

Thank you for your interest in our courses.

Mountain Leader Assessment 2012

Course dates : 30th April - 4 May and 12th - 16th November 2012 based at Pitlochry

About Our Courses

We are based in the Pitlochry area which is within easy access of a choice of excellent venues, providing options throughout the week depending on prevailing conditions.

The course would usually be directed by Steve Spalding. Our aim is to bring out the best in you and help you to enjoy and learn from the week. Feedback from previous candidates has regularly been that they feel the assessment has been a positive experience.

During the course we will aim to cover all the main aspects of the syllabus (this can be downloaded from www.mltuk.org/docs/downloads.html). We hope that as well as being informative, the course will provide a realistic environment where you will be able to test your summer skills and through this experience gain realistic insight into your own skills of leadership and demonstrate that you are ready to lead others into the UK mountains in summer conditions.

Every day on the hills is unique and offers its own challenges, our choice and knowledge of venues helps us to find the best conditions available for each day as we attempt to cover the various aspects of the syllabus. The sample programme gives an example of how we anticipate running the week. The evening discussions and reviews aim to finish by 7pm providing you with time for reflection and refuelling.

To attend the assessment you should be minimum of 18yrs of age and have attended an approved ML training course or have letter of exemption from one of the Home Nation Mountain Leader Training Boards. Exemption from training is an option open to experienced mountaineers who must apply to their Home Nation Mountain Leader Training Board for exemption **well before** the assessment.



The course will begin at 9am on the first day and will finish by 4.30pm on the last day.

A programme and checklist are included with this letter to help you organise yourself for the assessment. We are very keen that you are well prepared as this will help you relax and enjoy the week.

Please read the checklist below to ensure that you meet Mountain Leader Training UK syllabus requirements for assessment.

- highlight 40 quality mountain** days in 3 mountain areas of the UK in your logbook before the assessment. This requirement is a minimum level of experience – if you send me a copy of your QMD's I can review your experience prior to booking.
- a minimum of 8 nights camping (at least 4 of nights these must be wild camping) in a variety of locations
- current First Aid certificate. **(Bring original not a photo copy)** The course should have a minimum of 16 hr tuition time and be relevant to working in remote places
- appropriate equipment for looking after a group of novices during a typical one day mountain walk on the first day of the assessment. We suggest you pack this before you arrive
- note book and pen - to help you keep a record of any top tips
- completed home papers
- photocopy of your training course report.
- old jacket and leather gloves for rope work on steep ground day
- old boots or trainers for water hazards

Equipment

You will be expected to supply you own equipment for the assessment, with the exception of ropes and helmets, but if you have your own please bring them. For the expedition you may prefer to share a tent with another candidate to keep the weight down. You can organise this when you meet the other candidates.

We will be using the following maps during the week:

OS 1:50 000 Sheet 43 Braemar & Blair Atholl, and OS 1:25 000 Explorer 386 Pitlochry & Loch Tummel Maps are usually available in Pitlochry from Munros 01796 474424. If you have sheets 35, 36, 42,51 bring them with you but don't buy them!



If there are items that you have difficulty in obtaining, please feel free to speak to us to see how we can help.

Course Preparation

A home paper will be sent out with your confirmation letter on receipt of a deposit of £100. Ensure that you are fit, capable of a three day expedition in the mountains and that you are familiar with the syllabus.

Please ensure that your log book is up to date, it will be collected on Monday morning along with the home paper, and bring your **original** First Aid certificate with you, not a photocopy.

Accommodation

We are based in the Pitlochry Youth Hostel (tel: 01796 472308) or you may prefer to make alternative arrangements from a wide selection of options in the Pitlochry area.

We would recommend Dalshian Guest House as an alternative (www.Dalshian.com) Heather and Martin Walls 01796 472173

Accommodation will be required for three nights, Sunday to Tuesday, as we will be on expedition Wednesday and Thursday nights. Spare kit may be stored at Dalshian House while we are away on expedition. Showers or baths will be available on our return from expedition.

Booking

The course fee is £270 and covers the cost of the assessment on a self catering, self drive basis (this means that I will provide 3 places in my transport and course members take turns to share transport, this keeps costs down). To book a place on the course please complete, sign and return the enclosed booking form with a deposit of £100. The balance should be paid four weeks before the start of the course. Confirmation of your booking will be sent out to you on receipt of your deposit.

There is a Co-op open from 8am to 10pm in Pitlochry if you choose to self cater and many options to eat out.

We look forward to meeting you and would ask you to call Steve Spalding on 01796 473916 or email (mail@stevespalding.plus.com) if you need any further clarification or help.

Kind regards

Steve Spalding



Sample Assessment Programme 2012		
	9am	4.30pm
		5.30 - 7.00pm
Day one	<p>Introductions and setting the scene for the assessment</p> <p>Micro navigation and emergency procedures, water hazards</p>	Review home papers
Day two	Security on Steep ground	Expedition preparation
Day three	<p>Expedition</p> <p>Party management, access and conservation, expedition skills, route selection/planning and navigation skills</p>	
Day Four	Expedition	
Day Five	<p>Expedition</p> <p>Return 2pm</p>	<p>Results and debrief</p> <p>Depart by 4.30 pm</p>