

 Southern California

Mountaineering

Level I & Level II

Agenda

# Location: Burbank, CA

# Providence Saint Joseph Medical Center

# 501 S. Buena Vista Street

# Burbank, CA 91505

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| **Level I Class Saturday, November 10th 2018 – Burbank** |  |  |
| Registration | 7:00 a.m. | Don Gross |
| Course Introduction | 7:30 a.m. | Natalie Regg |
| MTR History | 7:45 am |  |
| Warmth (Ch. 4/5) | 8:00 a.m. |  |
| Search & Rescue (Ch. 15/16) | 8:30 a.m. |  |
| Food & Water (Ch. 2/3) | 9:00 a.m.  |  |
| Break  | 9:30 a.m. |  |
| 10 Essentials | 9:45 a.m. |  |
| Equipment (Ch. 7/8/Appendix B) | 10:15 a.m. |  |
| Map and Compass (Ch. 9) | 10:45 a.m. |  |
| Lunch | 11:45 a.m. |  |
| Fire | 12:45 p.m. |  |
| Weather (Ch. 12) | 1:15 p.m. |  |
| Emergency Shelters (Ch. 6/11) | 1:45 p.m. |  |
| Break | 2:15 p.m. |  |
| Physical Conditioning (Ch. 1) | 2:30 p.m. |  |
| Ropes, Knots, and Skins (Appendix A) | 3:00 p.m. |  |
| Hazard Awareness (Ch. 11) | 3:30 p.m. |  |
| Field Trip Briefing | 4:00 p.m. | Natalie Regg |
| **Level II Class/Saturday, November 10th 2018 – Burbank** |  |  |
| Registration | 7:30 a.m. | Don Gross |
| Course Introduction | 8:00 a.m. | Natalie Regg |
| MTR History | 8:15 a.m. |  |
| Warmth (Ch. 4/5) | 8:30 a.m. |  |
| Water (Ch. 2)  | 9:30 a.m. |  |
| Break | 10:00 a.m. |  |
| Food & Nutrition (Ch. 3) | 10:15 am |  |
| Equipment (Ch. 7/8/Appendix B) | 11:15 a.m. |  |
| Lunch | 11:45 a.m. |  |
| Map & Compass & Navigation Tools (Ch. 9) | 12:45 p.m. |  |
| Weather (Ch.12) | 1:45 a.m. |  |
| Break) | 2:45 p.m. |  |
| Physical & Mental Conditioning (Ch. 1) | 3:00 p.m. |  |
| Team Work, Group Dynamics & Summary (Ch. 11/13) | 4:00 p.m. | Natalie Regg |
| **Level II Class/Sunday, November 11th 2018 – Burbank** |  |  |
| Opening Remarks | 8:00 a.m. | Natalie Regg |
| Avalanche Introduction for the backcountry | 8:30 a.m. |  |
| Avalanche Rescue Beacons | 9:30 a.m.  |  |
| Break | 10:30 a.m. |  |
| Rope Work, Rope Travel, & Rescue Techniques (Appendix A) | 10:45 a.m. |  |
| Route & Site Selection & Environmental Concerns (Ch. 10) | 11:45 a.m. |  |
| Lunch | 12:45 a.m. |  |
| Medicine, Frostbite & High Altitude Illness (Ch 14/16/Appendix C) | 1:30 p.m. |  |
| Incident Command System (ICS) & Cal EMA (Ch. 15/Appendix D) | 2:30 p.m. |  |
| Break | 3:45 p.m. |  |
| Overview of Field Sessions | 4:00 p.m. | Natalie Regg |
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Level I Field Session – February 9/10 – Mt. Pinos (8:00a.m)

Level II Ropes – February 23 – Joshua Tree

Level II Field Check – February 24 - Mt. High

Level II Field Session – March 15-17 – TBD, based on snow