



## **Mountain Leader Award (ML) Training**

The Mountain Leader Award is the oldest and most established of the Mountain Training Board's award structure.

The remit of the award allows holders to operate in any mountain range within the British Isles on non-technical (the use of a rope should not be required) walking and easy scrambling ground in summer conditions (for more details on "summer conditions" see syllabus notes). The award is held in high regard both in the voluntary and commercial outdoor sectors and gives you huge scope to inspire people within the mountain environment. The training course covers all the skills we feel an aspiring leader needs to develop and be competent in, in order to operate safely. It's a great opportunity to spend a significant amount of time in the mountains both being trained and exchanging ideas with other like-minded people. The highlight of the training for many people is often the expedition where all the skills learnt during the week can be practiced in a remote environment.

Our ML training courses are based in the Peak District and Snowdonia/Lakes.

In order to attend an ML training course you must meet the following requirements:

1. **Be registered for the ML with one of the Mountain Leader Training Boards** before attending a training course. (see below)
2. Be over the age of 18.
3. Have a minimum of 12 months hill walking experience.
4. Have an interest in the leadership of groups in the hills.
5. Have completed a minimum of 20 days walking in mountains.

## **Registration**

All ML registrations are administered by the training boards of the 4 home nations: Mountain Leader Training England (MLTE); Scotland (MLTS); Wales (MLTW) & Northern Ireland (MLTNI). It's up to you which training board you register with and, after registration, you will be given a log-book, which contains details of your registration, syllabus and guidance notes along with pages for logging all you experience.

**Please note: If you are attending part of the ML scheme you must be registered specifically for this award and have the appropriate ML paperwork - even if you have already registered for one, or more, of the other awards e.g. CWA, SPA or WGL.**

If you have any questions regarding registration please do not hesitate to get in touch with us or contact one of the home nation training boards. You can also register online via, for example, the MLTE website, <http://www.mlte.org>

## **Learning Objectives**

We aim to cover the MLA syllabus in full. Detailed guidance notes on the MLA syllabus should have been provided in the booklet with your logbook. In addition, full details can also be viewed online via:

[www.mlte.org/content.php?nID=7&catID=43](http://www.mlte.org/content.php?nID=7&catID=43)

## **Mountain Leader Award Training: Course Format**

The course is predominantly practical although supported by evening theory sessions. During the 6 days you will have plenty of opportunity to practice and consolidate new skills. There will be a strong focus on navigation as well as leadership skills. Environmental awareness is also an important knowledge base an ML needs and we will include elements of this through the whole week.

Main Areas covered:

Navigation on different map scales;  
Poor visibility and night navigation;  
Leadership skills;  
Camping Skills;  
Movement through easy steep/broken ground;  
Environmental Knowledge;  
Rope work and other emergency procedures.

At the end of the course candidates, if they wish can receive a personal action plan outlining their ideal route to assessment and beyond.

### Sample Course Outline:

Day 1	Day2	Day3	Day4	Day5	Day6
Hill Day	Hill Day	Hill/Centre based day	Expedition	Expedition	Hill Day
Intro: Us, You & the course	Responsibility, risk assessing and the law;	Dealing with incidents & accidents;	Navigation; Leadership;	Navigation; Leadership;	Putting it all together
Navigation skills;	Leadership;	Improvised carries, leader's rucksack, ropework;	Getting off the beaten track;	Hazards and party management through steep or difficult terrain	Revision opportunity
Basics of being a Mountain Leader	Hazard awareness/ management;	Mountain Rescue;	Wild camping and exped skills;		What to expect at assessment
Evening session:	Intro steep ground/ ropework		Night navigation		Round up and course debrief.
The Weather	Evening session: A planning exercise	Pm: Exped planning & depart for expedition  Ropework			(course finishes 5pm)

Note1: course programme may change to suit prevailing conditions.

Note2: please read our accommodation details particularly regarding the expedition.

### Venues Used.

Our course starts and finishes at our base in the Peak District with the expedition phase taking us to Snowdonia or sometimes the Lake District. This has the advantage of allowing us to train you in the widest possible variety of hill and mountain terrain.

Whatever the weather we will be out on the hill everyday and you will find you'll often get the best experience in the worst weather!

## Meeting Point

**Please meet at 0845 at Edale Mountain Rescue Team HQ on the starting date of your course.** Parking is limited so please car share if at all possible.

Directions – Edale MRT is based at the Lafarge Cement Works (yes, the huge chimney visible from anywhere in the Hope valley!). From the A6187 in Hope take Pindale Road (opposite the Spar shop). The cement works entrance is approximately 1km on the left. There is a car park on the left as you enter the site and the MRT base is in the unit opposite. Please observe parking instructions.

## What do I need to bring?

You will need to bring equipment appropriate for full days out in mountainous terrain. Sturdy walking footwear and good waterproofs are essential as is a good rucksack to carry the rest of your kit in. You will need to bring camping equipment for the expedition. **You will also need to supply your own maps & compass (see notes below).**

### Kit List:

Walking Boots & socks  
Waterproof Trousers  
Warm clothing  
Waterproof Jacket  
Rucksack (Ideal size 45-50lt)  
Warm Hat  
Gloves  
Personal first aid kit.  
Head Torch. (with spare batteries) **(i)**  
Multi tool/swiss army knife (optional)  
Sleeping bag  
Role mat  
Stove  
Hill food for each day as well as Camp Food  
Cup, knife and spoon.  
Maps **(ii)**  
Compass

- (i) It is important that you use a torch that has a strong beam. E.g. Petzl Zoom.
- (ii) There will be opportunity during the week for you to purchase the correct maps for the areas we will visit.

## **Accommodation/Food**

Please note that the course price does not include accommodation/food. Given the lengthy nature of the days, we suggest staying close to Hope. **Local accommodation will be required on Monday, Tuesday and Friday evenings.** For the expedition, one night may be spent at a designated camp site or camping barn/bunkhouse. This will be discussed and decided at the beginning of the course but please note that our course fee does not include this potential cost.

We recommend the Woodbine Café and B&B in particular, but please note that Judith will only accept bookings of two nights at the weekend as do many B&B's in the valley. Tel: 07778 113882 or <http://www.woodbine-hope.co.uk/> This is close to Edale MRT HQ.

Further details of Peak District accommodation can be found at <http://www.jamesthacker.co.uk/accommodationpeak.htm> and <http://www.peakdistrictonline.com>

## **Cancellation**

ML training courses must have a minimum of 4 candidates. In the event of course cancellation due to lack of participants, contact will be made no later than 14 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.

## **What happens now?**

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us.