

ST1

The ST1 course teaches basic avalanche risk prevention skills over two days. The goal of the course is for participants to acquire the basic skills and knowledge required to carry out the risk management process, implement rescue procedures and use rescue equipment.

After the course, with the help of the course book, participants will be able to:

- Implement the risk assessment process
- Identify favourable and unfavourable terrain
- Understand rescue techniques
- Use rescue gear
- Implement the avalanche rescue procedure
- Use the HFSA© system to assess mental, medical and energy-related risk factors

The ST1 course is delivered by ISTA-trained IFMGA mountain guides. The DISCOVERY course is not a prerequisite for the ST1 course.