

Mountain Leader Training

Overview

The course is spread over three weekends and attendance on all three is compulsory for successful completion of the training. Training is a prerequisite for assessment and full details about the scheme can be found in the Mountain Leader Handbook on the Mountain Training website; <http://www.mountain-training.org/walking/skills-and-awards/mountain-leader>.

At the end of the third weekend the Course Director will update your Mountain Training profile to confirm your full attendance on the course.

The course includes full catering and indoor accommodation.

You can book online at yr-hafod.org.uk/wp/training/hillwalking.

Programme

The exact course content and detailed programme is governed by Mountain Training and the Course Director. The course covers all sections of the syllabus but is mainly practical with emphasis on navigation and rope work, a typical programme might include;

Weekend One

- Friday evening – Introduction to the scheme and lecture on basic navigation.
- Saturday daytime – Mountain day covering basic movement and navigation skills; movement on steep ground without a rope; weather.
- Saturday evening – Lectures on environmental considerations and the role of the Mountain Leader.
- Sunday daytime – Mountain day covering incident management; equipment; and the environment.

Weekend Two

- Friday evening – Recap and lecture on advanced navigation.
- Saturday daytime – Mountain day covering advanced navigation.
- Saturday evening – Lecture on expedition planning and equipment.



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- Sunday daytime – Mountain day covering movement on steep ground with the use of a rope.

Weekend Three

- Friday evening – Recap and prepare for expedition.
- Saturday and Sunday – Expedition covering all aspect of the syllabus.

The syllabus can be found in the [Mountain Leader handbook](#).

At the end of the course we will discuss your current abilities and what extra training or experience you might like to consider before presenting yourself for assessment.

Experience required

You must be [registered with Mountain Training](#) (a registration fee applies) prior to booking on this course.

To attend this course you should have at least a year's worth of experience of mountain walking, have an interest in leading groups in the mountains and have experienced at least 20 Quality Mountain Days*.

Details of your walks must be logged and ideally in the [Mountain Training DLOG](#). When we register you on the course we will have access to your DLOG. If you use any other form of log please ensure you bring this with you on the course.

*The definition of a Quality Mountain Day is given in the Mountain Leader Handbook.

What to bring

Please come suitably equipped for a day's hillwalking in the mountains near Yr Hafod, ensuring that have you a suitable torch/head torch as we may be navigating in the dark. Your equipment should include;

- Daysack with waterproof liner
- Warm clothes; including non-denim walking trousers and a fleece
- Good walking boots
- Waterproof jacket with hood and waterproof trousers
- Hat and gloves



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- Water bottle or hydration system
- Torch or head torch
- Whistle
- Watch with stopwatch
- Personal first aid kit
- Sleeping bag and pillow (mattresses are provided)
- Notebook and pencil (optional)
- Insulated flask (optional)

You can bring your own or the following can be borrowed from Yr Hafod.

- Compass (preferably with Romers) [Romers can be purchased for £1.50 on the day.](#)
- Map: OS Explorer OL17 plus optionally an OS Landranger 115 or Harvey/BMC Snowdonia North
- Bothy bag
- Walking rope
- Climbing helmet

Additional equipment required for the expedition will be discussed on the first weekend.

Logbook and other paperwork

To register you on the assessment we require your Mountain Training candidate number. Please send this to us at courses@yr-hafod.org.uk.

Details of your walks must be logged and ideally in the [Mountain Training DLOG](#). When we register you on the assessment we will have access to your DLOG. If you use any other form of log please ensure you bring this with you on the assessment. Your logbook will be reviewed on the Friday night of the first weekend.

End of course and feedback

At the end of the second weekend the Course Director will confirm the outcome of your assessment. You will also receive feedback on your performance, including advice on your ongoing development opportunities.



Further information

The [Mountain Training website](#) has full details of the Mountain Leader scheme including the handbook and full details on the training and assessment.

You may be aware that you could be eligible for funding from The Scout Association to support some of the cost of the course, including the cost of your transport. [See their grants for training page for more details.](#)



Rev. 1, January 2019