

Who are the AST Instructors?

AST Providers are not employees of Avalanche Canada. Avalanche Canada does not control, supervise, oversee, or manage any of the instructors or their courses.

All instructors are members of the Canadian Avalanche Association, the organization representing avalanche professionals in Canada. Instructors must meet the membership requirements of their professional organization and are required to carry liability insurance coverage.

We encourage parents to thoroughly research the instructor's experience in teaching AST courses to youth.



Enrolling in Avalanche Skills Training 1 or 2 is a good sign your child is taking their backcountry education seriously.

AST courses provide students with a systematic and proven method of managing avalanche risk in the backcountry. These courses are the essential early steps in a life-long journey towards knowledge of avalanche safety.

There is always an inherent risk when travelling in avalanche terrain.

Taking a course shows your child is interested in learning how to better understand this risk. They will learn a consistent and cautious approach to travelling in the backcountry, and methods that will serve them well in the future.

Young participants in AST courses are often extremely proficient at their chosen sport. Their skills at skiing, boarding, or snowmobiling can be vastly superior to their ability to assess and manage avalanche terrain, even after the course. Taking a course does not make your child immune from encountering or being harmed by avalanches.

We developed this brochure to ensure you are aware of the limits of this education. Young students can become over confident after completing avalanche training.

Your child has enrolled in an Avalanche Skills Training Course.
What does this mean?



What are the objectives of the AST 1 course?

At the end of the course, students should be able to:

- Understand the basics of avalanche formation and release.
- Identify avalanche terrain.
- Know the steps required to plan and carry out a trip.
- Use appropriate travel techniques in avalanche terrain.
- Carry out a companion rescue.
- Understand the limits of their training

What are the objectives of the AST 2 course?

At the end of the course, students should be able to:

- Demonstrate how to use the decision-making skills of a group to manage avalanche risk.
- Use intermediate to advanced concepts to describe the framework of avalanche terrain and snowpack.
- Plan and carry out trips using the seven steps of the Daily Process.
- Organize and lead companion rescue.
- Understand the limits of their training.



Avalanche Canada Training

Avalanche Canada Training is the national standard for recreational avalanche education. Course curricula, instructor support, and resources for students and instructors are all developed and provided by Avalanche Canada. All this material is science based and reflects current best practices.

The suite of courses offered through Avalanche Canada Training provides students with a solid foundation on which to build their backcountry experience. The material taught integrates fully with other Avalanche Canada services, including the daily regional avalanche forecasts.



Founding Partner
of the AST program