



Hill & Moorland Leader Award (HML) Training

The Hill & Moorland Leader Award is intended to be *the* qualification for those wishing to lead groups on day walks in areas outlying the major mountain ranges of the UK. The award enables leaders to take groups into areas such as the Peak District, North Yorkshire or Cheviots without any restriction on altitude but within 2 to 3 hrs of major boundaries such as roads.

Due to the nature of the terrain a Hill & Moorland Leader should be able to access help quickly and easily, have no need to negotiate steep rocky terrain, but still be able to efficiently and safely navigate and manage a group in a variety of underfoot and climatic conditions.

Candidates who have successfully completed the Hill and Moorland Leader assessment can also undertake an Expedition Skills module that covers additional skills such as camping, remote supervision and navigation teaching making the Hill & Moorland Leader Award a benchmark standard for many organisations such as Duke of Edinburgh, Scouts, Guides and school teachers.

Gaining the Hill and Moorland Leader award draws from a candidates existing personal experience in conjunction with separate training and assessment courses. Although some will undertake just the training course from a personal skills perspective (very worthwhile, although not a qualification in itself) most find the 'lure' of an assessment (and a nationally recognised award) hard to resist following a period of consolidation.

Our Hill and Moorland Leader training courses take place in the Peak District.

In order to attend a Hill and Moorland leader training course you must meet the following requirements (tick boxes when completed):

- 1. **Be registered for the Hill and Moorland Leader scheme with Mountain Training. (See below)**
- 2. Be over the age of 18.
- 3. Have undertaken at least 20 quality hill walks.

Registration

All Hill and Moorland Leader Award registrations are administered by Mountain Training. Upon registration, you will have access to a digital log-book, which contains details of your registration, syllabus and guidance notes for the HML award along with pages for logging all your experience.

Please note: If you are attending part of the Hill and Moorland leader scheme you must be registered specifically for this award - even if you have already registered for one, or more, of the other awards e.g. Climbing Wall Award, Single Pitch Award or Mountain Leader.

Register now via Mountain Training: <http://www.mountain-training.org>

Learning Objectives

We aim to cover the Hill and Moorland leader syllabus in full. Detailed guidance notes on the Hill and Moorland Leader syllabus along with the award handbook are available online via:

<http://www.mountain-training.org/walking/skills-and-awards/hill-and-moorland-leader>

Course Format

This 3-day course focuses on the practical elements of leadership through Hill Moorland Leader 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
- Emergency procedures
- Common hill incidents
- Assessment and beyond

During the course our trainers will discuss with each candidate their existing experience and how they may wish to develop their skills beyond the course. For those looking ahead towards completing the assessment we can help formulate a personal action plan for the consolidation period.

Sample Course Outline: Meet 08:45 at:

Unit 2a-3a Hathersage Park, Hathersage, Derbyshire, S32 1DP

Day 1	Day 2	Day 3
Venue: The Dark Peak i.e. Bleaklow	Venue: The Dark Peak i.e. Kinder Scout	Venue AM: Valley base PM: White Peak
<p>Intro: us, you & the course.</p> <p>Navigation focused hill day</p> <p>Skills and strategies; Map orientation; Contour interpretation; Relationship of map to ground and vice versa; Use of Compass; Distance estimation; Getting off the beaten track.</p>	<p>Intro to the day.</p> <p>Leadership & group management focused hill day</p> <p>Leadership responsibilities; Risk assessment and hazard management; Leadership skills; Group Management; Further navigation.</p>	<p>Intro to the day.</p> <p>Planning & problems focused Day</p> <p>Route Planning and choosing appropriate activities; Dealing with emergencies – self help versus get help (Mountain Rescue).</p> <p>Bringing it all together - Ideas for further development; Looking towards assessment.</p> <p>5.00pm Finish</p>
Evening Sessions		
Night navigation	Interpreting and understanding weather forecasts	

Note: course programme may change to suit prevailing conditions.

Venues Used and Maps Required

We will always pick venues that are appropriate for the training objectives of the day and/or the prevailing weather conditions. In all cases, this will form part of the training process so it is something that we will encourage candidates to contribute to.

Since the use of a variety of maps/map scales is part of the syllabus, we will try and choose venues that will make this possible. Our Hill and Moorland Leader courses may use the combination of the following maps:

OS 1:25000 OL1 (Dark Peak) – **essential**
OS 1:25000 OL24 (White Peak) - **essential**
OS 1:50000 Landranger 110 (Sheffield & Huddersfield)
BMC (Harvey's) 1:40000 Dark Peak
AA 1:25000 Central Peak District Walker's Map

If you do not have the maps required, they can easily be purchased locally during the course.

Meeting Point

Please meet at 08.45am on the first day of the course at the following address:

**Unit 2a-3a Hathersage Park
Hathersage
Derbyshire
S32 1DP**

The Units are opposite Hathersage train station.

What do I need to bring?

As an aspiring Hill & Moorland leader we would anticipate that you would already 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:

Walking boots: sturdy, comfortable and waterproof.
Warm clothing including hat and gloves
Waterproof jacket and trousers
Rucksack (30 - 40 litres capacity is ideal)
Head torch
Maps
Compass (we recommend a Silva Type 4)

Water bottle and/ or flask

Packed Lunch

*Notebook & pen

*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. We suggest staying in or close to Hathersage.

Further details of Peak District accommodation can be found at:

<http://www.peakdistrictonline.com>

Cancellation

Hill and Moorland Leader 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.