



Mountain
Training



Mountain Leader training course notes

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. 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 a rope.

The Mountain Leader training course aims to develop the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award.

This is a 6-day course (minimum of 60 hours)

www.mountain-training.org/walking/skills-and-awards/mountain-leader

Prerequisites for the Mountain Leader training course

Before you book onto a Mountain Leader training course;

You must be registered on the scheme

You must have recorded a minimum of 20 Quality Mountain Days which can have taken place at any point (pre or post-registration).

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

Support for candidates registering:

- [How to create an account and register for a scheme](#)

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Mountain
Training



Digital logbook

Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the training course.

- [How to add a DLOG entry](#)
- [How to edit or delete a DLOG entry](#)
- [How to review your DLOG](#)
- [Add a GPX file to a DLOG record](#)

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

Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

Group Management and Decision Making;

1 Leader responsibilities, 2 Leadership and Decision Making, 3 Planning and Weather, 4 Hazards and emergency procedures.

Technical Competence;

5 Equipment, 6 Walking Skills, 7 Navigation.

8 Expedition Skills

9 Teaching and Learning Skills.

The walking environment,

10 Access, Conservation and the environment, 11 Background Knowledge

Detailed information on each of the above topics can be found in the

[Mountain Leader Handbook](#).

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Maps

We will use 1:25 map scales throughout the course:

- There's an excellent map called "Dinky+" (which is a very useful 1:25 central Lakes map), it doesn't quite cover the peripheral areas of the Lake District so we will require you to have OS map South East which is number OL7.
- Alternatively you can use the normal 4 x 1:25 of the Lake District, that's OL 4, 5, 6 & 7

Also, you will need:

- 1:40 Harvey Lake District
- Sheet No 90 1:50:000
- or AA central Lake District 1:50 000

Course programme

Day1

- Introductory Navigation

Please arrive with your sack packed as if you were leading a group in the mountains for the day. (appropriate to the weather forecast of an average rainy day in September in the Lake District) This should include what you consider to be a suitable emergency & first aid kit as well as personal kit.

Please do not feel that you have to go out and buy any specialist kit (e.g. ropes, group shelter) if you do not have them as there will be an opportunity to discuss different equipment and what is best suited to a leader.

There will be a chance to look at first aid kits at some stage in the week.

Evening Weather lecture/pub quiz

Day 2

- Security on steep ground

Please bring a helmet if you have one. You will also need grippy gloves, these could be leather palmed or the rubber palmed builder style.

Evening Access and conservation lecture and route planning exercise.

Day 3

- River crossings and expedition planning

In the morning we will look at expedition food, tents and route choice as expedition planning.

There is time on this day to do food shopping for the expedition.

In the afternoon we will cover river crossings so please bring spare boots or trainers.

Day 4-6

- Expedition

You will be out for 2 nights, 3 days. We will return for lunch on day 6 after which we will have a review of the week and round up.

Individual debriefing and action plans before assessment.

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Notes on kit:

Please bring your own tent, food and stoves. We will have a look at all the different tents.

We will be out for at least one-night navigation, Please ensure you have sufficient batteries should we be out for the 2nd night.

Extra Info:

There are many resources on the Mountain Training website to support you as you prepare for a training course or as you work towards assessment.

Here is a link to: [Mountain Leader section.](#)

Here is a link to Mountain Training Frequently asked questions: [FAQ's](#)

Potential outcomes

Following training, a course report will be completed. The results you can achieve are:

Completed: You have attended and completed the training course and met the prerequisite requirements.

Not yet completed: If for any reason you do not complete the required hours for a course you will receive this result. In all cases, an action plan will be discussed and created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.

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.

Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

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Useful links

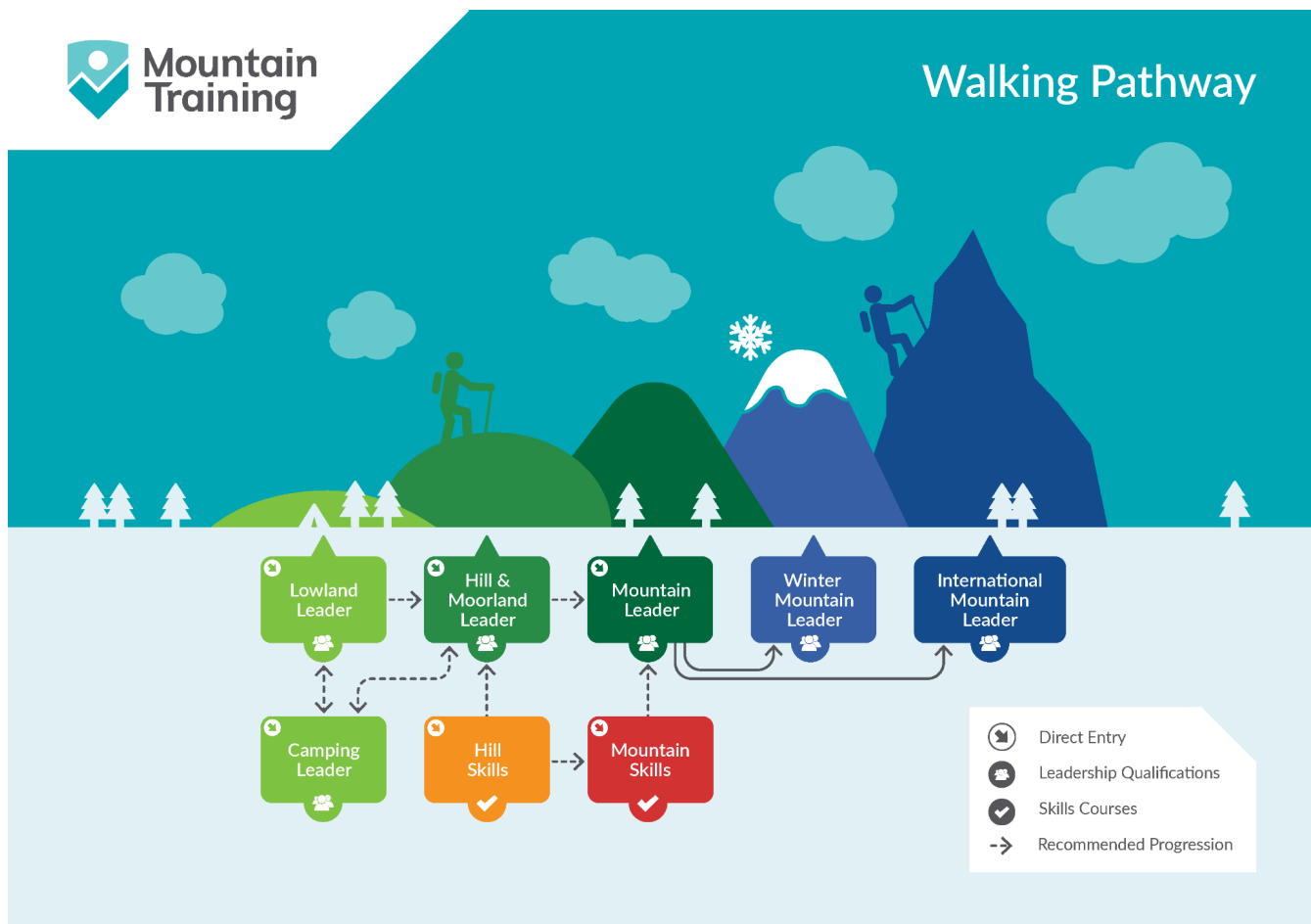
[Mountain Leader candidate handbook](#)

[Hillwalking by Steve Long: the official handbook for Mountain Training's walking schemes](#)

[Mountain Training's YouTube channel](#)

[Mountain Training's Reasonable Adjustment policy](#)

[Mountain Training Association](#)



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