

**SOUTH WEST MOUNTAIN AND MOORLAND
LEADER TRAINING SCHEME**

REVISED SYLLABUS MAY 2017

A SCHEME APPROVED BY
MOUNTAIN TRAINING ENGLAND



www.swmmlts.org

SOUTH WEST MOUNTAIN AND MOORLAND LEADER TRAINING SCHEME

SOUTH WEST AWARDS

COASTAL AND COUNTRYSIDE LEADER

Approval to lead walks in coastal and countryside areas (non mountain and moorland) in summer conditions.

SUMMER MOORLAND LEADER

Approval to lead moorland day walks in summer conditions.

WINTER MOORLAND LEADER

Approval to lead moorland day walks in winter conditions.

COASTAL AND COUNTRYSIDE CAMPING ENDORSEMENT

Approval to supervise camping at non-remote camp sites.

SUMMER MOORLAND LEADER CAMPING ENDORSEMENT

Approval to supervise camping at remote moorland locations

The SWMMLTS scheme is operated by Local Authorities in the South West of England to provide training and assessment and recognition of competence for leaders of walking and camping activities. Participants may take part in all or some of the awards depending on their needs. Participants seeking a national award should consider awards offered by Mountain Training England (MTE);

Lowland Leader Award
Hill & Moorland Leader Award
Mountain Leader Award

Details of the Mountain Leader and Walking Group Leader Awards can be obtained from the Mountain Training at: Mountain Training, Siabod Cottage, Capel Curig, Gwynedd, LL24 0ES. Tel: 01690 720272. Website: <http://www.mountain-training.org/default.aspx>

The South West Mountain and Moorland Leader Training Scheme (SWMMLTS) of training and assessment had been approved under the Mountain Training Local Accreditation System. This approval endorses the operating systems of the Scheme, which remain the responsibility of the South West Mountain and Moorland Training Committee (SWMMTC).

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NOTES.

A. For the purposes of this scheme moorland areas of the South West also include the Brecon Beacons – **excluding** exposed ridges, gullies and steep ground.

B. Summer Moorland Conditions:

These are typically seen as fair weather days throughout the year. It should be noted that even during summer conditions a non-forecasted combination of wind, rain, low temperatures and poor visibility are a potential hazard for which the leader and party should be suitably prepared and equipped.

Winter Moorland Conditions:

These include a combination of rain or snow, cold winds and low temperatures. Conditions present or forecast which may require the use of ice axes, crampons or other technical equipment to protect the leader and other members of the party are outside the scope of all levels within the scheme.

C. Throughout the SWMMLTS candidates are expected to be able to navigate with a map and compass alone. However there should be an awareness of other navigation technologies e.g. GPS, altimeter.

D. Common themes running through all levels of the scheme are the legal responsibilities of a leader, child protection issues, completion and implementation of risk assessments and safe operating procedures.

E. All leaders must have undertaken a minimum of 16 hours/2 day formal First Aid certificated training in the last 3 years for their leadership award to be valid. It is the responsibility of the award holders' host organisation to maintain first aid records. Ideally the First Aid training should provide a focus on casualty care in remote locations.

F. Relevant logged experience is generally regarded as having taken place within the last 3 years and should include experience of group leadership

G. Candidates may be exempted from the training aspects of the scheme and apply for direct assessment at any level, if they satisfy the pre-assessment requirements.

H. Non-remote camping can be considered as having vehicular access and usually access to both tap water and waste disposal

COASTAL AND COUNTRYSIDE LEADER

1. PURPOSE

This is the foundation level of the SWMMLTS and is designed to provide an introductory level of knowledge, understanding and experience sufficient to lead groups safely and enjoyably in 'summer conditions' in coastal and rural countryside environments.

Successful completion of assessment enables approval to be given by operating authorities for the leadership of day walks in summer conditions in coastal or rural countryside locations.

2. SYLLABUS

The following syllabus content needs to be completed over a minimum of a 17 hour course.

a. Leadership and Group Management

To provide a safe and rewarding experience for group members:

- through involvement, interest, enjoyment and adventure
- through imparting appropriate technical skills and competence
- through fostering environmental awareness and knowledge of the local environment
- through assessing foreseeable risks involved in the venture

To meet the changing needs of the group and its individual members

- by observation, anticipation and good judgement
- by sensitivity to the state of the group and of its members with particular regard to its health and fitness
- by maintaining confidence and enthusiasm despite uncertainty or stress
- by adopting leadership styles appropriate to the situation
- by reviewing the experience

Group Management:

- by setting and reviewing targets
- by positive decision-making
- by delegation where appropriate
- by proper group control and discipline
- by good communication, by group shadowing and more progressive methods of remote supervision

Organisation and Responsibilities

- to parents, to individual group members, to the group as a whole and to themselves
- to sponsoring Authority or Governing Body and to the Head Teacher, Local Manager or other person organizing/sanctioning the walk

- to carry out the initial planning, e.g. obtain parental consent, authority clearance, personal information, costings, insurance arrangements etc.
- to members of the public

Weather

- candidates should have a basic knowledge of weather, and an ability to make short-term forecasts from observed weather conditions
- ability to gain and interpret a local weather map and short-term forecast, and apply its significance for the group on their route selection and level of activity

b. Navigation

- Understand the nature of a map as a two dimensional plan.
- Understand how to use map symbols and scales, on a variety of maps
- Take a 6 figure grid reference for any given position and also locate such a reference on the map.
- Orientate the map with and without a compass.
- Use the orientated map to identify land features and indicate direction of travel.
- Choose simple navigation strategies and routes.
- Use linear features (e.g. paths and tracks) as handrails in simple navigation exercises.
- Estimate distance on both map and ground.
- Using a basic understanding of contours, match major landforms like hills and valleys to their map representation.
- Plan a safe, suitable walk.
- Relocate using simple techniques on paths and other handrails.
- Knowledge of navigation in poor visibility

c. Equipment for day walking

- Individual equipment
- Leader equipment
- Additional group equipment
- Stoves and cooking equipment

d. Background planning for a journey

- Assessment and management of foreseeable hazards including specific hazards e.g. cliffs, canals, rivers, quarries
- Identifying the group and developing appropriate aims and objectives
- Liaising with parents and other responsible bodies, e.g. Head/Manager and LA
- Understanding the value of a pre-visit

- Costs, insurance, transport and other details
- Briefing the group and party leaders
- Emergency procedures and contingency plan
- Ensure adequate First Aid cover including properly trained personnel and equipment
- Managing and involving the group in an interesting and enjoyable journey, including different styles of supervision.
- Hygiene

e. Resources for moving and learning out of doors

- Planning a route and developing a theme.
- Using the coastal and countryside environment – access and environmental awareness and minimal impact
- Outside agencies and sources of additional information
- Methods of reviewing and recording the journey – including near miss analysis

f. Journeying with a purpose

- Undertake a short, planned local journey of a half day duration in either a coastal or countryside location. The candidate is required to demonstrate effective leadership skills during this journey.

3. PRE REQUISITES FOR TRAINING AND ASSESSMENT

Training

1. No pre-requisites other than an enthusiasm and genuine interest for leadership in the outdoors.

Assessment

1. Minimum age of candidate – 18 (In exceptional circumstances an application could be made to the nominated person of the Local Operating Authority for candidates in their 18th year).
2. Minimum 10 days recent experience of walks to include a minimum of 2 days group leadership/assistant leadership experience including 1 day of poor visibility.
3. Pre submission of log book of experience plus satisfactory completion of risk assessment, route card and home study paper.
4. Hold a current 16 hr First Aid Award.

4. METHOD OF ASSESSMENT

The candidate will be required to show competence in the relevant skills and to demonstrate effective leadership during a half day walk of a 4 hour minimum duration.

Candidates should note that the navigation standard required is equivalent to the National Navigation Award Bronze level.

<http://www.nnas.org.uk/>

Candidates will also be required to complete an assessed written task either in advance of or as part of the practical assessment day. The time required for this is in addition to the 4 hour practical element.

SUMMER MOORLAND LEADER

1. PURPOSE OF QUALIFICATION

Successful completion of assessment enables approval to be given by operating authorities for the leadership of moorland day walks in summer conditions.

2. SYLLABUS

The following syllabus content needs to be completed over a minimum of a 21 hour training course and builds on the syllabus content of the coastal and countryside award

Leadership

Candidates should have a basic background knowledge of hill walking in the UK and be able to refer students to relevant information.

i) Planning

- aims and purpose of venture
- choice of route linked to the above
- preparation of route plans

To provide a safe and rewarding experience for group members:

- through involvement, interest, enjoyment and adventure
- through imparting appropriate technical skills and competence
- through fostering environmental awareness and knowledge of the moorland environment
- through assessing foreseeable risks involved in the venture

To meet the changing needs of the group and its individual members

- by observation, anticipation and good judgement
- by sensitivity to the state of the group and its members with particular regard to its health and fitness
- by maintaining confidence and enthusiasm despite uncertainty or stress
- by adopting leadership styles appropriate to the situation
- by reviewing the experience

Group Management:

- by setting and reviewing targets
- by positive decision making
- by delegation where appropriate
- by proper group control and discipline
- by good communication
- by group shadowing and more progressive methods of remote supervision

ii) Organisation and Responsibilities

- to parents, to individual group members, to the group as a whole and to themselves
- to sponsoring Authority or Governing Body and to the Head Teacher, Local Manager or other person organizing/sanctioning the walk
- to carry out the initial planning, e.g. obtain parental consent, authority clearance, personal information, costings, insurance arrangements etc.
- to members of the public

iii) Weather

- candidates should have a basic knowledge of weather, and an ability to make short-term forecasts from observed weather conditions
- ability to gain and interpret a local weather map and short-term forecast, and apply its significance for the group on their route selection and level of activity.

iv) Equipment

- adequate personal clothing for any conditions likely to be encountered
- emergency personal and group equipment

v) Navigation

- Devise a strategy for a navigational stage, to break it down into 'coarse' and 'fine' navigation and to use clear features en route to check that they are 'on course'.
- Understand and apply the following components of a navigational strategy 'aiming off', 'attack points', 'collecting features', simplifying navigation, and apply them in varying terrain. Demonstrate an understanding of contour features, both large and small, on the map and on the ground.
- Demonstrate an understanding of the physical and navigation factors affecting route choice.
- Judge distance accurately on the map and on the ground.
- Employ simple relocation strategies when lost.
- Use a compass to follow accurate bearings and to check the direction of footpaths or other linear features on both map and ground.
- Demonstrate the ability to perform the above navigation skills in poor visibility

vi) Risk management

- awareness of hazards associated with moorland walking
- familiarity with accident procedures, Emergency First Aid and Mountain Rescue Committee Search Team procedures
- fatigue, hypothermia
- hazards associated with heavy rainfall
- emergency bivouac skills
- near miss analysis

Access and the Conservation of the Environment

- adopt a philosophy of minimal environmental impact
- awareness of the multiple uses of moorland areas and conservation issues
- appreciation of effects of human pressures on the moorland environment and the impact of outdoor recreation
- how and where to get information on access (eg. Ownership, firing ranges, specially designated areas)
- Country Code
- Current legislation concerning access to the countryside in upland areas

3. PRE REQUISITES FOR TRAINING AND ASSESSMENT

Training

1. Coastal and Countryside Assessment or Bronze National Navigation Award level equivalent skills.

Assessment

1. Minimum age of candidate – 18 (In exceptional circumstances an application could be made to the nominated person of the Local Operating Authority for candidates in their 18th year).
2. Minimum 20 days recent mountain and/or moorland walking experience, on a variety of routes in more than one area. To include a minimum of 2 days walking in poor visibility and a minimum 3 days group leadership/assistant leadership experience.
3. Pre-submission of logbook of experience plus satisfactory completion of risk assessment, route card and home study paper.
4. Hold a current 16 hr First Aid Award.

4. METHOD OF ASSESSMENT

The candidate will be required to demonstrate effective group leadership during a walk in summer conditions and to show competence in the relevant personal skills. Those who are satisfactory in all aspects of the syllabus will have completed the assessment during a minimum of 8 hours.

All assessments require the candidate to demonstrate navigational competence in poor visibility.

Candidates should note that the navigation standard required is equivalent to the National Navigation Award Silver level.

<http://www.nnas.org.uk/>

Candidates will also be required to complete an assessed written task either in advance of or as part of the practical assessment day. The time required for this is in addition to the 8 hour practical element.

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WINTER MOORLAND LEADER

1. PURPOSE OF QUALIFICATION

Successful completion of assessment enables approval to be given by the operating authority for the leadership of moorland day walks in winter conditions.

2. SYLLABUS

The following syllabus content is additional to that of the Summer Moorland Walking Leader Syllabus, and is intended to build on the knowledge, skills and competence of leaders operating at that level and needs to be completed over a minimum of a 21 hour training course. Alternatively candidates may complete a Mountain Training UK course and relate the skills to the winter moorland situation.

(a) Leadership

i) Planning

- aims and purpose of the venture
- route choice – distance related to short days and weather conditions
- obtaining forecasts, their interpretation and an understanding of their effect in winter and influence on journey planning

ii) Equipment

- adequate personal clothing for any conditions likely to be encountered
- emergency personal and group equipment, sufficient to meet the needs of the venture.

iii) Navigation

- Confident and accurate navigation to Summer Moorland Leader Level
- Demonstrate the use of contours to identify landforms (e.g. hilltops, valleys, spurs, re-entrants and knolls) and utilize them as the prime method of navigation.
- Demonstrate the use of ridges and valleys as reliable handrails and the size and relationship of contour features and use them for micro navigation to specific locations
- Demonstrate the use of distance judgement, compass skills and continuous contact (by frequent checking) in complicated areas. This involves the use of both map to ground and ground to map techniques, the selection of appropriate techniques for each situation and the integration of these into a navigation strategy.
- Ability to navigate in poor weather using coarse and fine navigation features and strategies.

- Demonstrate the ability to navigate in darkness using coarse navigation features and strategies.

- iv) Risk Management – an awareness of hazards associated with moorland walking in winter conditions.
 - coping with illness and injury including hypothermia in remote and inhospitable environments
 - familiarity with MRC search procedures
 - emergency bivouac skills
 - procedure for coping with remotely supervised group off route
 - near miss analysis

- (v) Access and Conservation of the Environment
 - awareness of increased risk of damage to the upland environment In winter

3. PRE REQUISITES FOR TRAINING AND ASSESSMENT

Training

1. Summer moorland walking leader assessment

Assessment

1. Minimum age of candidate – 18 (In exceptional circumstances an application could be made to the nominated person of the Local Operating Authority for candidates in their 18th year).
2. Minimum 40 days recent mountain and/or moorland walking experience, on a variety of routes in more than one area. To include a minimum of 10 days walking in poor visibility, a minimum 10 days group leadership/assistant leadership experience and 10 days in winter conditions
3. Pre-submission of log book of experience plus satisfactory completion of risk assessment, route card and home study paper.
4. Hold a current 16 hr First Aid Award.

4. METHOD OF ASSESSMENT

The candidate will be required to demonstrate effective group leadership during a winter day walk and to show competence in the relevant personal skills. Those who are satisfactory in all aspects of the syllabus will have completed the assessment during a minimum of 8 hours

All assessments require the candidate to demonstrate navigational competence in poor visibility **so will be planned to take place at least partially in darkness.**

Candidates should note that the navigation standard required is equivalent to the National Navigation Award Gold level.

<http://www.nnas.org.uk/>

Candidates will also be required to complete an assessed written task either in advance of or as part of the practical assessment day. The time required for this is in addition to the 8 hour practical element.

COASTAL AND COUNTRYSIDE CAMPING ENDORSEMENT

1. PURPOSE OF QUALIFICATION

Successful completion of assessment enables approval to be given by operating authorities for the leadership of camping in summer conditions in coastal and rural countryside locations..

2. SYLLABUS

The following syllabus content for the camping endorsement needs to be completed over a minimum of 3 hours plus overnight camp.

- i) Planning
 - selection of appropriate facility, food and cooking method
 - camp organization and siting
 - tent organization and siting
 - camp routine
 - hygiene
 - menu selection
 - stove selection
 - evening activities
 - supervision strategy
- ii) Organisation
 - information to parents relating to overnight camp, e.g. location, hygiene arrangements, sleeping arrangements.
 - information on access regarding camp and bunkhouse locations
- iii) Group Management
 - methods of group management, to include remote supervision, techniques of group checking and independent contact
- iv) Equipment and its usage
 - load carrying and packing
 - tents, stoves, sleeping bags for lightweight and standing camps
- v) Risk Management
 - coping with illness and injury including hypothermia and burns in coastal and countryside environments
 - familiarity with emergency services procedures
 - safe management of stoves, fuel and open fires
 - near miss analysis

vi). Environmental

- adopt a philosophy of minimal environmental impact
- awareness of hygiene and proper removal of waste
- fire risk when camping

3. PRE REQUISITES FOR TRAINING AND ASSESSMENT

Training

1. No further pre-requisites other than an enthusiasm and genuine interest for leadership and camping in the outdoors

Assessment

1. Minimum age of candidate – 18 (In exceptional circumstances an application could be made to the nominated person of the Local Operating Authority for candidates in their 18th year)
2. Minimum 2 nights camping including use of lightweight tents and stoves
3. Pre-submission of logbook of experience plus satisfactory completion of risk assessment and home study paper.

4 . METHOD OF ASSESSMENT

The candidate will be required to demonstrate competence in camping skills during 3 hours plus an overnight camp with a particular emphasis being placed on the safe use of stoves and fires, and general hygiene.

Candidates will also be required to complete an assessed written task either in advance of or as part of the practical assessment day. The time required for this is in addition to the practical element.

SUMMER MOORLAND LEADER CAMPING ENDORSEMENT

1. PURPOSE

Successful completion of assessment enables approval to be given by operating authorities for the leadership of moorland camping in remote locations in summer conditions.

2. SYLLABUS

The following syllabus content is additional to that of the Summer Moorland Walking Leader, and intended to build on the knowledge, skills and competence of leaders operating at that level. The training needs to be completed over a minimum of 3 hours plus an overnight camp.

(a) Leadership

i) Planning

- selection of appropriate facility, food and cooking method
- camp organization and siting
- tent organization and siting
- camp routine
- hygiene
- menu selection
- stove selection
- evening activities
- supervision strategy

ii) Organisation

- information to parents relating to overnight camp, e.g. location, hygiene arrangements, sleeping arrangements.

iii) Group Management

- methods of group management, to include remote supervision techniques of group checking and independent contact

iv) Equipment and its usage

- load carrying and packing
- tents, stoves, sleeping bags

v) Risk Management

- coping with illness and injury including hypothermia and burns in remote and inhospitable environments
- familiarity with Mountain Rescue Committee Search Team procedures
- procedure for coping with remotely supervised group being off route
- safe management of stoves and fuel
- near miss analysis

(b) **Access and Conservation of the Environment**

- adopt a philosophy of minimal environmental impact
- awareness of hygiene and proper removal of waste
- fire risk when camping
- information on access regarding camp locations

3. PRE REQUISITES FOR TRAINING AND ASSESSMENT

Training

1. Coastal and Countryside Assessment or Bronze National Navigation Award level equivalent skills.
2. Minimum of 2 nights camping including use of lightweight tents and stoves

Assessment

1. Minimum age of candidate – 18 (In exceptional circumstances an application could be made to the nominated person of the Local Operating Authority).
2. Summer Moorland Leader Assessment or MLTE WGL
3. Minimum 8 nights remote camping in different locations including 2 nights group leadership/assistant leadership experience
4. Pre-submission of logbook experience plus satisfactory completion of risk assessment, route card and home study paper.
5. Hold a current 16 hr First Aid Award.

4. METHOD OF ASSESSMENT

The candidate will be required to demonstrate effective group leadership during a walk including an overnight camp in a remote location in summer conditions, and to show competence in the relevant personal skills. Those who are satisfactory in all aspects of the syllabus will have completed the assessment during a minimum of 3 hours plus an overnight camp in a remote location.

Candidates will also be required to complete an assessed written task either in advance of or as part of the practical assessment day. The time required for this is in addition to the practical element.

NATIONAL AWARDS-

SUMMER MOUNTAIN WALKING LEADER AWARD AND HILL & MOORLAND LEADER AWARD

1. PURPOSE OF MOUNTAIN LEADER AWARD

Successful completion of the award enables approval to be given by operating authorities for the leadership of expeditions involving walking and camping in the mountains of the United Kingdom in summer conditions.

PURPOSE OF HILL & MOORLAND LEADER AWARD

Successful completion of the award enables approval to be given by operating authorities for leadership of leading hill and moorland walks on 'upland, moor, bog, fell, hill or down'.

3. STAGES IN THE SCHEMES

The schemes consist of six stages:

- 1) Develop an interest in the activity and leading groups
- 2) Registration and issue of logbook from Mountain Training
- 3) Attend Training course
- 4) Logbook period during which further personal experience is gained, as well as experience as a leader, assistant leader or group member in appropriate terrain
- 5) Attend Assessment course.
- 6) Continuing logbook experience and any relevant additional training

Full details of registration fees and syllabus of the schemes can be obtained from Mountain Training England.

Links between Mountain Training National Awards and SWMMLTS:

1. **Hill & Moorland Leader Award** holders are considered competent at all levels EXCEPT Remote camping endorsement

MLA holders are considered competent at all levels.

as long as the requirements of the SWMMLTS have been met in the candidate's logbook
