
Mountaineering Instructor Award (MIA) Training

What We Cover

The Mountaineering Instructor Training course provides training for instructors working in summer conditions. The syllabus includes multi-pitch rock climbing, scrambling and other mountaineering skills. Also included are training, assessing and coaching processes.

Registration

You must register on the scheme via the MLT (formally known as MLTUK). Full details can be found at <http://www.mltuk.org/docs/registration-mia.html>

In summary you will need to satisfy the following conditions:

- Completed your Summer Mountain Leader Award
- Have 20 QMDs in sole charge of a group AFTER completing your ML.
- Have climbed 30 named multi-pitch routes at VS 4c or above in 3 main mountain areas.
- Provide the name of a referee who is prepared to endorse your application.

You cannot attend the course unless you are first registered on the scheme.

About the Training Course

This course provides you with an opportunity for discussing and sharing ideas through a structured and progressive programme. Please come with an open mind and prepared to contribute lots of ideas and experience. You should bring a notebook and a camera to assist you in recording information and ideas. We also issue a substantial pack of notes as well.

Please familiarise yourself with the Mountaineering Instructor Scheme Prospectus, Syllabus and Guidance Notes 2002 published by the MLT. The detail of the programme will be governed to some extent by the weather and conditions.

Although the course is broken up into days, an integrated approach to the syllabus material will be taken. Techniques and skills often taught in isolation are transferable through all aspects of the instructor's role. To enable you to gain the maximum benefit from your course, you should have a holistic approach to the subject matter and not assume that technique 'A' can only be used in situation 'A'.

For three of the days (Multi pitch climbing I and II, and the mountain day) we will be based over on the West Coast at fully catered accommodation. You do not need any sleeping bags etc as this is full board accommodation in a comfortable bunkhouse.

Please bring your logbook completed and fully up to date.

We will also be making reference to Rock Climbing: Essential Skills & Techniques by Libby Peter and published by MLTUK so please ensure you bring a copy along with you.

DAY	MORNING / AFTERNOON	EARLY EVE	LATE EVE
1 SAT	<p>COURSE INTRO ASSESSMENT OF RISK AND IT'S APPLICATION</p> <p>This day looks at adventure and risk. How we can develop judgement, safety and awareness across challenging areas of activities. We will use the mountain environment and/or water margins to explore the assessment of risk and it's application.</p>	<p>TALK: The Instructor & the Law.</p>	
2 SUN	<p>SINGLE PITCH WORKSHOP</p> <p>Revisiting basic climbing skills such as movement on rock, rope work, belay plate orientation and use, abseiling. This day includes a practical look at using a single pitch venue.</p>	<p>PROBLEM SOLVING & RESCUE SKILLS I – Nuts and bolts</p>	
3 MON	<p>SERIES ROPE MULTI-PITCH CLIMBING (West Coast)</p> <p>Based near Glen Coe for three days and staying in comfortable, fully catered, bunkhouse style accommodation. This day will revisit trainees personal climbing ability and techniques on multi-pitch ground up to VS 4c. the emphasis of this day will be on series rope technique and stance management.</p>	<p>SESSION: Short roping uses & limitations</p>	
4 TUE	<p>PARALLEL ROPE MULTI PITCH CLIMBING (West Coast)</p> <p>Further consolidation of multi pitch climbing with an emphasis on using parallel rope technique.</p>		
5 WED	<p>MOUNTAIN DAY (West Coast)</p> <p>This day focuses on the care and leadership of a party on scrambling and rocky terrain in both ascent and descent. A major part of the day will be spent on teaching use of short rope technique. Particular emphasis will be placed on developing decision making and judgement calls in this challenging aspect of professional mountaineering.</p>	<p>Return to Lodge</p>	
6 THU	<p>THE COACHING PROCESS</p> <p>This day looks at some generic coaching fundamentals and through the familiar activities of navigation and climbing explores how we may improve our students performance.</p>	<p>Coaching Day Review</p>	
7 FRI	<p>TEACHING LEADING</p> <p>A practical exploration of the issues involved in introducing novice climbers to the 'sharp end' of the rope. Includes techniques for looking after both yourself and your students.</p>	<p>Free Evening</p>	
8 SAT	<p>PROBLEM SOLVING & RESCUE SKILLS</p> <p>Developing simple solutions to complex problems. Practical application of improvised rescue techniques in a variety of simulated scenarios on the crag.</p>		
9 SUN	<p>TRAINING AND ASSESSING</p> <p>A practical look at training and assessing a variety of mountaineering skills with an emphasis on mountain navigation.</p> <p>Session: Between Training & Assessment</p> <p>COURSE REVIEW</p> <p>DEBRIEFS</p>		

What Do I Need?

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Glenmore Lodge will supply all ropes. Your instructor will want to check that personal equipment is appropriate for the activity.

Please ensure you bring your **MIA logbook** completed and up to date.

Also you will need a copy of **Rock Climbing: Essential Skills & Techniques** by Libby Peter

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.

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

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

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- ✓ 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. You'll need a waterproof 1:50,000 sheet 36 map of the Cairngorms, and a map of the Glencoe area (1:25 000 or equivalent).
- ✓ 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.**