
Mountaineering Instructor Award Assessment (MIA)

Course Notes & Homepaper

About The Assessment.

This five day assessment course will assess candidates to be Mountaineering Instructors in the UK under summer conditions. During the five days you will be assessed on all aspects of the MIA syllabus by a panel of at least three assessors (including the Director of assessment). At the end of the week the assessment team's observations of individual candidates are discussed and a result is reached.

Consolidation Period

You should allow a minimum of twelve months between your MIA training course and your assessment. In exceptional circumstances you can apply for exemption from this consolidation period by applying to MLT (formerly the MLTUK) for an exemption application form. It should be noted that under no circumstances will candidates be allowed to progress from training to assessment in under three months.

Please familiarise yourself with the Mountaineering Instructor Scheme Prospectus, Syllabus and Guidance Notes 2002 published by MLT. These guidance notes give a good breakdown of the assessment pre-requirements and what the assessors are looking for during the assessment. It is strongly recommended you read them.

Summary of Assessment Pre-requirements

Please ensure you bring your logbook and it is up to date along with a current and valid first aid certificate.

The Mountaineering Instructor Scheme Prospectus, Syllabus and Guidance Notes 2002 gives full details of the pre-requirements but in summary you should have as an ABSOLUTE minimum:

- 40 QMDs as a leader in sole charge of a group.
- 20 Rock climbing teaching days with students (guidance notes are not specific as to whether single or multi-pitch but having a mix would be useful regarding your own experience).
- 50 multi-pitch VS 4c or above climbs, of which a large proportion should be on mountain crags or major sea cliffs.
- A valid First Aid Certificate (not presenting one will mean you will be deferred).
- A reference from a referee.
- A broad working knowledge of all aspects of mountains and mountaineering, including the environment and mountaineering history, ethics and traditions.

Home Theory Paper

You should receive your home theory paper with this information sheet. It is a home study paper and should be completed and brought along to your assessment.

Lecturettes

As part of the assessment you will be expected to prepare, present and answer questions on a mountain related topic of your choice. This lecturette should last no more than 15 minutes with 10 minutes for questions. We have access to Powerpoint via overhead projectors (put



your talk on a memory stick or disc), electronic white board, flip charts and OHPs. If you require anything else please ask prior to turning up for your assessment.

Please let us know your topic title in advance by contacting Glenmore Lodge - it should be something of interest to expand the knowledge of the rest of the group and should be mountain related. It should not be, for example, what I did on my holidays slide show!

Assessment Programme

The programme outline below is for guidance only. Circumstances may dictate that the programme be changed at short notice.

During the assessment week Days 1 and 2 might be switched depending on prevailing weather conditions. Days 3 and 4 will be the client days but again the order might be switched about depending on weather etc. It is expected that you will have the same two clients for your two client days.

***Please note that environmental input is expected throughout the assessment.**

DAY	MORNING / AFTERNOON	EARLY EVE	LATE EVE
1 MON	<p>Personal Climbing Day</p> <p>Climbing on multi pitch routes at VS4c, use of parallel rope technique, safe belays. Abseil retreat from a crag.</p> <p>Possible venues could be Northern Corries, Loch A'an basin, Creag Dubh, Dunkeld, Poll Dubh, Huntly's Cave.</p>	<p>Lecturettes:</p> <p>15 minutes presentation</p> <p>10 minutes question & answer</p>	
2 TUE	<p>Problem Solving & Rescue Skills</p> <p>Solving problems commonly experienced in multi pitch climbing.</p> <p>Possible venues may include Northern Corries, Loch A'an basin, Creag Dubh, Dunkeld, Poll Dubh, Huntly's Cave.</p>	<p>Lecturettes:</p> <p>15 minutes presentation</p> <p>10 minutes question & answer</p>	
3 WED	<p>Teaching Climbing</p> <p>With real client, structure, organise and perform a teaching day appropriate to their abilities and aspirations. Venue is weather dependent, may be at a single or multi pitch venue.</p> <p>Possible venues may include Dunkeld, Kingussie, Huntly's Cave, Cummington and Poll Dubh.</p>	<p>Review of Home Theory Paper:</p> <p>Review and discussion of home theory paper.</p>	
4 THU	<p>MOUNTAIN DAY</p> <p>With real clients, an opportunity to demonstrate your all round ability as a mountaineer (including technical and judgement skills). Will involve appropriate use of the rope to safeguard your clients, including use of short rope technique. Also includes navigational and route finding skills. Environmental in put* and time keeping.</p> <p>Possible venues may include Glen Coe, Torridon, Glen Shiel and the Northern Corries area.</p>		
5 FRI	<p>Navigation</p> <p>Looks at both personal skills and your ability to teach navigation</p> <p>Personal Debrief On Assessment & Result</p>		

What Do I Need ?

It is expected that at this level you will use your own climbing equipment including rack and harness etc. Glenmore Lodge will supply all ropes and any additional equipment you or your clients might need on the teaching days.

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.

- ✓ 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 ***
- ✓ 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.**

SHORT ROPING

5. List 3 considerations that you would take into account before deciding whether short roping your students is an appropriate course of action.

6. Briefly list the considerations of short roping a traverse when students are below.

When students cannot go below due to terrain restrictions.

7. What information would you give to your students prior to short roping them?

17. There are plans, some ongoing, to reintroduce previously extinct animals such as bison, wolves, beavers and Lynx back into the Scottish Highlands. What in your opinion are the pros and cons of such plans?

MULTI PITCH CLIMBING

18. Your friend who has been climbing for 18 months tells you he is about to purchase a pair of 8.1mm ropes for a climbing trip what equipment advice would you offer him.
19. What are the pros and cons of linking all your anchors to a single point using a long sling?
20. List some considerations that help you select an appropriate multi pitch route to teach leading on.
21. Give three advantages of leading 2 students on a multi pitch climb:
- In Parallel.
- In Series.

TEACHING CLIMBING

22. Briefly outline an appropriate teaching leading progression for a novice climber (who has led indoors at F5 and seconded 10+ single pitch trad climbs at VDiff/Severe).
23. Is having a student take a lead fall whilst learning to lead acceptable? Explain your response.
24. A proficient lead climbing performance could be broken down into four areas of proficiency - tactical, technical, physiological and psychological (TTPP). Identify some of the key areas of skills required for a student to reach proficiency in lead climbing and list them in their relative area of TTPP.
- Tactical:
- Technical:
- Physiological:
- Psychological:
25. Is our students learning enhanced by limiting our verbal input during our teaching? Please explain your answer.

TEACHING NAVIGATION

26. Give an advantage and disadvantage of using these maps to teach mountain navigation:
1:10,000?

1:25,000?

1:50,000?

27. List 2 methods of teaching an understanding of contours.

28. Name three common errors made by inexperienced navigators?
Briefly suggest one idea you like to teach to rectify these?

