

Summer Mountain Leader (Assessment)

Is this for me?

The five day Summer Mountain Leader Award assessment provides the opportunity for potential mountain leaders to demonstrate that they have technical competence to lead walks in the UK hills and mountains in summer conditions. Your **Completed MLA Logbook** (provided upon registration) should evidence that you have:

- Attended an MLA training course or have been granted exemption from training
- Have experienced a minimum of 40 quality mountain days in a minimum of 3 different mountain areas
- Have experienced 8 nights camping, of which 4 must be wild camps
- Hold a valid first aid certificate
- Be 18 years of age or older

Pre course

- Prior to the assessment you will be sent a Home paper & 20 minute lecture topic to prepare.

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
- Anchor 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 navigation in reduced visibility)
- Camp craft
- Emergency procedures
- Candidates lectures at camp site.
- Practical assessment on river hazards and different crossing techniques.

End of Course

- Individual reviews and result
- Return log books
- A detailed action plan (if unsuccessful)
- Look forward to further awards

The Venue

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

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



Instructional Staff

The course provider/director will hold the minimum qualification of mountain instructor certificate (MIC). The staff ratio is 1:4.

Accommodation

TBC.

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
Expedition food
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)



