



## **Summer Mountain Leader Award (ML) Training Course (SPLIT)**

The Summer Mountain Leader Award is the oldest and most established award in Mountain Training'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 Mountain Leader split training courses are based for three days in the Peak District for Part One and three days in Snowdonia for Part Two.

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

1. **Be registered for the Mountain Leader training scheme with Mountain Training** 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 Mountain Leader 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 Mountain Leader award along with pages for logging all your experience.

**Please note: If you are attending part of the Mountain 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 Hill and Moorland Leader award.**

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

## **Learning Objectives**

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

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

## **Course Format**

The course is predominantly practical although supported by evening theory sessions. During the 6 days, which are split into two 3-day blocks, 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 Mountain Leader needs and we will include elements of this through the whole week.

Main syllabus 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

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:

**Part one:** in the Peak meet at 08:45:

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

Day 1	Day 2	Day 3
<b>Hill Day</b>	<b>Centre/ Hill Day</b>	<b>Hill Day</b>
Intro: You, us and the course.  Navigation skills;  Basics of being a Mountain Leader.	Responsibility, Risk assessing and the law.  Hazard awareness/ management;  Dealing with incidents & accidents; Improvised carries; Leader's rucksack.  Mountain Rescue.	Intro to steep ground; Emergency rope work.         Finish by 5pm
<b>Evening Session</b>		
The Weather	Planning Exercise	
<b>Accommodation Needed</b>		
Peak	Peak	

**Part two:** in North Wales meet at Pete's Eats (Llanberis) for 9am

Day 4	Day 5	Day 6
<b>Hill Day/ steep ground</b>	<b>Expedition</b>	<b>Expedition</b>
Hazards and party management through steep and difficult terrain. Leadership.	Navigation. Leadership. Getting off the beaten track. Environment and general knowledge	Finish Expedition. What to expect at assessment. Round up and course debrief  <b>Finish by 5pm</b>
<b>Evening Session</b>		
Preparation for Wild Camping & remote supervision	Night Navigation	
<b>Accommodation Needed</b>		
Snowdonia	Camp	

*Note1: course programme may change to suit prevailing conditions.*

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

## Venues Used

**Part One:** Our course starts and finishes at our base in the Peak District.

**Part Two:** The expedition phase starts and finishes in Snowdonia. 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

**Part One:**

**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 railway station.

**Part Two: Please meet at Pete's Eats for 9am on the starting date of part two.** Accommodation will be needed in Snowdonia for just Day 4, Day 5 will be a camp.

### 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 Day 5 & 6 of Part two, 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 or Swiss army knife (optional)

Tent

Sleeping bag

Role mat

Stove

Hill food for each day as well as Camp Food

Cup, knife and spoon

Compass

- (i) *It is important that you use a torch that has a strong beam. E.g. Petzl Myo XP or something similar.*

## **Maps**

The Peak District Dark Peak Area 1:25,000 OL1  
1:25,000 Snowdon / Yr Wyddfa Sheet OL17

*If you have additional maps of 1:40,000 or 1:50,000 scale then please bring these along too. 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 or food.

**Part One: Accommodation will be required in the Peak on the evenings of Day 1 and 2** Given the lengthy nature of the days, we suggest staying in or close to Hathersage.

**Part Two: Accommodation will be required in or near Llanberis on the evening of Day 4.**

The following are a couple of options that are particularly convenient:

[Pete's Eats Bunkhouse](#) (recommended)  
[Ben's Bunkhouse](#)

Further details of North Wales accommodation can be found at:

<http://www.walestouristsonline.co.uk/nwcoast/>

## **Cancellation**

Mountain 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.