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## Summer Mountain Leader Training

### About the Mountain Leader Award Scheme

The Mountain Leader Award (ML) 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 winter conditions. It integrates experience, training and assessment in a variety of testing conditions in mountainous country.

### Registration

In order to attend a training course you must first be registered with the ML Scheme and have experienced at least twenty quality mountain days.

**IF YOU ARE NOT REGISTERED WITH A BOARD AND HAVE NOT LOGGED 20 QUALITY MOUNTAIN DAYS YOU WILL NOT BE ABLE TO ATTEND THIS COURSE.**

If you have not registered and received your log book see [www.mltuk.org](http://www.mltuk.org). Choose the home nation board you wish to register with, (it makes no difference to where you choose to do the training or assessment course).

**IT IS YOUR RESPONSIBILITY TO ENSURE YOU ARE REGISTERED FOR THE SUMMER MOUNTAIN LEADER AWARD (REGISTRATION FOR THE WGL OR SPA SCHEMES DOES NOT COVER YOU FOR THE ML AWARD) AND HAVE THE PRE-REQUISITES\* FOR THE COURSE.**

**Mountain Leader Training Scotland (MLTS), IS THE SCOTTISH HOME NATION BOARD, Tel No. is 01479 861 248.**

**\*You must bring your complete ML log book filled in and up to date.**

### Training Course Programme

Glenmore Lodge runs this course on behalf of all the Home Nation Mountain Leader Training boards. (It does not matter which Board you have registered with).

The syllabus is contained in the Mountain Leader Award Handbook which you receive on registering with the ML Scheme. The programme below is provisional – weather, candidate abilities etc may necessitate changes to the actual programme.

Day	SESSION	EARLY EVENING	LATE EVENING
1	<b>Personal Intros</b> <b>Log Books</b> <b>About the SML scheme</b> <b>“Role, Qualities and techniques of Summer Mountain Leadership” – Session</b> <b>Personal Kit Organisation</b> – equipment carried by summer ML <b>Mountain Navigation Day</b>	<b>Emergency rope work techniques:</b>	<b>Talk ‘ML Weather’</b>
2	<b>Security On Steep Ground</b> A practical day looking at the nuts and bolts of emergency rope work. Includes appropriate methods of belaying, anchor selection, and rope systems.	<b>Talk:</b> Legal Liability and the Leader	<b>Talk:</b> Access & the Environment
3	<b>Mountain Steep Ground Journey Day</b> A journey involving scenarios allowing group management issues (both roped and unroped) on steep ground to be covered. Also looking at route planning and route choice, environmental issues/input.	<b>Session:</b> Between Training & Assessment	
4	<b>Water Hazards</b> Covers preparation, skills and safety procedures for dealing with water hazards. <b>Emergency procedures</b> A practical look at improvised mountain rescue techniques, their applications and limitations.	<b>Collect Exped Equipment &amp; Rations</b>	
5	<b>Expedition – Mountain Leadership, Mountain Navigation</b> Putting into practice navigation and group management techniques in remote mountain situations.	<b>Camp management.</b>  <b>Campcraft:</b>	<b>Night Navigation</b>
6	<b>Expedition – Mountain Leadership, Mountain Navigation:</b> Return approx 1530 hrs and Degunge/hand back kit. <b>Course Review – an opportunity for participants to share their experiences of the week.</b> <b>1:1 Debriefs using self-appraisal forms on how best to consolidate their experiences of the course with a view to eventual assessment.</b>		