

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