
Summer Mountain Leader Assessment

Course Notes & Home Paper

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.

Assessment Pre-requirements

Prior to attending this assessment course you must have:

- Completed an absolute minimum of 40 quality mountain days.
- Completed the formal ML award six day training course or successfully gained exemption from training. (Please note that some military courses MLT /UEL do not count as the formal ML training course).
- Hold a valid and current First Aid qualification.

Please remember to bring your completed ML logbook your minimum of 40 quality days highlighted and numbered for ease of reading, a first aid certificate, and the home written paper. **YOU WILL BE DEFERRED IF YOU CANNOT PRODUCE A VALID, ORIGINAL COPY OF YOUR FIRST AID CERTIFICATE.**

Assessment Course Programme

Please ensure you meet the minimum pre-requirements above. It should be borne in mind that candidates who present themselves for assessment with the minimum number of quality mountain days tend to find the assessment process challenging. It is our recommendation that you have in excess of this number as you will find the assessment less challenging.

The syllabus is contained in the Mountain Leader Award Handbook which you receive on registering with the ML Scheme. This assessment course is five days long, ending late on Friday afternoon.

Although the course is divided, with certain days concentrating on specific aspects, the assessment looks at your overall performance over 5 days. It is not viewed as a modular type of assessment. Your environmental knowledge is assessed throughout the course. This programme may be amended due to weather or other constraints.

Home Paper

A home written paper is at the end of this information, please research and complete it to bring with you. We will be going through it on the Monday evening.

Environmental Talk

You will need to prepare 2 x 5 minute environmental talks to be given on the hill during the course. They ought to have significance to the general UK mountain environment. These are assessed and the topics can range from flora, fauna & lichens to landscape, history, aspects of land management, animal husbandry, access, footpaths, glaciology, food chains, birds, forestry, military history, geology, climate, historical, social and economic benefits of outdoor sports. The list goes on and the aim is to broaden everyone's knowledge of the mountain environment as the week goes on. As these talks are usually done outside on the hill you may want a few notes or other props in a plastic bag. If you see something relevant to your subject then grab the opportunity to do your chat.

This is assessed and requires some preparation. Please do call if you need any further guidance on this. Please note that although you will be presenting these formal chats on the hill, you are expected to have a wider knowledge of the mountain environment that just what is contained in your talk so please be prepared to be asked about all aspects of the mountain environment in addition to your formal talk on the hill.

Provisional Assessment Programme

Please note that the programme describe below is provisional. Course and participant needs, weather and snow conditions will necessitate some changes. This programme should be viewed in conjunction with the MLTS Guidance Notes & Prospectus and Syllabus.

Day 1	INTRODUCTION	<ul style="list-style-type: none"> Personal Intros Logbooks About the assessment emphasis on a "Holistic Approach"
	WATER HAZARDS	<ul style="list-style-type: none"> Avoidance Water features & characteristics Group management & safety Crossing with & without ropes
	EMERGENCY PROCEDURES	<ul style="list-style-type: none"> Route planning Accident procedure Improvised rescue MR Call-out procedure and working with aircraft. Heat & cold injuries
	REVIEW OF WRITTEN PAPER	<ul style="list-style-type: none"> Review and discussion on the Home Theory Paper.
Day 2	SECURITY ON STEEP GROUND	<ul style="list-style-type: none"> Group management & terrain evaluation Anchor selection Basic rope system (simple, overhand knot) Ascent, descent Confidence roping
	LEADER EQUIPMENT CHECK	<ul style="list-style-type: none"> Candidates will pack a rucksack for the day as a group leader, which will then be checked on return to the lodge
Day 3	EXPEDITION	<ul style="list-style-type: none"> Three day mountain expedition looking at: Navigation, Group leadership, Campcraft. May include navigating at night if there is not sufficient poor visibility.
Day 5	EXPEDITION COURSE REVIEW	<ul style="list-style-type: none"> Return/clean Exped kit and return to stores An opportunity for the Course Director to round off the course and for the participants to share their experiences from the course. Individual debriefs. Individuals will receive an immediate result followed by debrief, and action plan if appropriate.

What Will I Need?

Summer Mountain & Rock Courses

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. At this level you will be expected to use your own hill gear including emergency gear, tent, stove etc. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

For Summer ML's (Please bring all your own camping gear)

- ✓ Belay Gloves
- ✓ Sleeping bag & liner
- ✓ Tent (2 & 3 person)
- ✓ Karrimat
- ✓ Cookers, (Trangias, MSR & primus) we have paraffin and meths only. If you prefer to use your own stove you must bring the fuel for it.
- ✓ Pots and pans
- ✓ Cutlery / plastic mug

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended ***
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. ***
- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked *** are available in our shop subject to availability.

**SUMMER MOUNTAIN LEADER AWARD ASSESSMENT
HOMEPAPER**

Please complete all the questions and bring the paper with you to the assessment. At the assessment 1 point will be given for each 'complete' answer. This is intended as a quick guide to your success in researching the various topics. It is fully appreciated that individual questions will require varying degrees of research. This paper will be reviewed with you at your assessment.

Name.....Course Date.....

RESULT	POINTS
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SECTION 1 - CLOTHING, EQUIPMENT & NUTRITION

1. What weight would you suggest a full expedition rucsac should be for a 3 day, 2 night expedition. (a guide line to suit everyone)?

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2. Briefly what in the outdoor equipment context are the following?

- a. Softshell.....
- b. Superfeet
- c. smartwool.....
- d. Compeed.....

3. Apart from being comfortable and well fitting, give 4 other features you would look for in a good quality summer mountain walking boot?

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4. List 2 disadvantages or limitations of Goretex

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5. What type of sleeping bag would you recommend to someone wishing to walk and camp in the UK, all year round (excluding Scotland in winter)? Explain your reasons briefly.....

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6. Give 4 disadvantages of Trangia stoves compared to other stoves

7. What type, length and diameter of rope would you recommend a party to carry on the hills in rough mountain terrain?

8. Why is food like pasta or rice good to have as an evening meal on an overnight expedition?

9. What does Isotonic mean and what are the advantages in having an Isotonic Sports drink?

SECTION 2 - PERSONALITIES & ORGANISATIONS

10. For what achievements are the following well known?

- a. Rev. A E Robertson.....
- b. Hamish McInnes
- c. Martin Moran.....
- d. Colin Baxter.....
- e. Eric Langmuir.....
- f. John Muir

11. What do the following initials stand for in outdoor circles?

- | | | |
|------------|---------|---------|
| a. BMC | e. NNR | h. BTCV |
| b. MC of S | f. SSSI | i. SNH |
| c. UIAA | g. RA | j. SMC |
| d. AONB | | |

SECTION 3 – MOUNTAIN ENVIRONMENT

12. a. What shaped valley is associated with glaciation?.....
- b. What is an Erratic?.....
- c. What do the following words mean?
 Ruadh.....
 Cwm.....
 Stob.....
 Tarn
 Beag.....
 Bealach.....
13. What rock is associated with the following areas?
 a. Cairngorm.....
 b. Peak District.....
 c. Black Cuillin of Skye.....
 d. Torridon.....
14. Where in the UK mountains would you find the following well known features?
 a. The Cantilever Stone.....
 b. Five Sisters
 c. The Inaccessible Pinnacle
 d. Broad Stand.....
 e. The Devil's Kitchen.....
 f. The Lost Valley.....
 g. Sharp Edge..... h.
 Napes Needle.....
 i. Lord Berkley's Seat.....
15. Why was the Lairig an Laoigh (Lying east of Beinn Mheadhoin Ref NJ024017) an important feature around the 1700s ?

16. Which hill in Scotland was first ascended by Spanish Jacobite soldiers in the early 18th century.....
17. Name an insectivorous plant found in the UK hills.....
18. Name a member of the Grouse family that nests on the high tops of the Scottish Mountains

19. Name 3 types of deer commonly found in the UK

SECTION 4 - ACCESS

20. The main stag (Red Deer) shooting season in Scotland is: (*circle*)

- | | | | |
|----|----------------|----|-----------------|
| a. | 1 Dec - 14 Feb | c. | 1 Jul - 20 Oct |
| b. | 3 June - 5 Aug | d. | 12 Aug - 10 Dec |

21. The Scottish Outdoor Access Code defines what is responsible behaviour by the public and land managers in relation to access rights. This is underpinned by three key principles. What are these key principles?

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22. How would you go about finding out who to contact if you wished to take a party into an area with which you were unfamiliar during the Stalking season?

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SECTION 5 - WATER HAZARDS

23. Is the flow of a river more powerful at the inside or outside of a bend?

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24. What is a Strainer and what is the hazard associated with this water feature?.....

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25. In your preparations before going on the hill what could you do to minimise the likelihood of getting involved in a river crossing?.....

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26. What practical steps would you take prior to actually crossing a river using a rope with a group of novice adults?.....

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SECTION 6 - PARTY MANAGEMENT

27. Assume that you have a mixed sex novice group of 15 year olds in a remote campsite in summer weather. List the main points of your briefing regarding:

a. Pitching camp.

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b. Swimming nearby.

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c. Packing for a day's walk, leaving the tents

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28. You are leading a small party (6 young teenagers) on a day walk in relatively remote terrain. You are about 5 miles from the nearest road and telephone, the ground is rough. One of the party has a suspected broken femur. You have a day sac with basic emergency gear, spare clothing and survival bag food and drink. You did not bother to leave an accurate route card with anyone and dusk is approaching. Briefly explain what course of action you might take and the reasons for this decision. (There is no right answer).

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SECTION 7 - WEATHER

29. It is September, you are planning to take a group of 16 year old boys up Ben Nevis, they are fit enough for the walk having done half a dozen Monro's during the summer. Fort William is given a forecast of + 9 degrees C with a wind speed of 10 mph and showers from the SW. What would your thoughts be concerning the weather and the chosen objective

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30. List 4 sources of weather information.

- a.
- b.
- c.
- d.

31. There is generally an East West divide in the weather of the highlands. What is meant by "orographic rainfall" and where in Scotland would you experience it?

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32. What weather would you associate with a Tropical Maritime air flow and where in Scotland would you recommend for walking when this air flow is prevailing?

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33. Explain simply, a temperature inversion and where in the hills would you aim to be when such a weather feature exists?

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34. When on the hill how can you estimate where a low pressure area is using the wind direction in the Northern Hemisphere?

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35. During the approach of a warm front, cloud cover usually develops as follows: (Circle).

- a. Cirrocumulus, altocumulus, stratocumulus, nimbus.
- b. Cirrus, cirrostratus, altostratus, nimbostratus.
- c. Cirrus, cirrostratus, altocumulus, cumulonimbus.
- c. Stratus, altostratus, cumulus, cumulonimbus.

End