

Course Program - Hill Skills

Provider – Mountain Skills Training



Mountain Skills

www.mountainskillstraining.co.uk

Day 1 - 9am to 7pm approx.

- Course introductions
 - Provider and tutor
 - Participants and relevant experience
 - What do participants want to gain from the course?
- Mountain Training overview
 - What is Mountain Training and who are they?
 - What are Skills Scheme courses?
 - Personal development/qualification pathways
 - Explanation of other relevant organisations and Mountaineering Councils
- Practical syllabus coverage – indoor and outdoor
 - Planning – *Why make a plan and how is it useful? What information is needed and where can it be obtained from. What is a 'Route Plan'? What do we need to go out today? Group agree on day's plan with tutor*
 - Weather – *What is 'weather in the hills' and how does it affect us? Where can we find suitable forecast information? How does weather affect our planning? What's the weather doing today?*
 - Clothing and Equipment – *What different kit have we all got with us today? What do we need for today's weather? What do you pack in your bag? How can choices of kit and equipment affect our performance during the day?*
 - Walking Skills – *What practical skills make it easier to walk in the hills? How do we cope with steep slopes? What kit and equipment can help us?*
 - Environmental Knowledge – *What do we already know about the environment we're in? What impact do walkers have on this environment – good and bad? How can we sustain the care of our environment while walking?*
 - Navigation in the Hills – *Looking at different sorts of maps and how to read the details? Comparing maps to the real world and vice versa. Looking at scale and distance and how maps are useful for planning. How to use a compass to work out which direction to walk in. What to do if walking in cloud or darkness?*
- Review Day 1 and planning for Day 2

Contact time: 10 hours



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Day 2

- Review of Day 1 and queries addressed
- Practical syllabus coverage continued – indoor and outdoor
 - Planning – *Where are we going today and why?*
 - Weather – *Has the forecast change from yesterday? How will today's forecast affect our plans?*
 - Environmental Knowledge – *What different environments might we see today?*
 - Walking Skills – *Looking at the map, what skills might we need to use today?*
 - Hazards and Emergency Procedures in the Hills – *How do we identify a hazard and manage potential risk to us? Who can we contact in the event of an emergency? Managing an issue when you're potentially 'far from help'.*
 - Navigation in the Hills – *What general and poor weather strategies can we use and develop today?*
- Review Day 2 and address queries
- Feedback and personal development
- Review on Mountain Training pathways and support on offer

Contact time: 8 hours

Useful websites

<http://www.mountain-training.org/>

<http://www.mountain-training.org/walking/other/downloads>

<https://mt.tahdah.me/shop/categories/1>

<https://www.thebmc.co.uk/>

<https://www.mountaineering.scot/>

<http://www.mountaineering.ie/>

<http://www.nationalparks.gov.uk/>

<https://www.walkingbritain.co.uk/>

<https://www.ordnancesurvey.co.uk/getoutside/itvs-britains-100-favourite-walks/>



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