

Lowland Leader Award Home Paper (Sample Questions)

Please complete all the questions and bring the paper with you to the Training. Completing this paper may require a little research and should help you prepare for the Training. If you have difficulty writing please contact us to make alternative arrangements.

Name..... Course Dates.....

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1. Leadership Skills and Group Management

List 4 responsibilities you have as a Lowland Leader while on a walk. **(4)**

2. Walking Skills

Give two reasons why it is important to be fit to lead day long walks. **(2)**

3. Planning a Walk

Give three examples of how a weather forecast may influence your planning.
(3)

4. Basic Mapwork and Route Finding Skills

What is the width of a Grid Square on an Ordnance Survey Map? **(1)**

5. Equipment

List 3 items of equipment that you would ensure are carried for emergencies.
(3)

6. Hazards and Emergency Procedures

List two of the main hazards you have identified through your personal experience of walking in the lowland environment. **(2)**

7. Environmental Awareness, Conservation, Access and Land Ownership

With regard to access in Scotland what does the acronym SOAC mean? **(1)**