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**Congratulations** on choosing a Glenmore Lodge course. As Scotland's National Outdoor Training centre we have been delivering world class training for over 60 years. Our instructors are amongst the most experienced in the country; add to that the quality of the equipment you can borrow, our range of on-site facilities, as well as our food and accommodation and we believe it is clear that not only will a Glenmore Lodge course offer you the best possible learning experience, but that the value for money we offer is second to none.

Glenmore Lodge is a fun and welcoming environment and we take pride in helping you to develop your personal skills, whatever level you might be at. We look forward to seeing you here soon.

## Technical Update for Winter Mountain Leaders

### Is It For Me?

This one day course is for those who hold their MIC and are looking to refresh or update their skills. It's also useful for those who are MIC Trainees who are looking to further develop their existing skills prior to assessment. Primarily we will be covering top tips for coaching and leading individuals and groups in winter conditions.

### Course Content

Everyone will be split up into groups (provisionally MIC holders in one group, trainees in another). Each group will then go out and explore both practically, and verbally a variety of winter technical and judgement issues appropriate to teaching/coaching Winter Mountaineering and Climbing

Course and participant needs, weather and snow conditions ultimately dictate what we actually do, but to give you an idea of what we can cover the following programme outlines some options

- Safe management of groups in winter; considerations and strategies.
- What options do we have for teaching core winter skills?
- Structuring, organising and performing coaching sessions.
- Use of locations, journeying, structure of sessions, and technical content.
- Managing clients on steep ground – what options do we have?
- Avalanche awareness: Developing awareness; practical risk evaluation; safe travel; rescue; teaching methods.
- Winter Navigation: options; structuring sessions; content
- Dealing with Emergencies.

Return to Lodge for 1600Hrs with an end of day review.

### Equipment List

Please provide your own appropriate clothing and equipment for a day out on the hill in winter, including map of the Cairngorm area. We shall provide any technical equipment required for specific sessions.

### What's included in the price

Please be aware that in order to keep the price to a minimum this course only includes instruction, drinks and afternoon cake. There will be **NO** packed lunch provided.

