

Invest the time this season... what have YOU got to LOSE?

Backcountry sledding is an awesome and challenging sport but is not without its risks. Avalanche education can make our mountain experiences safer if we and our fellow sledders are knowledgeable in identifying high risk areas and trained for emergency situations.

Snowmobilers teaching Snowmobilers

Over the past ten seasons Zac's Tracs has provided hands on training to over 1500 sledders in locations throughout western Canada & the US. Classroom Sessions are not enough! All riders need hands-on field instruction. Look at the terrain, the snow, and your riding habits with a new set of eyes. Minor changes in your riding style can make major changes in your risk level. Join us!



Course Host:

AST 1 Classroom Session - \$175/pp

Camrose Arctic Cat

4149 - 39th Street, Camrose, AB
(780) 672-9136

November 21 - 9:00 am - 6:00 pm

AST 1 - Field Session - \$175/pp

Golden - Dec 11-21, 2009 Jan 15-18, 2010

Fernie - January 3-4, 2010

Valemount - Dec 18-21, 2009 Jan 22-25, 2010

Choose ONE date

SAVE \$50/pp

Group Registration Discount - AST1 Class/Field
Register a group of 6+



AST Level 1 - Avalanche Skills Training Level 1 - Canadian Avalanche Association Course Curriculum

The 16 hr+ AST1 is the minimum recommended course for all people that enjoy the mountains in the wintertime. Among other things you will learn:

- 4 persistent weak layers and what you can do to avoid them
- 8 killer terrain features
- the 5 most important questions to ask when organizing a rescue
- why your long time local knowledge of a riding area isn't enough to keep you safe
- your snowmobile can be a tool or it can be a weapon. Learn to use its power to your advantage
- why the blueprint changes season to season, even from day to day. What is this year's blueprint?
- why rocks and trees are like icebergs

A Release of Liability must be signed before participating in any program.

A certificate will be issued upon completion of the full AST1 class & field sessions

Course materials supplied by the:



canadianavalancheassociation

CANADIAN AVALANCHE ASSOCIATION
Recognized AST Instructor, Level 2 ITP
Professional development workshops
Snowmobile Outreach Presenter 2006-2009
CAA Board Member 2003-2006



ALBERTA SNOWMOBILE ASSOCIATION
2001/02 SledSmart Safety Educator
2002/03, 2008, 2009 SledSmart Team Partner
Over 10,000 students taught.

Course Providers: Zac's Tracs - Lori & Randy Zacaruk

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TO REGISTER: www.zacstracs.com

Winners of a 2009 Canadian Avalanche Association Excellence Award

** Winners of the 2007 CCSO Organized Snowmobile-Related Company of the Year *
(national award presented by the Canadian Council of Snowmobile Organizations)*

