

## Summer Mountain Leader (Assessment)

### Is it for me?

This five day Assessment 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:

- Have attended a MLA training course or have been granted exemption from training.
- Have experienced a minimum of 40 quality mountain days in 3 different locations.
- Have experienced 8 nights camping of which 4 must be wild camps.
- Hold a valid first aid certificate

### Course Content & Programme

#### Day 1

- Meet the Instructors
- Outline of the Assessment (Course Director)
- Programme briefing
- Candidates introduction ,home paper review
- Candidates weather briefs (synoptic chart interpretation)
- The leaders rucksack
- Navigation assessment.
- Emergency procedures.

#### Day 2

##### Security on Steep Ground Assessment

- Group control
- Leadership
- Crossing steep loose terrain.
- Route selection
- Shepherding, spotting and standing in.
- Suitable knots correctly tied.
- Lowering.
- Thompson knot.
- Confidence roping, up, down and across.
- Belaying, Body belay, Direct belay.
- Anchors selection
- Self lowers (retrievable where possible) different methods
- Rope coiling.
- Suitable equipment ,gloves etc.

### **Day 3 4 & 5 (3 day 2 nights Expedition)**

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

### **End of Course**

- Individual interviews and result.
- Return log books.
- If unsuccessful a detailed action plan.
- Look forward to further awards.

### **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 1:6. (1:4 rope work day)

### **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 conveniences and a lecture room complete with IT set up which 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 1<sup>st</sup> 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, ***however we would expect a potential Mountain Leader to have their own equipment.***

**(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)

I .....being 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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