



## Walking Group Leader Award (WGL) Training

The Walking Group Leader Award is intended to be *the* qualification for those wishing to lead groups in areas outlying the major mountain ranges. The award enables leaders to take groups into areas such as the Peak District and North Yorkshire without any restriction on altitude but within 2 to 3hrs of major boundaries such as roads.

For a number of years many potential leaders saw the Mountain Leader Award as unobtainable due to the experience required in mountain terrain. Yet these people, many of whom already had considerable leadership experience, wanted an award that allowed them to take people into non-remote areas without the need for wild camping and rope work. The WGL occupies this niche and has become very popular with teachers, youth workers, voluntary leaders and those delivering the Duke of Edinburgh's Award.

Due to the nature of the terrain a Walking Group Leader should be able to access help quickly and easily, have no need to negotiate steep rocky terrain, but be able to navigate accurately through a variety ground.

The WGL Award offers a fantastic opportunity to gain new skills and knowledge from experts who have been leading groups for many years, whilst sharing in the experiences of other potential leaders.

The award consists of a training and assessment course and it should be noted that completing the training alone, without the assessment, is not a qualification in itself.

Our WGL training courses take place in the Peak District.

In order to attend a WGL training course you must meet the following requirements:

1. **Be registered for the WGL 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 20 hill walking days.

## **Registration**

All WGL 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 your experience.

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

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>

## **Training Objectives**

We aim to cover the WGL syllabus in full. Detailed guidance notes on the WGL syllabus should have been provided in the booklet with your logbook. The award Handbooks 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)

## **Walking Group Leader Award Training: Course Format**

This 3 day course focuses on the practical elements of leadership through WGL terrain. The course will have a strong emphasis on navigation through both lowland and moorland terrain with a practical session looking at the skills required for basic emergency night navigation. The course will also look at:

- Remit of the Award;
- Personal leadership skills and styles;
- Route planning;
- Legal and moral issues of leadership;
- Environmental awareness;
- Camping supervision;
- Emergency procedures;
- Common hill incidents;
- Assessment and beyond.

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:**

<b>Day 1</b> <b>Venue:</b> The Dark Peak i.e. Bleaklow	<b>Day 2.</b> <b>Venue:</b> Dark Peak i.e. Kinder Scout.	<b>Day 3.</b> <b>Venue:</b> Valley base and White peak in afternoon.
<p>Meet 9am <b>Course intro</b></p> <p><b>General Day of Navigation skills:</b> Map orientation. Contour interpretation. Relationship of map to ground and vice versa. Use of Compass. Distance estimation.</p> <p>5.00pm Return to base</p> <p>6.00-9.00pm. Evening Session (Dependent on time of year) Night navigation.</p>	<p>Meet 9am Intro to Day &amp; Route Planning.</p> <p><b>Hill day:</b> Continuation of navigation. Leadership skills. Group Management. Dealing with problems on the hill.</p> <p>5.00pm Return to base</p> <p>6.00pm: Camping skills: practical use of camping equipment and group supervision.</p> <p>8.00pm: Environment &amp; access</p>	<p>Meet 9am Intro to Day.</p> <p><b>AM: Local Based Morning.</b> Route Planning and choosing the right activity. Emergency procedures. Environment and access. Legal aspects of Leadership and the role of the WGL.</p> <p><b>PM: Afternoon on the hill:</b> Bringing it all together. Ideas for further development.</p> <p>Return 5.00pm Debrief.</p> <p>Finish 6.00pm</p>

Note: course programme may change to suit prevailing conditions.

**Venues Used**

We will pick venues that are appropriate for the training objectives of the day and the prevailing weather conditions. Peak Mountain Training instructors are experts at finding the best locations, despite the weather! In all cases we will endeavor to discuss these choices with you so that you are aware of our thought processes.

## 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?

As an aspiring leader we would anticipate that you will have much of the equipment required, and would encourage you to use your own kit as much as possible. Warm and waterproof clothing for multiple days on the hill combined with good walking boots are essential.

Specifically, we would suggest that you bring the following:

- Footwear relative to the conditions e.g. walking boots
  - Warm clothing
  - Waterproof jacket and trousers
  - Rucksack (somewhere between 30 and 40 litres capacity)
  - Headtorch
  - Maps
  - Compass, we recommend a Silva Type 4
  - WGL logbook
  - Water bottle or flask
  - Packed Lunch
  - \*Notebook
  - \*Digital camera (some candidates find it useful to take photos)
- \* Optional items

## Accommodation/Food

Accommodation/Food is not included in the course price. If you do not live locally a central location on the eastern side of the Peak District is ideal for our courses e.g, Hope or Hathersage.

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 most B&B's in the valley. Tel: 07778 113882 or <http://www.woodbine-hope.co.uk/>  
This is close to our course base in Hope.

Further details of Peak District accommodation can be found at:

<http://www.jamesthacker.co.uk/accommodationpeak.htm>  
<http://www.peakdistrictonline.com>

### **Cancellation**

WGL 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.