

## Winter Alpine BMC Field Instructors' Outline

1. ***Demonstrate use of equipment (test item)***
  - a. Crampons
  - b. Snow shoes
  - c. Helmet
  - d. Harness
  - e. Winter 24 hour SAR pack
2. Snow travel
  - a. Self-belay
  - b. Center of gravity
  - c. Climbing in balance
  - d. Rest step
  - e. Step-kicking
  - f. Direct ascent
    - i. Ice axe stake position
    - ii. Ice axe cane position
  - g. Diagonal ascent
    - i. Cane
    - ii. Cross-body
  - h. Traverse
  - i. Changing directions
  - j. Descent
    - i. Plunge-step
    - ii. ***Glissade (test item)***
      1. Sitting
      2. Standing
3. ***Ice axe (test item)***
  - a. Carry
    - i. Horizontal
      1. spike forward
      2. spike backward
    - ii. Cane
      1. pick forward
      2. pick backward
    - iii. Between pack and body
  - b. Leash
    - i. Attached to hand
    - ii. Attached to harness
  - c. Arrest
    - i. On back, feet first, left/right
    - ii. On back, head first, left/right
    - iii. On face, feet first, left/right
    - iv. On face, head first, left/right
4. Anchors
  - a. ***Ice axe (test item)***
    - i. Vertical
    - ii. Horizontal
    - iii. Two axes together: vertical and horizontal

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- b. **Picket (test item)**
  - i. Vertical
  - ii. Horizontal
  - iii. Two pickets together: "V" shaped, in line
- c. Bollard
- d. Deadman
- 5. **Belay (test item)**
  - a. Munter hitch OR
  - b. Mechanical device
  - c. Sitting with ice axe backup
  - d. Optional
    - i. Boot-axe
    - ii. Carabiner-ice axe
- 6. **Roped travel (test item)**
  - a. Discussion of walking roped vs. belayed travel
  - b. 3 person team walking switch backs
  - c. Key points
    - i. Ice axe on uphill side
    - ii. Rope and coils in downhill hand
    - iii. Change of direction
    - iv. Butterfly tie in
    - v. Order on rope: most vs. least experienced
    - vi. Length of rope between people
    - vii. Route: avalanche potential
- 7. Rope management
  - a. Type of rope: dynamic vs. static
  - b. Mountaineer's coil
  - c. Length
  - d. **Kiwi coil (test item)**
  - e. Knots
    - i. Munter
    - ii. Butterfly
    - iii. Family of Eights
    - iv. Clove
    - v. Girth
    - vi. Bowline
- 8. **Emergency Shelters (test item)**
  - a. Types
    - i. Tarp
    - ii. Trench
    - iii. Using natural features: down trees, tree wells
    - iv. Caves
    - v. Igloos
  - b. Considerations
    - i. Wind direction
    - ii. Location on hillside vs. valley floor
    - iii. Avalanche potential

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9. ***Hot meal (test item)***
  - a. Stove or Fire
  - b. Food selection
10. ***Avalanche Transceiver (test item)***
  - a. Check out: batteries, on/off, send, receive
  - b. Proper way to wear it
  - c. Locate buried transceiver in 100 x 100 square foot area in 5 minutes