

# Mountain Leader Assessment

## Home Research Paper

Complete the following paper and bring it with you to the start of the course. It is designed to give you the chance to research the answers and in so doing expand your knowledge of topics related to Mountain Leadership.

Please write your answers on the question paper. If you require more space, number appropriately and use the reverse of the page.

You may of course use any resource in your research. Total course marks are out of 100.

### SECTION A. WEATHER

- 4pts
- 1 You have a group of clients for a mountain day. Using the forecast synoptic chart for the day (attached) outline the expected weather conditions and how they might influence your plans in:
- a) the Cairngorms
  - b) Snowdonia
- Please use a separate sheet or the reverse of the synoptic chart for your answer.*
- 2pts
- 2 After two days in the hills, you get out of your tent on Day 3; assuming no outside forecasts are available what signs would you look for and what deductions could you make about the weather for the next 8 -12 hours?
- 2pts
- 3 If the temperature on a BBC weather forecast is 8 degrees centigrade at sea level, (ignoring wind chill) what would the temperature be at the summit of Scafell Pike on:
- a: dry day
  - b: wet day
- 1pt
- 4 What cloud type is normally associated with a “halo” around the sun and why is it significant?
- 2pts
- 5 Air from which source most frequently gives prolonged rainfall:
- |                             |   |
|-----------------------------|---|
| In Snowdonia? (please ring) | In the Western Highlands? (please ring) |
| Polar maritime              | polar maritime                          |
| Polar                       | polar                                   |
| Polar continental           | polar continental                       |
| Tropical maritime           | tropical maritime                       |
| Tropical continental        | tropical continental                    |

6 2pts  
Briefly explain:

Orographic cloud

Frontal rain

7 2pts  
Where would you get detailed weather information for the Lake District? Give two and say why each is useful.

1)

2)

## SECTION B. GENERAL KNOWLEDGE

1 15pts  
What are:

Isobar

Naismith

Hypothermia

Cumulonimbus

Ventolin

SSSI

WMCI

rain shadow

Munro

inversion

Nimbostratus

MTA

SARDA

SAIS

NNR

CROW

2 3pts  
What camping stove would you recommend for teenagers? Why?



## SECTION C. ENVIRONMENTAL AND ACCESS KNOWLEDGE

- 6pts
- 1 What is the predominant rock type in the following areas?
- |               |                  |
|---------------|------------------|
| Skye          | North York Moors |
| Snowdonia     | Cairngorms       |
| Peak District | Lake District    |
- 3pts
- 2 Seeing the following features on a mountain walk, how would you explain their presence to someone accompanying you?
- A smooth, flat rock with a huge boulder of a different kind of rock standing on it.
- Boulders and rocks of assorted sizes and shapes lying against the valley side below a craggy outcrop.
- 1pt
- 3 Public footpaths, bridleways and byeways are all what?
- 3pts
- 4 Who can use each? Public Footpath
- Bridleway
- Byeway
- 1pt
- 5 What is a permissive path?
- 3pts
- 6 Name one place in the UK mountains where you might expect to find the following: (give examples or further clarification where appropriate)
- Herdwick Sheep
- Ptarmigan
- Tormentil

1pt  
7 Name a native insectivorous plant that can be found in the UK. Where might you find it and why is it insectivorous?

6pts  
8 Where or what are the following:

Kinder Scout / Mass Trespass

Napes Needle

The Lost Valley

Ogwen

Cuillins

Bob Graham Round

8pts  
9 Briefly describe the following and name the country where these are described:

Coire

Fiacail

Bealach

Llyn

Beinn

Nant

Gribin

Ghyll

#### SECTION D. NAVIGATION

9pts  
1 Draw a neat contour map below, you may draw little sketches or one big sketch and label the following topographical features:

1) summit

2) ridge

3) knoll

4) col

5) valley

6) re-entrant

7) coire

8) convex slope

9) concave slope



- 3pts
- 2 You are navigating in very poor visibility. You seem to have become disorientated and the point you were aiming for does not appear. Outline a strategy to re-locate yourself.
- 2pt
- 3 Discuss two resources where a Mountain Leader can find information about access to a given area?

#### SECTION E. LEADERSHIP AND MOUNTAIN HAZARDS

- 5pts
- 1 Following a mountain accident, list five things of prime importance that you should relay to the Rescue Team.
- 3pts
- 2 Note three common reasons, involving leader error, why mountain accidents occur.
- 2pts
- 3 List four features of a good river crossing point.
- 2pts
- 4 A. As a leader what would you expect to carry for a day walk.
- 2pts
- B. What would you expect your group to carry.
- 3pts
- 5 State the action you would carry out as a leader of a party of hill walkers, for someone who is cold, wet and becoming hypothermic.



- 1pt
- 6 How does the legal phrase “volenti non fit injuria” (the volenti clause) affect the Mountain Leader with a group:
- 4pts
- 7 What special considerations do you need to make for a member of your party, on a mountain day, who is:
- 1) totally deaf
  - 2) partially sighted
  - 3) asthmatic
  - 4) diabetic
- 4pts
- 8
- 1) What is Lyme disease?
  - 2) How can we contract it?
  - 3) What are some of the symptoms?
  - 4) What can we as leaders advise?