

Summer Mountain Leader (Training)

Is it for me?

This six day training course provides the opportunity for potential mountain leaders to gain technical competence in leading walkers in the UK hills and mountains in summer conditions.

Before attending this course you must fulfil the following pre-requisites:

- A minimum of 12 months hill walking experience.
- Have experienced a minimum of 20 quality mountain days.
- Register with one of the 4 home nation mountain leader training boards.
- Be 18 years of age or older

Course Content & Programme

Day 1 (Arrival & Navigation Training)

- Meet the Instructors
- Outline of the training (Course Director)
- Programme brief
- Weather lecture
- Equipment lecture
- Navigation training

Day 2 (Navigation Practice)

- Emergency procedures
- Planning exercise
- Evening lecture (Access and Conservation)

Day 3 (Mountain Day)

- Leadership
- Navigation
- The environment access flora & fauna myths & legends history.

Day 4 (Security on Steep Ground)

- Equipment
- Shepherding
- Knots
- Confidence roping
- Belaying
- Anchors
- Lowers
- Rope coiling
- Evening lecture (Water hazards river crossing)
- Expedition prep tents, cookers, equipment

Day 5 & 6 (2 day 1 night Expedition)

- Leadership
- Navigation (including an introduction to night navigation)
- Camp craft
- Emergency procedures
- Candidates lectures at camp site.
- Practical session on river hazards and crossing techniques.

End of Course

- A comprehensive action plan/skills check list.
- Return log books.
- Look forward to MLA assessment out line of an assessment.

The Venue

Snowdonia National Park is ideally suited for this course with varying terrain which is required for the training course, with 1000m mountains, exposed ridges, rolling hills crags and rivers.

The exact venues for each day will be decided nearer the time, based on prevailing weather conditions.

Instructional Staff

The course provider/director will hold the minimum qualification of mountain instructor (MIA); our instructors are qualified and experienced mountaineers with an excellent knowledge. They have a great depth of experience instructing novices and experts and will be keen to pass on that knowledge to you. The Staff ratio is 1:4.

Accommodation

This is a residential course with accommodation and food provided at the Ozanam Centre. The centre is located in beautiful countryside at the eastern end of the Nantlle Valley, one of Snowdonia's hidden corners.

It is a mix of contemporary accommodation with the character of a charming old Welsh hill farm. The original farm building dates from about 1800. The accommodation is warm and comfortable with modern conveyances a lecture room complete with IT set up will be used for all the lectures.

Kit List

All participants should bring the following kit and equipment with them:

Waterproof jacket and trousers*

Comfortable casual clothing

Warm mountain clothing

Gloves and warm hat*

Expedition rucksack and rucksack liner (bin bag)*

Water bottle/vacuum flask

Small 1st Aid Kit

Notebook and pencil

Walking boots

Gaiters*

Head torch*

Wash kit

Compass & whistle*

Maps 1:25,000 Snowdonia & 1:50,000 sheet 115 Snowdon

Log book

Tent, sleeping bag & mat*

Cooker pots and pans KFS & mug.*

Fuel

Climbing helmet

Note: the following equipment marked with a * can be provided by Danbury Outdoors but advanced notice must be given,

(All ropes will be provided by Danbury Outdoors)

The following undertaking to be signed by the participant

If accepted:

1. I undertake to conform to any regulations of the course.
2. I undertake to perform duties assigned to me.
3. I undertake not to hold Essex County Council responsible for compensation in respect of loss or damage to personal property.
4. I understand the importance of advising the County Council of any medical or special needs, which may require particular attention in order to enable my full and safe participation in the event.

SIGNATURE OF APPLICANT DATE

DECLARATION BY PARENT OR GUARDIAN

(If the applicant is under 18 years of age)

Ibeing the parent /guardian of.....
give my permission that he/she may take part in the course. I undertake that I will not permit him/her to attend the course with an infectious disease. I understand that no one may participate who suffers from Haemophilia and as far as I know he/she has no physical disabilities other than those listed below.
.....
.....

I also agree to authorise members of staff during the course of the visit to approve such medical treatment for my child as deemed necessary in an emergency on the advice of a qualified medical practitioner. I set out on the reverse side of this sheet any medical conditions from which my child is suffering, together with details of treatment required.

I enclose the sum of £ as a deposit/ full /or part /payment for this course.

SIGNATURE DATE

Please use the space on the reverse side of this sheet to state your current outdoor walking and leadership experience.

No refunds will be made without two weeks notice prior to the venture

Cheques are to made payable to Danbury Outdoors

Please return this form to Sue Mills

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