Leadership Course

January 15 - 22, 2012

Mistaya Lodge, BC

Application deadline: November 1, 2011

2012 TNF Summer Leadership Course

July 28 - August 4, 2012

Sir Sanford area, BC in 2012/ run in conjunction with the ACC national GMC each year

Application deadline: May 1, 2012

Course descriptions for the TNF Leadership Courses are available on the National ACC website. Participants' fees are subsidized by The North Face, the Alpine Club of Canada, and various ACC Sections.

In 2011 the TNF courses are being radically revised by Cyril Shokoples at the behest of the ACC National office. The intent of the revised courses will be to provide a foundation of leadership soft skills using the mountains as a backdrop for learning. Some hard technical skills will be included as well but the new courses will be focused on entry level leaders who may have limited skills in an alpine environment! This course is about leadership and not hard technical climbing or extreme skiing. Applicants from sections all across Canada will be sought and the TNF selection committee will be looking to include participants from ALL across the country. A maximum of two applicants will be endorsed by the Edmonton Section for each course. A commitment for a return to the Club in volunteer energy will be sought from all members who attend. Further information can be found at:

<http://www.alpineclubofcanada.ca/activities/leadership.html>