

Hill & Moorland Leader Award Training Preparation Paper

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. Leader Responsibilities

List 3 responsibilities you have as a Hill & Moorland Leader out on a walk. **(3)**

2. Leadership and Decision Making

What Challenges might a group face when planning to go for a day walk. **(1)**

3. Planning and Weather

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

4. Hazards and Emergency Procedures

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

5. Equipment

List 3 items of Leader equipment that you would ensure are carried, perhaps for emergencies? **(3)**

6. Walking Styles

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

7. Navigation

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

8. Teaching and Learning Skills

What advice would you give someone regarding using Walking Poles? **(2)**

9. Access, Conservation and the Environment

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

10. Background Knowledge

Can you name one of the Mountain Councils or Associations in the UK? **(1)**