

Day 1	Course structure: avalanche skill - perception, course risk management
800	Course Introduction Human Behaviour and Situational Awareness Operational Avalanche Risk Management Professional Rescue - professional rescue exam Weather plot and field weather demonstration
1730	Wrap Up
Day 2	Fundamentals: snowpack & weather; Observing, recording
700	Morning Obs
800	Day Intro Accuracy of Observations and Records Mountain Weather and Snowpack Field Trip - Full snow profile demo and practice Observe and Record Snowpack Data
1730	Wrap Up
Day 3	Fundamentals: terrain, formation & nature; Observing, recording
700	Morning Obs
800	Day Intro Avalanche Terrain Avalanche Formation and Characteristics – Avalanche Problem Types Observe and Record Avalanche Occurrences Observe & Record Snowpack Data - Snowpack Instability Tests Field Trip – facilitated discussion using sample field hazard assessment questions
1730	Wrap Up
Day 4	Skills: Terrain identification, hazard assessment, daily operational summary
700	Morning Obs
800	Avalanche Hazard Assessment - An Introduction to the Process Rating Systems in Avalanche Work Introduction to the "Keijiban" Field Trip – Field hazard assessment question, travel, observations, profile practice Avalanche Hazard Assessment - Filtering Information Terrain photo interpretation and practice (introduced in Avalanche Terrain) Operational Meetings - PM observation summary and risk review
1730	Wrap Up

Day 5	Skills: Daily operational planning, risk assessment, treatment, & communication
700	Morning Obs
800	Operational Meetings - AM operational meeting Risk Treatment - Mitigation Measures Avalanche Safety Briefings Field Trip – field hazard assessment question, travel, observations, profile practice Terrain Photo Practice / Exam Prep PM observation summary and risk review
1730	Wrap Up
Day 6	Observing, recording: operational and field competencies; hazard & weather exams
700	Morning Obs
800	AM operational meeting Field Trip - travel, observations, profile technique polishing, field hazard assessment Field Weather Exam Weather Plot Exam Terrain Photo exam
1730	Wrap Up
Day 7	Exams and conclusion
700	朝の気象観測
800	Day Intro Field Trip - Full Snow Profile Exam Written Exam Course Conclusion
1430	Course End

Note ● This is a general course outline for Avalanche Operation Level 1. The daily schedule is subject to modification and change due to weather and other conditions in the course location. Students are encouraged to prepare well in advance and be flexible for both classroom and field activities.