



**Mountain  
Training**

A hiker wearing a blue jacket, black pants, and a black helmet is sitting on a rocky mountain peak. The hiker has a large green and black backpack and is looking down at a map or device in their hands. The background shows a vast mountain landscape under a cloudy sky.

# Mountain Leader 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.

[www.mountain-training.org/walking/skills-and-awards/mountain-leader](http://www.mountain-training.org/walking/skills-and-awards/mountain-leader)

### Training

Mountain Leader training lasts for six days, including a two day expedition with an overnight camp, and will cover:

- The Mountain Leader syllabus
- What to expect at assessment
- Feedback and areas to focus on prior to assessment

### Syllabus

- Leader responsibilities
- Leadership and decision making
- Planning and weather
- Hazards and emergency procedures
- Equipment
- Walking skills
- Navigation
- Expedition
- Teaching and learning skills
- Access, conservation and the environment
- Background knowledge

### Consolidation

After completing a training course, use the feedback from your course director and the skills checklist (download below) to identify syllabus areas you need to practise.

Our membership association (Mountain Training Association) offers peer-led learning opportunities and formal workshops on a range of topics, from navigation to leadership skills, to help you during this phase.

To register

- You must be at least 18 years old
- You should have at least a year's worth of mountain walking experience
- You should have an interest in leading groups in the mountains
- You must be a member (club or individual) of a mountaineering council (BMC, Mountaineering Ireland, Mountaineering Scotland). **Find out why this is required**
- You must create an account on our system and register for the Mountain Leader qualification (cost: £65)

To book a training course

- You must be registered on the Mountain Leader scheme (see above)
- You must have recorded a minimum of 20 quality mountain days\* (ideally these will be recorded on DLOG\*\*) which can have taken place at any point pre- or post-registration

To book an assessment course

- You must have completed a Mountain Leader training course
- You must be familiar with the syllabus
- You must have recorded a minimum of 40 quality mountain days in at least three regions of the UK or Ireland
- You must have logged at least 8 nights camping, including at least 4 nights wild camping
- You must have physically attended and completed (i.e. not online) a first aid course which involved at least two full days or sixteen hours of instruction and included an element of assessment

## Registration Flowchart

Join British Mountaineering Council, Mountaineering Scotland or Mountaineering Ireland

Create an account with Mountain Training (if you have not done so already)

Register with the Mountain Leader scheme (pay £65)

## 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.

## **Typical Course Program**

### **Day 1**

- *0900 Caban Cysgu Bethesda*
- Course introductions and Mountain Training ethos
  - Qualification pathways and scope of the scheme
  - Course programme
  - Outcomes
  - Discussion of prerequisites, qualifications and the Expedition Skills Module
  - About Mountain Training, the Mountain Training Association and Mountaineering Councils
- Introduction to:
  - Mountain navigation
  - Group Management
  - Access and conservation

### **Evening**

- Weather
- Background information

### **Day 2**

- Introduction and development of:
  - Weather interpretation
  - Navigation, walking and route finding in the mountains
  - Access and conservation

### **Evening**

- Responsibilities of a Mountain Leader
- Introduction to:
  - Duty of care and responsibilities
  - Principles of safety management

### **Day 3**

- Introduction to and development of:
  - Simple rope techniques
  - Mountain safety and emergency procedures
  - Improvised rescue
  - Basic searches
  - Mountain rescue

### **Day 4**

- Introduction to and development of:
  - Navigation
  - Group management
  - Leadership strategies
  - Hazards of steep ground (with and without a rope)
  - Access and conservation

### **Evening**

- Expedition planning
- Introduction to and development of:
  - Route planning
  - Expedition equipment and packing
  - Food and cooking

### **Day 5**

- Mountain Expedition and overnight wild camp
- Weather interpretation
- Introduction to and development of:
  - Navigation
  - Group management
  - Access and conservation
  - Camp craft and associated equipment

### **Evening**

- Poor visibility/ night navigation

### **Day 6**

- Mountain Expedition
- Introduction to and development of:
  - Navigation
  - Group management
  - Access and conservation
  - River crossing

- Feedback

Discussion of Digital Logbook (DLOG) and personal action plans for consolidation period and assessment

**The programme is subject to change to make best use of the weather and venues chosen for the course.**



## **Equipment**

Please ensure you have the following equipment (this list is not exhaustive):

- Appropriate mountain walking clothing
- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layer)
- Rucksack 30-40L and liner
- Walking boots
- Warm hat and gloves sun hat and sun screen
- Vacuum flask / water bottle
- Group first aid kit and personal medication
- Hand sanitiser
- Compass - recommend a Silva Type 4
- Relevant maps (1:25 000 and 1:50 000) for the area
- Climbing helmet - 1 can be provided if required
- Head torch + spare batteries
- Expedition rucksack 50-60l
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove/fuel
- Bowl/cutlery
- Toiletries, Trowel
- Notebook and pen

None essential but bring along if you have

- GPS / Altimeter
- Group shelter
- Walking / confidence rope