



MOUNTAIN LEADER

CANDIDATE HANDBOOK





PREFACE

This handbook is divided into three parts:

- Information about the Mountain Leader scheme from registration to assessment.
- A syllabus that lists the skills of a Mountain Leader with guidance notes that help advise candidates about protocols and procedures.
- Appendices that provide background information.

> PARTICIPATION STATEMENT

Mountain Training recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions. Mountain Training has developed a range of training and assessment schemes and associated supporting literature to help leaders manage these risks and to enable new participants to have positive experiences while learning about their responsibilities.

> ACKNOWLEDGEMENTS

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Thanks also to the following individuals whose photographs bring the handbook to life: Jamie Andrew, John Cousins, Paul Poole, Andy Say and Bryn Williams.

Prepared by the officers and the administrative staff of the national training boards.
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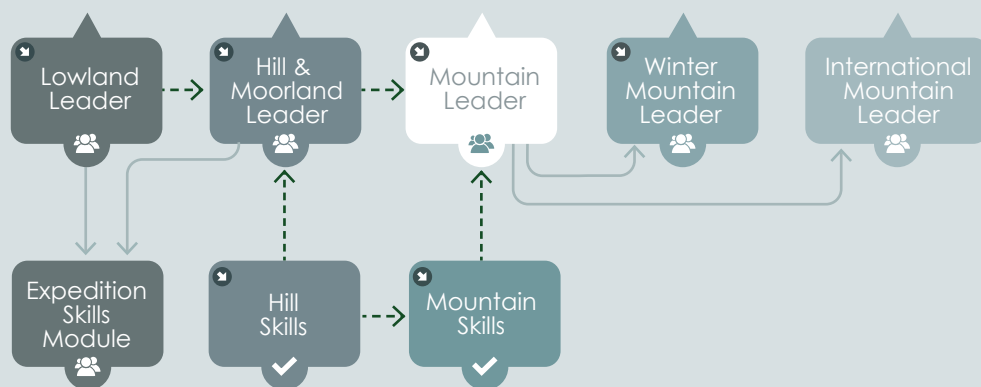
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For further guidance on each section we have highlighted the relevant chapters in Hill Walking by Steve Long, the official supporting publication.



Walking Awards



Key

- Direct Entry
- Leadership Awards
- Skills Awards
- Recommended Progression

THE SCHEME

1 INTRODUCTION

The Mountain Leader award was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. It integrates experience, training and assessment in what could be challenging and testing conditions in mountainous country.

2 SCOPE OF THE SCHEME

The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains. It does not provide a rock climbing qualification, nor does it cover the skills required for the planned use of the rope. Completion of a training course, without a pass result at assessment, is not a qualification in itself.

It is the combination of technical skills, wide experience and personal leadership qualities, which form the basis for effective group management, and the scheme assesses all of these aspects.

The scheme is intended for those leading groups in mountainous or remote country. For a full list of areas in the UK and Ireland defined as mountainous country see Appendix 1. The Mountain Leader award is recognised by the Health and Safety Executive and the Adventure Activities Licensing Service as an appropriate award for leading 'trekking' in summer conditions (see Guidance to the Adventure Activity Licensing Authority L77, HSE Books).

Mountains mean freedom, adventure, beauty and solitude. Therefore, whilst fostering a love of the hills in others, group leaders should show appreciation for the needs of all hill users, rural communities and upland habitats and encourage an understanding of the problems of mountain conservation and access. Consideration of these aspects is vital if the mountain environment is to be protected.

The term 'summer' is used to describe any conditions not covered by winter. Winter can be defined as the time when snow and ice prevail or are forecast. Neither term can be defined by a portion of the year. The Mountain Leader scheme does not provide training and assessment in the skills required to cope with the special hazards of winter conditions, particularly snow and ice. Mountain Training Scotland's Winter Mountain Leader scheme provides specific training and assessment for winter conditions in the UK and Ireland.

3 STAGES IN THE SCHEME

3.1 Register for the Mountain Leader scheme

To register for the scheme you must be at least 18 years old, have at least a year's worth of experience in the hills and have an interest in leading groups in the hills. You must also have an account on our Candidate Management System (CMS). Once you have logged in to your account, click on the Registration tab and pay the registration fee.



Candidates with particular requirements or special needs may wish to contact Mountain Training staff for advice and guidance (see Appendix 3).

3.2 Record your experience

The Mountain Leader scheme is based on experience and it is crucial that you record this experience in some way. Mountain Training has developed a digital logbook (DLOG) to help you keep track of your days out. Prior to attending a training course you must have recorded an absolute minimum of 20 quality mountain days (see Appendix 1).

3.3 Attend a training course

Mountain Leader training courses are delivered by Mountain Training approved providers in a variety of formats and will include a minimum of 60 hours contact time. It emphasises those skills which a candidate may have difficulty in learning without expert guidance. Some aspects of the syllabus may not be covered as fully during the training course and candidates should be able to deal with these items themselves.

At the end of the course the course director will complete a course report on CMS and record your attendance. Once this has been completed you will have a record in the training tab in your CMS account.

Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the Mountain Leader assessment.

3.4 Consolidate your experience

During the period between training and assessment, candidates are expected to gain personal experience in mountain areas. This should preferably include some practise in leading parties in easy hill country. Working under the guidance of a suitably experienced leader in more difficult terrain is also recommended. Every opportunity should be taken to practise the skills learned during training.

Before you book onto a Mountain Leader assessment, make sure you have done the following:

- You must have attended a Mountain Leader training course (or have been granted exemption)
- You must be familiar with the syllabus
- You must have logged a minimum of 40 Quality Mountain Days in three different regions of the UK and Ireland
- You must hold a current first aid certificate, minimum 16 hours and relevant to your work as a Mountain Leader
- You must have logged at least 8 nights camping, including at least 4 nights wild camping

Experience gained in other mountain activities is useful but not a prerequisite. Some non-UK experience may be included but should be in terrain and conditions that are similar to those in the UK. Normally these days would be considered as additional experience and should not form a substantial part of the required total of QMDs. The Mountain Leader scheme is designed for the terrain and conditions encountered in the UK and Ireland. See Mountain Training's National Guidelines for further information on the scope of the award.

3.5 Attend an assessment course

Candidates should be familiar with all aspects of the syllabus before assessment, even if some parts were not covered in detail during training. Assessment courses provide at least 60 hours of contact time between candidates and assessors and candidates are tested in accordance with the syllabus.

Following the assessment the course director will complete a course report on CMS which will record one of three possible results:

Pass: awarded where the candidate has demonstrated appropriate knowledge and application of the course syllabus and has shown the necessary experience and attributes of mountain leadership.

Defer: awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus or where a lack of experience has been identified.

Fail: awarded where the candidate's performance has been generally weak, or the necessary experience and attributes have not been shown. A complete assessment course will need to be subsequently attended.

In the case of a deferral, candidates will generally return to their original assessment provider, however they can be reassessed by any appropriate provider. Practical reassessments cannot take place within three months of the initial assessment to allow sufficient time for practise and preparation. All deferral reassessments must be completed within five years.

3.6 Continue to gain and record experience and any relevant additional training

All Mountain Training award schemes are based on the current and relevant experience of the individual award holder.

Holders of this award may, through additional training or breadth of experience, have competencies over and above those assessed as part of this award. If award holders are to be deployed to operate beyond the strict scope of this award then the employer or organising authority should develop a strategy for managing such deployment. This management should include the involvement of a suitably experienced and qualified technical advisor who can assess the suitability of the award holder to operate on specific venues, routes or activities and testify to their competence to do so. (See Mountain Training's National Guidelines for more information on technical advisors.)

➤ 4 FIRST AID REQUIREMENTS

For a Mountain Leader, first aid is an essential skill and the Mountain Leader assessment requires the presentation of a current first aid qualification. The minimum requirement is that such a course must involve at least two full days or sixteen hours of instruction and include an element of assessment. Candidates are further expected to undertake such additional elements of first aid training as are consistent with their work in wild and remote country, including emergency assistance and evacuation techniques. It is the responsibility of award holders and/or their employers to evaluate their likely work and the type of situations that they can reasonably expect to encounter and to maintain current appropriate first aid training and qualifications.

➤ 5 EXEMPTION FROM TRAINING

Candidates who already have substantial personal experience in mountainous areas as well as experience in the leadership of groups may apply for exemption from training. To qualify for exemption candidates must, at the very least, meet the minimum experience requirements for attendance at an assessment course. They should also have at least two years recent experience of leading groups and wild camping in the mountains of the UK and Ireland.

Further details of the exemption process can be found on the Mountain Training [website](#).

There is no exemption from assessment.

Holders of the Hill and Moorland Leader award can present their training and assessment courses as part of an application for exemption from training alongside relevant personal experience.



> 6 EQUAL OPPORTUNITIES

Mountain Training is committed to promoting equal opportunities for all participants in hill walking, climbing and mountaineering. Candidates, trainers and assessors should express a positive attitude towards equal opportunities and act as positive role models.

> 7 COMPLAINTS AND APPEALS PROCEDURE

The Mountain Leader scheme is subject to continuous monitoring and review. Candidates who have any feedback to give on their courses, both conduct or content, are encouraged to submit written comments to the provider and/or to Mountain Training as a part of that review process.

If for any reason you find it necessary to complain about an aspect of the delivery of your training or assessment then you should contact the course director.

If the dialogue with the course director fails to resolve your concerns then you should contact an officer within the relevant national training board.

Candidates are encouraged to decide whether their concerns take the form of a complaint, where some aspect of the course was unsatisfactory but the outcome is uncontested or an appeal, where a candidate believes the assessment result is incorrect and wishes the board to arbitrate.

SYLLABUS & GUIDANCE NOTES

Mountain Leader training and assessment courses take place in a variety of mountain environments. The scheme is for participants with considerable independent experience and whilst staff will endeavour to maintain a safe working environment, participants also have a duty to exercise judgement regarding their personal safety and that of other members of the group.





1 GROUP MANAGEMENT AND THE RESPONSIBILITIES OF THE GROUP LEADER



Candidates must be familiar with the main areas of responsibility of the Mountain Leader.

1.1 General responsibilities

- a. to individuals, to the group as a whole and where appropriate to parents/guardians.
- b. to the organising authority, committee or manager of the activity.
- c. to the general public, the environment, environmental bodies and organisations, local residents, land managers, the mountaineering fraternity, fellow leaders and Mountain Training.

1.2 Specific responsibilities

- a. to choose objectives appropriate to the experience, skills and motivation level of the group, the prevailing conditions and the leader's own experience and ability.
- b. to carry out or supervise relevant planning considerations e.g. parental consent, authority clearance, personal and medical information, finances, insurance and transport.
- c. to complete detailed preparations e.g. plan routes, check access, obtain weather forecasts and brief the group.
- d. to ensure the group is appropriately prepared for the activity.
- e. to comply with current legislation relating to the activities.

1.3 Operational responsibilities in the mountains

- a. to manage the group effectively by setting and reviewing targets, performing ongoing risk assessments, positive decision making, delegating where appropriate, group control, discipline and good communication.
- b. to meet the changing needs of the group, paying particular regard to the health and fitness of its members, whilst maintaining confidence and enthusiasm.
- c. to provide a safe and rewarding experience for each group member through involvement, interest, enjoyment and achievement, through imparting appropriate technical skills and competence and through fostering environmental awareness.
- d. to evaluate the experience and motivate towards further participation.
- e. to supervise groups on unaccompanied sections of a walk or expedition.

1.4 Personal and leadership skills

- a. demonstrate a flexible leadership style and sound judgement with regard to the group and its objectives.
- b. demonstrate good practice with regard to individual skills: pace, rhythm, foot placement, conservation of energy, balance and coordination.
- c. make suitable route choices, interpret and evaluate terrain, revise routes where necessary. identify and manage risk.
- d. be able to manage a group on steep broken ground using appropriate techniques and demonstrate effective group management and supervision skills.

GUIDANCE



Hill Walking Chapter 10

This area of the syllabus is all about what is expected of you as a leader with regards to your responsibilities, your communication skills and the people management strategies you employ. Leadership is not solely about being out in front or giving briefings.

Your responsibilities

As a Mountain Leader you have responsibilities to individuals, groups and organisations. It is important to be aware of these responsibilities, how they affect your role and how they might vary. It is important to undertake risk assessments for planned journeys and to have contingency plans and strategies for dealing with emergency situations. You should also be able to make unplanned alterations to a journey in response to changing circumstances and dynamic risk assessment.

Your communication skills

Good communication skills are vital for effective leadership because they enable you to engage with a group and deliver a safe, rewarding experience in the mountains. A good leader will know when and how to adapt their communication style thanks to a broad spectrum of personal and leadership experience. It is also important to recognise that communication isn't just about making sure you are understood, it's also about listening to others; how and why are they communicating their messages to you?

People management strategies

It's just as important to be able to lead a group safely through the mountains as it is to recognise when to stop for food or that motivation levels are low. If you have developed good communication skills, managing a group of people is much easier. For example, you will have identified the strengths and weaknesses within the group and know how to order the group while traversing a narrow ridge. Similarly, you will be able to deal with any issues affecting the social dynamics of the group which are preventing the whole group from performing well.

Key practice points

- Be a role model; ensure that good practice is followed wherever possible.
- Identify your natural leadership style. What different strategies and styles might you employ to suit different groups and situations?
- Leadership experience can be gained by working, with an employer's approval, as an assistant leader alongside a suitably qualified leader or being the most experienced member of a group of friends.



2 NAVIGATION



It is essential that a Mountain Leader can navigate competently. Candidates will be expected to choose the appropriate navigation technique for the prevailing conditions and be able to introduce these skills to others.

Candidates should be familiar with the following:

- a. maps, scales and conventional signs
- b. contours and other methods of showing relief
- c. topographical features
- d. relating the map to the ground and vice versa
- e. measuring distance on the map and the ground
- f. navigating across country with map alone
- g. compasses and other navigation aids
- h. methods of identifying features and position
- i. methods of relocation
- j. methods for navigating across country in poor visibility and/or in darkness
- k. route planning, including methods of recording routes

GUIDANCE



Hill Walking Chapters 2 and 3

Navigation is a fundamental skill in mountain walking and leaders must be confident of their route no matter how limited the visibility. It is important that you are able to navigate efficiently, accurately and confidently whilst still being able to look after a group, avoid hazards and make the journey interesting.

Your experience will also help you to become a more skilful navigator as you confidently choose the right technique to suit the terrain and visibility. For example, walking on a bearing in good visibility while on a defined terrain feature would be inappropriate; orientation of map to ground would be the more suitable technique. Conversely, trying to map read across a featureless plateau in poor visibility may cause the leader to become disoriented and here the technique of walking on a bearing would be more appropriate.

Orienteering is a useful and accessible method of micro-navigation training but you must bear in mind that this application of navigation skills does differ from that required by mountaineers.



Key practice points

- Navigate across unfamiliar ground wherever possible; it will develop your mountaineering judgement.
- Develop your observation skills to aid relocation.
- Ensure that you are comfortable with using a variety of map scales e.g. 1:25000, 1:50000 and 1:40000 scale maps in all conditions.
- Develop your map memory.



3 ACCESS AND THE ENVIRONMENT



Candidates should:

- a. aim to inspire and enthuse their groups in the mountains and continuously expand their knowledge and understanding of the environment.
- b. demonstrate knowledge of relevant legislation regarding rights of way and access and the significance of access agreements and codes
- c. demonstrate knowledge of land management in upland areas and its multiple uses, e.g. hill farming, forestry, water collection, grouse shooting and deer stalking.
- d. demonstrate knowledge of current relevant conservation legislation and appreciate the problems of conservation with respect to flora, fauna and erosion. They should also understand the nature of specially designated areas and any limitations on their use and be aware of long term effects of human pressures on the upland environment.
- e. know how to get information about access to wild country e.g. from appropriate guidebooks, maps, countryside agencies, relevant mountaineering bodies and websites.
- f. be familiar with relevant codes in the countryside and understand the individual's responsibility to minimise impact on the environment.

GUIDANCE

Candidates should be familiar with the British Mountaineering Council, Mountaineering Council of Scotland and Mountaineering Ireland as their associated websites can be an invaluable source of information on access and conservation issues.



Hill Walking Chapters 6, 7 and 8

Aspirant Mountain Leaders are likely to be aware of access and environmental issues in the mountainous areas with which they are familiar. This knowledge should be extended to a broader understanding of issues, including how legislation affects mountaineering and countryside access in each of the home nations. You should make an effort to remain up to date with current legislation and be aware of the impact of group activities compared with those of an individual.

Walking is only one of many demands placed upon the mountain environment and you should be aware of other uses, some of which may have conflicting interests. A Mountain Leader will need to be sensitive to the lives and interests of local residents and familiar with constraints on land owned by different bodies, as meeting these issues for the first time when out with a group can lead to problems.

Communicating your enthusiasm for the mountain environment with different groups will require a variety of tactics including planned learning opportunities (such as known eroded paths) and the ability to seize the moment (if you spot a rare flower or uniquely shaped boulder). This will only be possible if you have developed your own knowledge and experience of the mountain environment.



Key practice points

- Familiarise yourself with the legislation, codes of conduct and special designations which affect hill walkers and how they aim to sustain continued use of the mountain environment.
- Develop your knowledge of mountain flora, fauna, geology, folklore etc.



4 HAZARDS AND EMERGENCY PROCEDURES



There are a number of distinct types of hazard that might arise in the mountains. These are best considered under separate headings, although avoiding or dealing with them may involve many of the same principles.

4.1 Hazards of steep ground

Mountain Leaders should be familiar with techniques to ensure safe travel through steep and broken ground. This should be through a combination of planning, route choice and group management. However, situations may arise where the rope is necessary to safeguard members of the group. The candidate should recognise such difficulties and potential dangers leading to the need to use simple rope techniques to provide confidence or assistance. It is emphasised that the techniques used are not those suitable for rock climbing.

Candidates should be familiar with the following:

- a. suitability of different types, sizes and lengths of rope.
- b. rope management.
- c. appropriate knots.
- d. appropriate methods of belaying, including choice of safe anchors.
- e. use and limitations of the rope alone:
 - i. how to protect a short scramble type descent or ascent for the whole party.
 - ii. how to safeguard a single party member.
 - iii. how to safeguard themselves in descent on scrambling type terrain.

4.2 Environmental hazards

Environmental mountain hazards include loose rock, flooding and lightning. A Mountain Leader should exercise sound judgement to avoid these hazards but should know how to deal with them if necessary.

4.3 Water hazards (including marshes, streams and rivers)

- a. preparation, skills and safety procedures for leader and group members.
- b. dangers and methods of avoidance.
- c. selection of the best crossing points.
- d. selection of appropriate unroped techniques to assist in crossing.

4.4 Emergency procedures

- a. methods of search and evacuation.
- b. a basic understanding of how Mountain Rescue is organised.
- c. improvised mountain rescue techniques - application and limitations.
- d. emergency bivouac skills.

4.5 Medical

Candidates should meet the first aid requirements of the Mountain Leader scheme and have an understanding of the following conditions, their causes, signs, symptoms, prevention and treatment:

- a. mountain hypothermia (exposure) and its treatment both in the field and at base.
- b. cold injuries.
- c. heat disorders.
- d. allergic reactions.
- e. common medical problems, e.g. asthma, diabetes, blisters, sprains.

Guidance



Hill Walking Chapters 11-14

Mountain Leaders need to be able to operate safely on steep ground, either through choice or because circumstances have forced them on to such terrain. In these situations candidates must be able to safeguard their group, taking into account the limitations of all concerned. It is difficult to define 'steep ground' exactly but it is generally broken, often vegetated with a fair proportion of visible rock, some loose, where the consequences of a slip or fall might be serious.

It is important that you develop good judgement skills and are able to choose routes through or around steep ground which are suitable for the group and do not require the planned use of the rope, which is beyond the scope of this award.

Emergency situations may develop from accidents or from errors of judgement. Leaders will experience extra pressures when something goes wrong and should be clear about suitable responses for any given emergency on a journey. It is important that a balanced understanding of what constitutes an emergency is developed. A well-equipped, fit party being delayed for a few hours may create problems with logistics but rarely constitutes an emergency whereas a broken leg should be treated as an emergency under any circumstances.

You should be aware of the procedures for requesting rescue if that should be necessary and also recognise that rescue is not necessarily an immediate solution; ensure that you and your group are equipped sufficiently to remain on the hill for a period of time.

Key practice points:

- Familiarise yourself with strategies for dealing with environmental or water hazards as well as how to avoid them.
- Practise making dynamic risk assessments which involve evaluating the group, the terrain and the conditions to identify and avoid the potential for serious consequences.
- Develop a good understanding of how and when to use the ropework skills expected of a Mountain Leader, paying particular attention to route choice, anchor selection and attachment.



5 EQUIPMENT



Candidates should demonstrate knowledge of:

- personal and group equipment required for mountain walks and camps, taking into account various weather conditions.
- additional equipment required by a leader.
- design and construction of equipment, including its material characteristics, care and maintenance.

Guidance



Hill Walking Chapter 4

You should be able to demonstrate the suitability of your own equipment and clothing, particularly in cold or wet weather. You should be able to choose, carry and use the appropriate equipment for the prevailing conditions, have an understanding of currently available equipment and be able to advise others on its suitability.

6 EXPEDITION SKILLS



Candidates should have knowledge and experience of the following aspects of mountain camping:

6.1 Equipment

- packing and carrying personal and communal equipment.
- selection and safe use of camping stoves and fuel.

6.2 Food

- selection of suitable foods, their quantities and packaging.
- preparation and cooking.

6.3 Other Skills

- selection of campsites (both valley bases and remote locations).
- siting and pitching of tents.
- organisation of camp and individual tents.
- group and personal hygiene and sanitation.
- use of huts, bothies and other shelters.
- bivouac skills.

Guidance



Hill Walking Chapter 5

Expeditions incorporate many aspects of hill walking including the important but simple act of living in the hills. The scheme requires experience of wild camping and the ability to organise and carry out a multi-day expedition. It should not be a physical endurance test, although the ability to carry sufficient food and equipment to be self-contained for up to three days is required.

Key practice points:

- Be aware of the strengths and weaknesses of different items of equipment and food and what is suitable for the leader and the group.
- Familiarise yourself with different stoves and how to manage the common hazards encountered when lighting, extinguishing and refuelling them.
- Take enough to be comfortable but not so much that weight becomes a burden.
- Understand the principles of [Leave No Trace](#).



7 WEATHER



7.1 Candidates must have relevant knowledge and understanding of the weather.

They must gain practical experience in relating regional weather forecasts to mountainous areas and develop their ability to make short-term forecasts from observed meteorological conditions. Candidates should also have an understanding of:

- a. sources of information on weather.
- b. elementary interpretation of weather maps.
- c. weather developments associated with different air masses, major cloud forms, changes in wind direction and in atmospheric pressure.
- d. elementary practical identification of cloud types, wind speeds and temperatures.

7.2 Effects of weather on route selection and level of activity.

Guidance

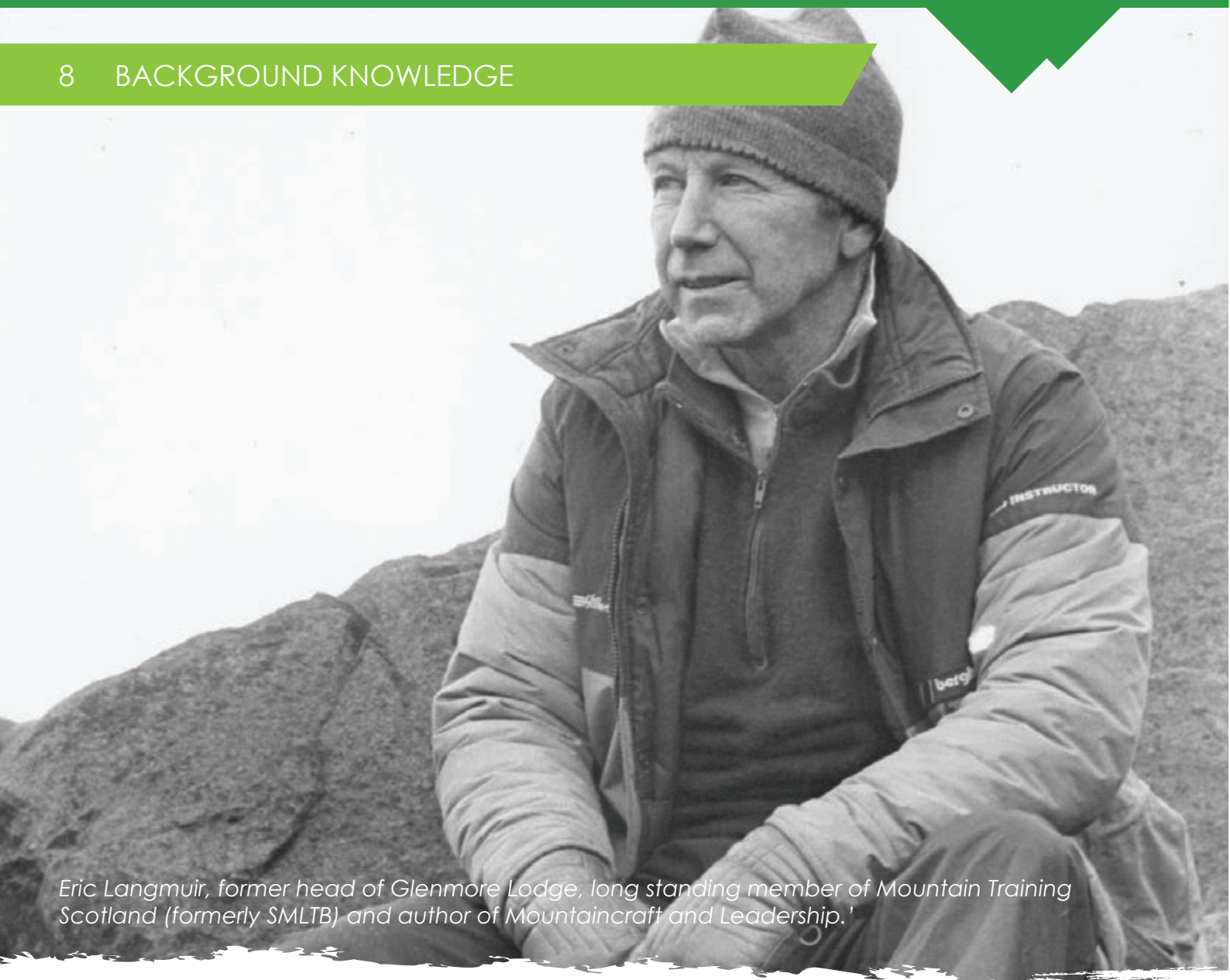


Hill Walking Chapter 9

An understanding of weather and weather forecasting is fundamental to the safe enjoyment of the mountains. Difficulties are often related to an ignorance or misinterpretation of weather and weather forecasts, which could lead to encountering worse conditions than anticipated. Conversely, a good understanding of weather can often allow an enjoyable day to be had in spite of an unpromising start.

You should be familiar with the information provided on weather maps available from the media and be aware of the relevance of specialist mountain area forecasts compared to those for sea level conditions.

8 BACKGROUND KNOWLEDGE



Eric Langmuir, former head of Glenmore Lodge, long standing member of Mountain Training Scotland (formerly SMLTB) and author of Mountaincraft and Leadership.'

Candidates should have a basic understanding of:

- the origins, development and ethics of mountaineering within the UK and Ireland.
- the role of the mountaineering councils, the services they provide and the structure of club and individual membership.
- the structure of mountain related training within the UK and Ireland and the role of Mountain Training.
- how to access relevant information from mountaineering and hill walking media e.g. books, guidebooks, magazines and the internet.

 Guidance

Hill Walking

Mountain Leaders should be able to assist novices to participate in hill walking. They should be aware of the range of clubs and organisations available and have access to relevant literature. A leader should be aware of the ethics and traditions of mountaineering and of how hill walking is an integral part of this.



APPENDIX 1 - DEFINITIONS

➤ 1. MOUNTAINOUS COUNTRY

For the purpose of the Mountain Leader scheme, 'mountainous country' may be defined as wild country which may contain unavoidable steep and rocky ground where walkers are dependent upon themselves for immediate help. In the United Kingdom and Ireland mountainous country includes:

- Snowdonia
- Brecon Beacons
- Lake District
- Mountains of Mourne
- Scottish Highlands
- Galloway Hills
- Cork & Kerry Mountains
- Galway & Mayo Mountains
- Donegal Mountains
- Dublin & Wicklow Mountains

➤ 2. QUALITY MOUNTAIN DAYS (QMDS)

In terms of experience, the quality of a mountain day lies in such things as the conditions experienced both overhead and underfoot, the exploration of new areas, the terrain covered and the physical and mental challenge. Such days make a positive contribution towards a person's development and maturity as an all-round mountaineer.

Usually some or all of the following criteria would be fulfilled:

- the individual takes part in the planning and leadership.
- navigation skills are required away from marked paths.
- experience must be in terrain and weather comparable to that found in UK and Irish hills.
- knowledge is increased and skills practised.
- attention is paid to safety.
- the journey is five hours or more.
- adverse conditions may be encountered.
- ascent of a substantial peak would normally be included in the day.

➤ 3. WILD CAMPING

Wild camping takes place in moorland or mountain terrain remote from roads and habitation. Wild camping has the potential to adversely affect the locality by vegetation trampling and pollution through food and human waste. It therefore needs to be undertaken with sensitivity combining care for the environment with personal enjoyment.

APPENDIX 2 - FURTHER EXPERIENCE

Award holders should follow the National Guidelines published by Mountain Training UK. In particular they should note that their award is only valid where the holder is operating within the scope of the award and the holder has recent logged experience appropriate to the award. Where there is any doubt advisers should contact the relevant national Mountain Training board.

According to the Health and Safety Executive there are four ways to demonstrate the competence of leaders. These are:

- to hold the relevant qualification
- to hold an equivalent qualification
- to have received appropriate in-house training
- to be competent through experience

Mountain Training endorses this view, while emphasising that national awards are the key components in such an approach.

Remaining current and competent can be achieved in various ways, one of which is to join an association.

> MOUNTAIN TRAINING ASSOCIATION

The Mountain Training Association is a membership organisation providing support and development opportunities for all candidates and holders of the Mountain Training awards. Members of the association organise regular workshops focusing on continued personal development (CPD) in a range of skills including navigation, rope work and the environment.



APPENDIX 3 - MOUNTAIN TRAINING AND THE MOUNTAINEERING COUNCILS

MOUNTAIN TRAINING

The main aim of the Mountain Training boards is to promote awareness of mountain safety through its formal leader training schemes and skills courses.

Mountain Training
Siabod Cottage, Capel Curig,
Conwy LL24 0ES
Tel: 01690 720272
Email: info@mountain-training.org
Website: www.mountain-training.org

PROFESSIONAL ASSOCIATIONS

Mountain Training Association
www.mountain-training.org/mta

Association of Mountaineering Instructors
www.ami.org.uk

British Association of International
Mountain Leaders
www.baiml.org

British Association of Mountain Guides
www.bmg.org.uk

NATIONAL MOUNTAIN CENTRES

Glenmore Lodge
Glenmore, Aviemore, Inverness-shire,
PH22 1QU
Tel: 01479 861256
Email: enquiries@glenmorelodge.org.uk
Website: www.glenmorelodge.org.uk

Plas y Brenin
Capel Curig, Conwy LL24 0ET
Tel: 01690 720214
Email: info@pyb.co.uk
Website: www.pyb.co.uk

Tollymore Mountain Centre
Bryansford, Newcastle, Co Down,
BT33 0PT
Tel: 02843 722158
Email: admin@tollymore.com
Website: www.tollymore.com

ASSOCIATED ORGANISATIONS

Adventure Activities Licensing Authority
AALA, 17 Lambourne Crescent, Llanishen,
Cardiff CF14 5GF
Tel: 02920 755715
Email: info@aala.org
Website: www.aala.org

Health and Safety Executive (HSE)
Information Services
Caerphilly Business Park, Caerphilly,
CF83 3GG
Tel: 0845 345 0055
Email: advice@hse.gsi.gov.uk
Website: www.hse.gov.uk

APPENDIX 4 - SUGGESTED READING

Hill Walking, Steve Long (Mountain Training, third edition 2014)

Navigation in the Mountains, Carlo Forte (Mountain Training, 2012)

Call Out Mountain Rescue? A Pocket Guide to Safety on the Hill, Judy Whiteside (Mountain Rescue Council, second edition 2010)

Hostile Habitats, N Kempe, M Wrightham (Scottish Mountaineering Trust, 2006)

How to Shit in the Woods, K Meyer (Ten Speed Press, 1994)

Safety, Risk and Adventure in Outdoor Activities, Bob Barton (SAGE Publications Ltd, 2006)

Nature of Snowdonia, Mike Raine (Pesda Press, 2009)

Mountain Weather (A practical Guide for Hillwalkers & Climbers in the British Isles), David Pedgley (Cicerone, third edition 2006)

Outdoor Navigation Handbook for Tutors, P & B Mee written on behalf of NNAS (Harvey)

A comprehensive reading list and other resources can be found on our [website](#).

APPENDIX 5 - COURSE STAFF RATIOS

Maximum director to candidate ratio: 1:12. However, two such candidate groups may be accommodated together and combined for theoretical sessions.

Minimum group size for Mountain Leader training: 4

Minimum group size for Mountain Leader assessment: 4



APPENDIX 6 - SAMPLE HOME PAPER

1. Name three sources of information you might use when researching access to an unfamiliar area. (3)
2. One of the most common causes of conflict between landowners and recreational users is control of dogs. Why is this and what advice would you give to your group? (3)
3. Give two reasons why access to upland areas may be temporarily restricted. (2)
4. Name four of the government agencies responsible for conservation in England, Northern Ireland, Scotland, Wales or the Republic of Ireland (4)
5. Name two organisations that use volunteers to assist with their upland conservation aims? (2)
6. Name four designations that government can award in order to give wild landscapes a degree of protection? (4)
7. What is ACT and what is its role? (2)
8. List three badly-eroded upland paths and describe how you could help control further erosion? (3)
9. How can Hill and Moorland Leaders make a positive contribution towards conserving the environment for the future? (3)
10. You are planning an overnight camp in a moorland location. How would you minimise the impact? (3)
11. What issues do you need to consider when advising your group on sanitary matters and human waste disposal in the uplands? (3)
12. What, if any, bio-degradable material would you leave in the uplands and, if so, how would you leave it? (3)
13. Describe what the main differences in landscape would be if you visited the uplands of Britain and Ireland six thousand years ago. (3)
14. When did the last ice-age come to an end? a. 10 000 years ago b. 50 000 years ago c. 100 000 years ago (1)
15. Name and describe three features created by glacial action that can be found in the uplands of the UK? (3)
16. List three types of rock and for each name an upland area in the UK where this rock type is the major influence on the landscape. (3)
17. How is peat formed? (2)
18. Name three plants commonly found in or around wet/boggy areas of upland? (3)
19. Purple saxifrage and mountain avens are examples of arctic alpine plants. Our climate differs from most alpine regions. Why can these plants still be found in our mountains? (3)
20. Name two upland plants that are susceptible to over grazing? (2)
21. Name three types of native tree found in the uplands of Britain and Ireland. (3)
22. Name and describe two upland plants that can easily be recognised by their scent? (2)
23. Name an upland bird that: i) occasionally flies upside down (1) ii) eats other birds (1) iii) is a threatened species (1)
24. Name two animals in the UK uplands that change their appearance depending on the time of year? (2)
25. Name a reptile, an insect and a microbe that could be a hazard to walkers. (3)

Notes: there are a total of sixty eight marks available within this paper. Assessment candidates would normally be capable of gaining at least half marks.