

SAFE 907 RIDERS

Build STRONG RIDING TEAMS

Trailhead Meeting - Safety Checklist

1. Survival and safety equipment.
2. Food and Water
3. First aid
4. Who has communication equipment and do a radio check (sat phone, inreach, spot, cell phone, rhino, two way, channels, etc.)
5. Hand signal review (if you have new riders in your group) - slow down, speed up, stop, stay there, danger, come on, point positive, I'm OK, 1 at a time, gather up, let's go, etc. etc.
6. Route plan and rally locations- review map for any new people or all if riding a new area
7. Trip plan filed
8. Ride level and terrain for the day agreed on by the group- 1 to 5
 - *Easy day simple terrain 1
 - *Average day simple to challenging terrain 2 to 3
 - *High output ride challenging to complex terrain 4
 - *Big Day 5 challenging riding and complex terrain skills needed
9. Stoke Check (give an explanation to new riders) 1 to 5
 - * this is a great ride 5
 - * this is a good ride 4
 - * I am still good to go 3
 - * this is starting to be not good for me 2
 - * low stoke I don't like this 1
10. Time plan breakdown - (return time, lunch, breaks, etc.)
11. Travel & Avalanche terrain protocol – lead rider, spacing, sweep, responsible for the guy behind you, one on a slope at a time with eyes on etc.
12. Avalanche and weather forecast review
13. Emergency Plan- getting help, contacts, resources
14. Avalanche gear- Pack, Probe, Beacon and Shovel
15. Beacon check (battery power, transmit and receive verification)
16. Any additional gear or topics for special rides

- Build a good equipment checklist for your team and adjust for specific rides as needed
- Rotate leadership rolls through your team on occasion
- Take advanced training to enhance your team (avalanche, medical, survival, rescue etc.)
- Come up with a TEAM name and build team pride
- Do avalanche rescue early season and several times throughout the season
- Stop and share observations often, reassess prior to high marking or entering challenging or complex terrain
- Stoke check to see how your group is feeling about the ride (try to keep everyone above a 3)
- Practice terrain selection and discuss it with a team member or your entire group
- Pre ride meetings should be held several days prior when possible and always for advanced rides -planning and preparation is often needed.

“Your team’s strength may save someone’s life”

Mike Buck – Alaska Avalanche School & Alaska Avalanche Information Center

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