

## Day One:

- Lesson 1: Mountain Environment: Leave no trace and Wildlife discussion.
- Lesson 2: Mountain Conditions, Hazard & Mitigation discussion, situational awareness
- Lesson 3: Snow School: Movement on Snow with piolet cannes positions (kicking steps, cross step, rest step)
- Lesson 4: Snow School: Use of Ice Axes, chopping steps, piolet traction position, ice climbing, down climbing and dealing with low angled ice or steep
- Lesson 5: Snow School: How to Self Arrest in different positions
- Lesson 6: Snow and ice mountaineering anchors & testing: ice screws, t-slots, snow/ice bollards, snow pickets, v-thread and improvised anchors
- Lesson 7: Crevasse rescue review, perform a team rescue scenario
- Lesson 8: Introduction to short roping and taking coils
- Lesson 9: Body and terrain belays in snow & ice terrain
- Lesson 10: Situational awareness, recognizing and anticipating transitions- changing from roped, belayed, short roped and unroped methods in snow/ice conditions to move efficiently & safely in the mountains
- Lesson 11: Glissading
- Lesson 12: Mock Alpine steep snow & Ice climbing technique- ice, névé, mixed mediums & placing protection. Ascend tied in short with tractor pull, short roping, short pitching and belayed pitch scenario
- Lesson 13: Do a rappell from a T-slot. Demo an improvised rappel and test Mountain Ascent Strategy Discussion
- Lesson 14: The mountain environment - risk and hazard management - recognize and mitigate (overnight freeze, rockfall, cornice, crevasse, steep terrain etc)
- Lesson 15: Mountain sense and route finding
- Lesson 16: Alpine snow & ice route strategy Discuss Next Days Objective
- Lesson 17: Give homework to study next day's potential objectives & conditions. Tell students what to do to prepare for a snow and ice objective.

## Day Two:

- Lesson 17: Put skills into practice: Ascend, Descend on an appropriate objective
- Lesson 18: Students share leads with direct supervision (i.e. guide is second in rope team).

\*\*Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns."