

Preface

This booklet contains all the information needed to progress through the International Mountain Leader Award. It is designed to support the knowledge and experience of candidates, trainers and assessors whilst at the same time it avoids prescribing techniques. There are many sources of information and manuals that illustrate the range of evolving techniques used by leaders and mountaineers; these notes are designed to complement such literature (see Appendix 2).

The booklet is divided into four parts:

- **Prospectus** that explains the way you progress through the International Mountain Leader Award Scheme from registration to assessment.
- **Syllabus** that lists the skills and knowledge of an International Mountain leader.
- **Guidance Notes** that help advise candidates and their trainers and assessors of protocols and procedures.
- **Appendices** that provide background information.

Participation Statement

Mountain Leader Training UK (MLTUK) recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions. MLTUK approves the National Centres, Plas y Brenin and Glenmore Lodge, to provide International Mountain Leader training and assessment courses. It produces associated literature to help leaders manage these risks and to enable new participants to have positive experiences while learning about their responsibilities.

Acknowledgements

Many people have contributed to the preparation of this handbook by making detailed and constructive comments on the draft. Grateful thanks are due to Board members, staff of the National Centres, home nation Training Boards and the British Association of International Mountain Leaders for help in the production of this publication.

Published by Mountain Leader Training UK
Siabod Cottage, Capel Curig, Conwy LL24 0ES
Tel: 01690 720272 Fax: 01690 720248 Email: info@mltuk.org
Website: www.mltuk.org

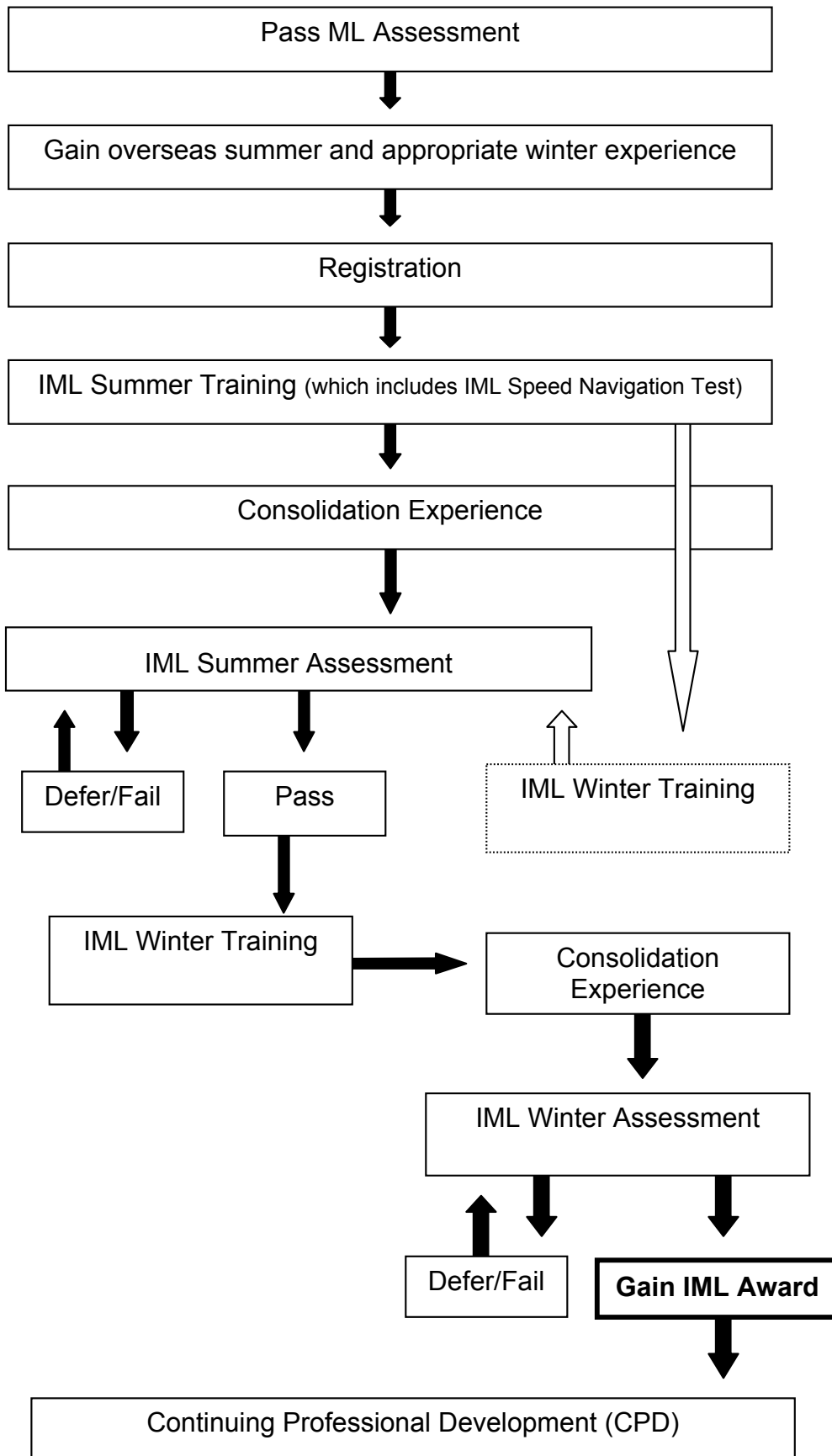
© Mountain Leader Training UK, March 2007, revised 2009

All rights reserved

INDEX

| | |
|--|-----------|
| International Mountain Leader Award Scheme at a Glance | 3 |
| Prospectus | 4 |
| Syllabus | 11 |
| Guidance Notes | 15 |
| The Mountain Environment | 16 |
| Legal and Economic Knowledge | 17 |
| Group Management and Responsibilities of the Group Leader | 18 |
| Teaching..... | 19 |
| Anatomy and physiology | 20 |
| Navigation | 21 |
| Weather..... | 22 |
| Security in Mountainous terrain..... | 22 |
| Emergency procedures | 22 |
| Bivouac and survival skills..... | 23 |
| Expeditions..... | 23 |
| Snow covered terrain | 23 |
| Appendix 1: Definitions..... | 25 |
| A Quality International Summer Mountain Day | 25 |
| A Quality UK Winter Mountain Day | 25 |
| A Quality International Winter Mountain Day | 26 |
| Definition of summer and winter | 26 |
| Speed Navigation Test..... | 26 |
| Appendix 2: Suggested reading list..... | 27 |
| Appendix 3: Course Programmes..... | 29 |
| A: Summer IML Training course outline..... | 29 |
| Summer training course programme | 30 |
| Speed Navigation Test..... | 31 |
| B: Summer IML Assessment course..... | 32 |
| C: Winter IML Training course | 34 |
| D: Winter IML Assessment | 35 |
| Appendix 4: The Home Nation Mountain Training Boards, MLTUK And The Mountaineering Councils | 37 |
| Mountaineering Awards of the UK..... | 40 |

International Mountain Leader Award Scheme at a Glance



PROSPECTUS

1 Introduction

- 1.1 The International Mountain Leader Award (IML) provides comprehensive training and assessment for individuals who aspire to work as leaders in Europe and further afield. It integrates training, experience and assessment in a variety of realistic situations.

2 Scope of the Scheme

- 2.1 The Award provides training and assessment in the skills required for leading and educating groups worldwide in summer conditions and also on easy snow-covered, rolling, Nordic-type terrain in the “middle mountains” in winter conditions. The scheme does not involve the techniques and equipment of alpinism or glacial travel. (See Appendix 1B for definition of summer and winter conditions.)

3 Stages in the Scheme

The scheme consists of the following stages:

- 3.1 Gain Mountain Leader Award
- 3.2 Log twenty quality international summer mountain days (see Appendix 1 for definition)
- 3.3 Log twenty quality UK or international winter mountain days (see Appendix 1 for definition)
- 3.4 Register for **IML scheme** with MLTUK and receive logbook and IML Handbook
- 3.5 Attend IML Summer Training course which includes the IML Speed Navigation Test

At this stage candidates can choose to either progress to IML Summer Assessment, or IML Winter Training. Please note candidates must have passed the IML Speed Navigation Test before attending the IML Summer Assessment.

- 3.6 Gain further experience as required before assessment
- 3.7 Pass IML Summer Assessment
- 3.8 Attend IML Winter Training course
- 3.9 Before the final Winter IML Assessment, all candidates must have passed the Summer IML Assessment and completed at least thirty quality winter mountain days in total, of which a minimum of ten should be overseas.

3.10 Pass IML Winter Assessment course and gain IML award ¹

4 Registration

- 4.1 All candidates must first register and satisfy the following conditions. Applicants must:
- a. have successfully completed the Mountain Leader Award
 - b. have completed twenty international summer mountain days and gained twenty quality winter days experience in the UK or overseas (see Appendix 1A)
- 4.2 As with all Mountain Leader Training qualifications, these are the minimum requirements. As a general indication, the logged walks and other experience should be a representative sample rather than a candidate's total experience.

5 IML Summer Training

- 5.1 In order to attend a five-day IML training course candidates must first be registered on the IML scheme. Providers will not accept bookings for the course unless candidates are registered with the MLTUK for this scheme.
- 5.2 There are currently two approved Providers of IML training courses. Course dates are available from MLTUK and from Course Providers (see Appendix 4 – National Mountain Centres).
- 5.3 The five-day training course includes a half-day assessment. This is a stand-alone Speed Navigation Test.
- 5.4 At the end of the IML Summer Training course feedback and advice on consolidation will be given individually. Some aspects of the syllabus may not be covered during the training course and candidates are expected to deal with these themselves.
- 5.5 The training course includes knowledge and skills not assessed on the final course. For this reason there is no exemption from training.

6 Consolidation Period

- 6.1 No specific period is stipulated by the Board. However candidates are encouraged not to 'fast-track' the scheme and to develop experience post-training as appropriate to their needs and skill level.
- 6.2 Candidates are expected to have a broad, mountain-related general knowledge, environmental awareness and an appreciation of mountains internationally.

¹ In order to work as an IML with a valid Carnet and insurance you must be a current member of BAIML, the professional association.

7 First-aid Requirements

- 7.1 Candidates for IML must hold a valid first-aid qualification as required for the Mountain Leader Award prior to attendance on an assessment course.
- 7.2 For the International Mountain Leader, first aid is an essential skill and the IML assessments require a current first-aid qualification. The minimum requirement is that such a course must involve at least two full days or sixteen hours of instruction and include an element of assessment. Candidates are further expected to undertake such additional elements of first-aid training as are consistent with their work in wild and remote country, including emergency assistance and evacuation techniques. It is the responsibility of award holders and/or their employers to evaluate their likely work and the type of situations that they can reasonably expect to encounter and to maintain current appropriate first-aid training and qualifications.

8 IML Summer Assessment

- 8.1 Before attending a four-day IML Summer Assessment candidates must:
- have attended an IML Summer Training course
 - have passed the IML Speed Navigation Test
 - have gained further experience as appropriate
- 8.2 Candidates must be familiar with all aspects of the syllabus and have satisfied all the requirements before attending a four-day assessment. There is no exemption from assessment. A panel of at least two assessors (including the Course Director) will be involved in deciding each candidate's result. At the end of the assessment the Course Director will record the outcome in one of three ways:

Pass: awarded where the candidate has demonstrated a proper knowledge and application of the course syllabus and has shown the necessary experience and attributes for international mountain leading in summer conditions.

This does not constitute an award in its own right; a candidate must complete the whole scheme, including both summer and winter assessments before gaining a qualification.

Defer: awarded where the candidate has generally performed well and shown the necessary experience and attributes but where complete proficiency has not been attained. Written recommendations for further experience will be given, along with details of the proposed re-assessment.

Fail: awarded where the candidate's performance has been generally weak or the necessary experience and attributes have not been shown.

9 IML Summer Re-assessment

- 9.1 A candidate may take two re-assessments before being required to take the entire assessment again; the only exception to this is the speed test, for which no limit is set.
- 9.2 Since re-assessments will be based on information gained during the initial assessment, all re-assessments must be completed within a five-year period.

10 IML Winter Training

- 10.1 In order to attend the five-day IML Winter Training candidates must have completed the IML Summer Training. However candidates may attend the IML Winter Training before completing the IML Summer Assessment. There is no exemption from attending training. Candidates who have completed a comparable overseas training course may apply to MLTUK to be considered for equivalence.
- 10.2 At the end of the training course feedback and advice on consolidation will be given individually. Some aspects of the syllabus may not be covered during the training course and candidates are expected to deal with these themselves.

11 Consolidation Period

- 11.1 No specific period is stipulated by the Board. However, candidates are encouraged not to 'fast-track' the scheme and to develop experience post training as appropriate to their needs and skill level. Candidates arriving for IML Winter Assessment must have successfully completed the IML Summer Assessment and logged at least thirty quality winter mountain days, including a minimum of ten overseas.

12 IML Winter Assessment

- 12.1 Before attending a five-day IML Winter Assessment candidates must:
- have passed the IML Summer Assessment
 - have completed IML Winter Training
 - have logged a minimum of sixty-days experience: thirty international summer days and thirty days winter experience, of which a minimum of ten should be overseas
- 12.2 Candidates must be familiar with all aspects of the syllabus and have satisfied all the conditions above before attending a five-day assessment. There is no exemption from assessment. A panel of at least two assessors (including the Course Director) will be involved in deciding each candidate's result. At the end of the assessment, the Course Director will record the outcome in one of three ways:

Pass: awarded where the candidate has demonstrated a proper knowledge and application of the course syllabus and has shown the necessary experience and attributes for international mountain leading in winter conditions.

Defer: awarded where the candidate has generally performed well and shown the necessary experience and attributes but where complete proficiency has not been attained. Written recommendations for further experience will be given, along with details of the proposed re-assessment.

Fail: awarded where the candidate's performance has been generally weak or the necessary experience and attributes have not been shown.

13 IML Winter Re-assessment

- 13.1 A candidate may take two re-assessments before being required to take the entire assessment again.
- 13.2 Since re-assessments will be based on information gained during the initial assessment, any stipulated re-assessments must be completed within a five-year period from the date of the deferral.

14 Equal Opportunities

- 14.1 Mountain Leader Training is committed to promoting equal opportunities for all participants in climbing, hill walking, and mountaineering. Candidates, trainers and assessors should express a positive attitude towards equal opportunities and act as positive role models.

15 Complaints and Appeals Procedure for IML Candidates

- 15.1 The IML scheme is subject to continuous monitoring, culminating in a periodic formal review. Candidates with feedback on their courses are encouraged to submit written comments to the Provider or to the Board.
- 15.2 If for any reason candidates find it necessary to complain about an aspect of their training or assessment then they should contact the Course Director or the Chief Officer of MLTUK.
- 15.3 If candidates feel that aspects of their assessment were unfair they should:
 - make contact with the Course Provider, explain their concerns and seek clarification
 - contact the Chief Officer of MLTUK for advice if this does not resolve their concerns

Appeals must be lodged in writing within sixty days from the end of the assessment. The decision of the Board will be final.

16 Further Experience

- 16.1 All Award holders should follow the *National Guidelines* issued by MLTUK (see www.mltuk.org). In particular they should note that the award remains valid only where the holder is deployed within the remit of the award, has recent logged experience appropriate to that award and an up-to-date appropriate first-aid qualification.
- 16.2 In the UK carnets are issued by the professional association: the British Association of International Mountain Leaders (BAIML). In order to work with a valid carnet and insurance, the IML holder must be a current member of BAIML. Continuing professional development (CPD) is a mandatory pre-requirement for the issue of a carnet.
- 16.3 The responsibility for ensuring that leaders receive any appropriate further training beyond CPD must lie with the provider of the service or the individual in the case of self-employed leaders

17 British Association of International Mountain Leaders

- 17.1 **CEAM:** In 1993 the first British holders of the European Mountain Leader Award (EML) established the British Association of European Mountain Leaders (BAEML). A national association was required in order to fulfil responsibilities, including a code of conduct and insurance provision, to the Commission Européenne des Accompagnateurs en Montagne (CEAM). Only through membership of BAEML would British EML Award holders be validated to practise and have their qualification recognised within Europe.
- 17.2 **UIMLA:** In 2003 the various member countries of CEAM decided that for the award to gain greater unity and universal recognition it should have a more unified carnet, badge and identity. It was decided that a change of title from *European* to *International* would remove the barrier for non-European countries to join and also reflect the increasing number of award holders leading treks in the Greater Ranges.

In 2004 at Plas y Brenin, The National Mountain Centre, CEAM changed its title to the 'Union of International Mountain Leader Associations' (UIMLA) and accepted a new constitution which included the adoption of a universal award name², carnet and badge. These changes were ratified at a ceremony held in Chambéry, France on Saturday 27 November 2004 and signed by eight countries: Andorra, Belgium, France, Italy, Poland, Spain, Switzerland and the United Kingdom.

² When the fledgling UIMLA was being set up, there was some discussion about the name, and for many French the expression 'accompagnateur' carried other connotations. This led to the anglicisation of the UIMLA's title to include 'mountain leader' rather than 'accompagnateur'.

- 17.3 **BAIML:** Following the formation of UIMLA, each member country agreed consequently to change its name and constitution. In the UK this was done in 2005 by a change in title for the British award and association from European Mountain Leader Award (EML) to International Mountain Leader Award (IML) and from British Association of European Mountain Leaders (BAEML) to British Association of International Mountain Leaders (BAIML).

SYLLABUS

The International Mountain Leader needs a wide range of skills and knowledge in order to operate effectively. It is crucial that candidates have the ability to perform a combination of tasks simultaneously.

1 The Mountain Environment

- 1.1 The IML should have a broad working knowledge of the mountain environment including geology, natural history, fauna and flora. This knowledge should be used to inspire, enthuse and educate the group.
- 1.2 Leaders should be able to pass on their knowledge in an appropriate and enthusiastic way to different levels of groups.

2 An Overview of the Legal and Economic Situation in Countries in which IML Award Holders Work

- 2.1 An IML should understand and comply with the legal matters of regulation of activities, taxation, social security and public responsibilities.
- 2.2 Leaders should have an awareness of both the economic environment and the marketing of hill-walking activities and the importance of these factors in promoting an international business.

3 Group Management and Responsibilities of the Group Leader

An IML should:

- 3.1 be capable of leading and enthusing a group in the mountain environment whilst considering and managing subjective and objective dangers
- 3.2 be able to develop and adapt suitable itineraries for a range of groups
- 3.3 be able to lead, organise and control the group appropriately at all times, in all conditions

4 Teaching

An IML should be able to:

- 4.1 teach and educate groups in a variety of ways to pass on skills, knowledge and understanding
- 4.2 communicate in a coherent and a well-planned manner

- 4.3 demonstrate the teaching of basic skills which will help groups enjoy the mountains safely

5 Anatomy and Physiology

- 5.1 An IML should have an understanding of anatomy and physiology and how it relates to walking activities in mountainous country.
- 5.2 Particular reference should be paid to physical preparation, diet, characteristics of mountain exercise, tiredness and recuperation, and the effects of altitude.

6 Physical Ability

- 6.1 An IML should be capable of travelling with a high degree of skill and agility over a variety of mountain terrain.
- 6.2 They must be capable of sustained physical effort over approximately six hours, whilst carrying a 10kg rucksack and gaining between 1300-1600m of ascent at the rate of 400-500m per hour.

7 Navigation

- 7.1 It is essential that an IML can navigate competently using a variety of maps in all conditions and situations.
- 7.2 The skills of the IML should include the following:
- a. Maps, scales and signs, legends and symbols, and international variations.
 - b. Relating map to the ground and vice versa
 - c. Measuring distance on the map and the ground
 - d. Navigating with map alone
 - e. Use of a compass and altimeter and other navigational aids, including GPS.
 - f. Methods for identifying features and position
 - g. Methods of relocation
 - h. Route planning and methods of recording routes
 - i. Skills to navigate quickly and efficiently under a time constraint
 - j. Skills to navigate in poor visibility and darkness
 - k. General route-finding skills on the ground in poorly-mapped terrain

8 Weather

- 8.1 The IML should have an elementary understanding of weather and its effects.
- 8.2 The IML should be able to interpret basic synoptic charts and forecasts, be able to use basic instruments such as altimeter and thermometer and be able to use natural signs helpful to weather forecasting.

9 Security in Mountainous Terrain

- 9.1 The IML should have the skills, knowledge and techniques to safeguard groups in the varied terrain found in the mountains, particularly in relation to real and objective dangers such as steep/exposed ground and stone fall.
- 9.2 This should enable leaders to avoid the need to use a rope in all but the most exceptional circumstances.

10 Emergency procedures

- 10.1 In order to be able to work unassisted in remote and wild places the IML should be familiar with, and be able to take effective control of the following requirements:
 - a. First-aid provision
 - b. Procedures in the event of an accident to the group or leader
 - c. Management and organisation of a rescue
 - d. Methods of getting assistance such as calling a hut, use of radios and Emergency Position Indicating Radio Beacons - EPIRBs
 - e. Appreciation of the difficulties of communicating with limited in-country language abilities and also problems of dealing with incidents in remote locations

11 Bivouac and Survival Skills

The IML should be able to

- 11.1 organise and care for the wellbeing of the group without support or backup
- 11.2 organise an improvised bivouac
- 11.3 look after a group in difficult and challenging conditions

12 Expeditions

The IML should:

- 12.1 be able to organise multi-day trips
- 12.2 have the ability to co-ordinate logistics, equipment, transport and food requirements

13 Snow-covered Terrain

- 13.1 The IML should have a good knowledge of operating in snow-covered terrain and the additional hazards this can present.

- 13.2 The IML should have understanding of snow and avalanche conditions in order to lead groups safely on the appropriate terrain as defined in 13.3.
- 13.3 The IML must be capable of conducting a group on easy-rolling, Nordic-type, snow-covered ground situated in the 'middle mountains'. This will include:
- a. awareness of other hazards such as hidden water hazards, cornices and medical conditions associated with winter e.g. frostnip, frostbite, snow blindness
 - b. route-planning, choice and preparation of itineraries
 - c. the ability to lead groups in difficult conditions which may become extreme e.g. cold, wind, darkness
 - d. a knowledge of the equipment needed for winter activities
- 13.4 The IML should be capable of organising an improvised bivouac for a possible emergency.

GUIDANCE NOTES

Introduction

These guidance notes are designed to assist candidates, trainers and assessors by expanding on all aspects of the syllabus and giving ideas on how best to tackle a particular subject.

The success of a course relies on the contributions made by all those involved. It is essential that candidates have a suitable level of experience before they attend. Equally, trainers and assessors should be active mountaineers who are up to date with current practice. As there are often several solutions to a task, the experiences brought to a course by each person will contribute to the range of learning opportunities.

Candidates

Candidates must have a suitable level of experience in order to grasp and analyse all aspects of the training and contribute fully to the course. They should feel free to ask even the simplest questions since they are often the most pertinent. It can be helpful to keep notes during the course to refer to at a later date.

Trainers

Trainers should encourage and assist candidates to become more effective leaders. Whilst trainers have a responsibility to deliver the syllabus, they must also structure their courses to accommodate the strengths and weaknesses of candidates. Courses should concentrate on the skills that candidates may have difficulty in learning without expert guidance, whilst not forgetting that in reality the leader's skills need to be integrated holistically. Candidates should be given regular feedback and should leave the training course with a good idea of what is required prior to attending an assessment.

Assessors

Assessors will evaluate the performance of a candidate against the syllabus requirements and make a realistic and objective assessment against the internationally recognised standard. Assessments should enable everyone to perform to the best of their ability under suitably realistic conditions. Assessors should ensure that candidates understand the tasks required of them and are given sufficient opportunities to demonstrate their competence. Assessors should remember the importance of a holistic approach to the skills of leadership by limiting the time devoted to single techniques in isolation. Feedback should be provided to candidates at the end of each element.

1 The Mountain Environment

International Mountain Leaders should have a broad overview of UK issues and from this platform build their knowledge to a broader international perspective.

They should endeavour to be aware of the current legal situation with regard to access and conservation in countries they intend to visit. Additionally they should appreciate the impact of group activities on the mountain environment compared with individual use.

Walking is only one of the demands on the mountain environment. Candidates should be aware of other uses, some of which may have conflicting interests. IMLs will need to be sensitive to the lives, interests, customs and culture of the countries they visit and in which they work.

Candidates need to be fully aware that any careless use of the mountain environment can conflict with conservation interests. These interests may well differ from country to country. The upland landscape can contain habitats which are very fragile and can be easily damaged. Candidates need to be familiar with best practice with reference to conservation for the country in which they are operating.

An International Mountain Leader's environmental knowledge will include flora and fauna as well as a basic understanding of the physical landscape and how it was formed. The IML should be able to demonstrate how this knowledge is inter-connected within the mountain environment. It is important that leaders display a keen interest in environmental issues and are able to educate others about what they are encountering in the landscape. An enquiring mind and good observation are needed in the first place in order to spot items of interest and to make connections between subjects.

Information on this range of areas is widely available via the internet and dedicated books on flora and fauna, as well as local sources of information on regional history, tradition, culture and language.

2 Legal and Economic Knowledge

The International Mountain Leader should have a broad overview of the legal responsibilities of the Mountain Leader within the UK. This should act as a platform on which to build an awareness and basic understanding of the differences between countries worldwide.

In particular the IML should pay attention to both the legal and professional obligations required to work as an IML in other countries. This can differ greatly to the UK and from country to country. Some countries require by law that any person operating as an IML needs to hold not only the recognised IML award but also fulfil other legal requirements to be allowed to work.

It is important that the IML researches thoroughly the legal and regulatory background of any country in which they intend to lead groups.

Some of these additional requirements of a leader may be linked to taxation, social security, transport or sport and recreation departments. These may not be immediately obvious to the IML.

IMLs need to develop a clear understanding of the moral and legal implications of their management of risk when working with children, adults and mixed groups. They should understand the concepts of risk management that underpin the legal framework within the country in which they are working. Additionally they must appreciate that they may be legally bound to the laws of the country in which any contracts have been agreed.

Concepts such as 'duty of care' and principles such as 'in loco parentis' or the 'volenti non fit injuria' clause have practical implications when working overseas. The IML should understand these at both a personal and professional level.

Case law draws heavily on written precedents so it is important for a leader to know where to access printed regulations and guidelines. These will vary from country to country. BAIML's newsletter *The Leader* is a regular source of informative articles and the MLTUK's publications such as the *National Guidelines*, *Hillwalking* and *Winter Skills* are recommended reading for all IMLs.

The IML can operate in a range of different countries and potentially hazardous environments. Sometimes these may be in remote locations. There may be prolonged contact with clients and ventures may be unsupported. The importance of keeping accurate records during and after leading groups overseas should be recognised, particularly in relation to incidents or accidents.

The IML should understand what insurance requirements are necessary to lead groups overseas. They should also understand European Community reciprocal health care agreements and the appropriateness of overseas adventurous activity holiday insurance both for the leader and group members.

The IML should have an understanding of the profession of International Mountain Leader in overseas countries, how this may differ to that in the UK and be sensitive to these differences when working overseas.

The IML should be aware of and have a basic understanding of other regulations that affect their profession e.g. the package travel, package holidays and package tour regulations, or minibus driving regulations. Where these affect them, it is their responsibility to expand their knowledge.

The IML should have an elementary understanding of the business environment and marketing relating to walking activities. They should be able to present and market themselves appropriately and professionally within the international marketplace without undermining their own profession or that of other mountain professionals.

The IML may be engaged within an organisation as a Technical Advisor. Local Authorities and organisations are increasingly calling upon the services of International Mountain Leaders to act in this role. In addition, courts may occasionally require their services as an expert witness. It is of the utmost importance that an IML fully appreciates the responsibilities and possible repercussions of their work in this role.

3 Group Management and Responsibilities of the Group Leader

The IML should have a mature approach to the skills and responsibilities of group leadership. The leader's primary role is the safety and wellbeing of the group throughout a journey.

It is not possible to separate the skills of party management and leadership from the technical skills and experience that are required to be an IML. Candidates need to be aware of the various styles of leadership applicable to many varied situations. IMLs will already have leadership experience in the UK and often further afield as well. The overall responsibilities of the leader are the same; however, the setting is often more challenging and remote. Differences in terrain, climate, wildlife, language, food and customs as well as coping with developing-world variations in transport and communications will all add to the challenge for the leader outside the UK.

Skills in the local language will help. Multi-lingual IMLs are not only able to give their clients a more informed experience but also have the ability to communicate with local agents, service providers and residents. This ability could be important when dealing with group-related incidents.

The IML will normally have overall responsibility for the group members for an extended period whilst travelling and will need to ensure all relevant safety considerations have been addressed. They will also have responsibilities to parents, employers and the environment. It is important that leaders are fully aware of these responsibilities as well as the laws relating to them operating in that country.

It is crucial that leaders are aware of their group's strengths and weaknesses and have the ability to care for all members appropriately in the many different environments they may experience. It is important that the leader is able to draw on previous experience when leading groups in difficult situations or conditions.

4 Teaching

It is important that the IML has an awareness of the different approaches to teaching and learning in order to communicate effectively. There are a number of different styles of delivery depending on the client's learning needs. The ability to communicate effectively is just as important as the possession of knowledge for effective leadership.

Communication is achieved in a variety of ways including facial expressions, illustrations, hand signals and voice. In the outdoor environment communication can be a real challenge and needs an effective and practised approach.

The IML should choose appropriate teaching styles according to the group, ranging from demonstration or instructions through to discovery-based learning and coaching, according to the situation.

5 Anatomy and Physiology

The IML should have a clear understanding of the effects of exercising in the mountain environment. Both physical and environmental factors contrive to sap the body of its resources, and leaders should have the knowledge to keep themselves and their clients physically and mentally well during and after an excursion.

The IML should have a reasonable knowledge of injury prevention such as foot, ankle and knee care and avoidance of sunburn, frostnip and snow blindness.

Tiredness can be a result of many factors. The IML should be able to advise clients on the appropriate journey for their experience and fitness levels. Management of rests, food, fluids and pace is essential. The leader must be aware of the energy wastage associated with heavy and inappropriate equipment and be able to inform and advise on alternatives.

Knowledge of nutrition and hydration for exercise in different climates is essential. Balancing nutrition intake at the right times, before, during and after exercise, along with the suitability of liquids enables clients to continue performing over long periods of time. Managing this intake and being sympathetic to individual diets requires good coaching and leadership.

A good knowledge of the effects of altitude and the prevention of altitude-related conditions such as Acute Mountain Sickness (AMS) is required. Sound planning within modern protocols prevents almost all altitude problems. However, the early recognition of signs and symptoms with immediate preventative measures can avoid further deterioration of the condition, and is a crucial factor in successful recovery

Other environments can also require specialised knowledge, such as prevention of infection in tropical climates and an awareness of hazards presented by local wildlife.

6 Physical Ability

It is essential that the IML has a high degree of mountain fitness and the ability to move smoothly through mountainous terrain. Leaders are required to move with confidence and agility across a variety of terrain including scree, rock, mountain vegetation and exposed slopes with or without snow on the ground. They need to be able to inspire and lead groups across this terrain and be able to move quickly and efficiently in case of safety concerns or to deal with incidents.

The test of fitness will be assessed during the Summer IML Assessment at moderate altitudes of up to approximately 3000m as part of a mountain day. Therefore candidates should be mindful of the effect of altitude on their performance when preparing for this element of assessment.

The test of agility is assessed on an ongoing basis throughout the Summer IML Assessment. Candidates are expected to show consistent, balanced and agile performance on all terrain within the IML remit. Candidates should clearly be operating well within their personal competency throughout the assessment. Practical guidance and demonstration of this ability is given during the Summer IML Training.

7 Navigation

Speed Test

In addition to navigational skills required within the everyday leadership of groups, all IML candidates, regardless of existing qualifications, are required to pass the Speed Navigation Test prior to attending the IML Summer Assessment course. This is an integral part of the UK IML Summer Training course, but may be taken separately if necessary, for example if a reassessment is required. Candidates should be able to navigate efficiently, competently and confidently at Mountain Leader Award standard (see Appendix 3A).

8 Weather

An IML needs to consider the implications of different weather patterns and phenomena and how these may affect route-choice and group-care issues. This should include different climate zones such as continental weather patterns and systems that affect mountains that are located several hundred kilometres away from maritime influences.

IMLs should be able to source up-to-date relevant information and re-evaluate this on the hill, from observations and other information gathered from a variety of suitable media.

9 Security in Mountainous Terrain

In exceptional circumstances situations may arise where the rope is required to safeguard either members of the group or other persons encountered on the mountain. This relies on the leader's ability to make accurate risk assessments for the terrain, conditions and the risk to group members and/or others, combined with an awareness of the use and limitations of a rope.

Candidates should be familiar with and demonstrate efficient application of:

- a. suitability and limitation of different types, sizes and lengths of rope
- b. appropriate knots and friction hitches
- c. choice of safe anchors and appropriate methods of belaying
- d. use and limitations of a sling and screw-gate karabiner and a rope
- e. different types of fixed equipment and ways in which these can be safeguarded
- f. safeguarding short, rocky steps in ascent or descent with or without fixed equipment
- g. safeguarding a short section of traverse with or without fixed equipment
- h. safeguarding a section where the fixed equipment is broken or missing
- i. safeguarding a traverse, ascent or descent of an unexpected snow patch or winter hazard
- j. the ability to confidence-rope one group member and the judgement of when this is appropriate
- k. improvisation with limited equipment to safeguard the group

Environmental mountain factors including loose rock, animals, flooding and lightning are all potentially hazardous. An IML should be able to use careful judgement to avoid these and know how to deal with them as required.

An IML may encounter a variety of water hazards including rivers, streams, marshes, lakes and flash-flood zones. Although the IML should endeavour to avoid these hazards, they should still be familiar with and demonstrate the skills and safety procedures to safeguard themselves and others.

10 Emergency Procedures

It is imperative that the IML has a clear plan of action when it comes to managing a rescue. Escape routes, points of communication and a robust system of informing the authorities, company and next of kin need to be in place. The organising and protection of

groups with respect to helicopters and the knowledge of international distress signals must be second nature.

Organising a rescue in a foreign country with limited language is a real challenge. Prior preparation is essential. A good understanding of a country's protocols for rescue is needed. Some countries have different types of rescue service for specific types of incidents, and awareness of these differences will save a lot of time.

A good knowledge of how to raise the alarm in different countries is a priority. This could be anything from contacting the nearest hut guardian, direct communications by mobile phone or radio to the rescue-coordination centre or by sending a runner to the nearest point of contact, which could be days away. Preparation again is the key with all essential phone numbers, protocols and key rescue words translated.

Be aware of other communication systems that could be used in more remote places e.g. radios, satellite phones, Emergency Position Indicating Radio Beacons (EPIRBs).

11 Bivouac and Survival Skills

The candidate should have a rounded set of survival and bivouac skills in order to cope with the wide-ranging scenarios which the IML candidate may face. These skills include planned and unplanned bivouac situations in summer conditions and unplanned emergency bivouacs in winter conditions. This may involve the construction of emergency snow shelters appropriate to the terrain and prevailing conditions. The comfort and wellbeing of the clients should be a primary concern. Adequate equipment to look after the group in prevailing conditions is an essential consideration. Due to the changing nature of the mountains the conditions encountered could be wide ranging and of a challenging and difficult nature.

12 Expeditions

The IML should be competent in the organisation of multi-day trips and journeys, whether hut-based or using alternative accommodation. This may involve arrangement of transport, equipment, food requirements and accommodation. Consideration of the possible lack of ability to speak the native language should be considered. This may involve the use of crib cards or phrasebooks. In organising expeditions one should give sympathetic consideration to cultural differences within the chosen country.

13 Snow-covered Terrain

The IML should be competent on appropriate snow-covered terrain both in summer and winter seasons. The IML should have a clear understanding of the risks and hazards of moving over and leading a group in snow-covered terrain. They will be able to make decisions about group safety based on assessments of the clients' ability, conditions, weather, and route choice.

The IML should have a basic understanding of snowpack and avalanche risk in the winter environment and will know where to obtain and how to interpret weather and avalanche forecasts. The IML will plan a journey and make ongoing avalanche assessments throughout the duration of the journey, adjusting their decisions and route choice in order to avoid avalanche-threatened terrain.

The IML should have the skills to lead a group in snow-covered terrain, dealing with common winter hazards and using safe travel techniques to ensure the safety of the group at all times.

The IML should be able to navigate effectively and consistently in winter snow-covered conditions including poor visibility and darkness. An IML's ability should be sufficient to lead a group out of the mountains in worsening weather conditions, which are sometimes encountered by a fast or early change in forecast conditions.

The IML should be able to deal with common incidents and emergency scenarios including assisting or organising an avalanche search. They must be proficient in the use of, and training of avalanche transceivers and organising a search, including the use of probes.

The IML should have a good general knowledge of the winter mountain environment to compliment their summer knowledge. This will include identification and interpretation of bird and animal tracks and signs.

The IML will have excellent personal movement skills on snow, both in typical summer and winter conditions, with and without an axe, and including the use of snowshoes. This movement should be exemplary and inspire confidence in their clients. They should also be able to instruct basic movement to clients using snowshoes.

The IML should not plan to overnight in non-staffed or improvised shelters in winter conditions. However, the IML should, in exceptional circumstances, be able to construct emergency winter shelters or bivouacs, sufficient to shelter a group from poor weather or in darkness.

APPENDIX 1: DEFINITIONS

A (i) A Quality International Summer Mountain Day

A quality international summer mountain day should be a mountain day outside of the UK and Ireland and include more than half of the following criteria:

- In an environment below 3000 metres, the day should include a height gain of approximately 1000 metres
- In an environment above 3000 metres the day should include a height gain of approximately 300 metres
- A journey of a minimum of five hours
- Navigational skills should be used including the use of a map, compass, altimeter or GPS
- Decision-making about route choice and judgement of terrain
- Planning involving the use of a weather forecast
- Ascending and/or descending steep broken ground
- Negotiating sections of fixed equipment and/or small sections of snow as part of the normal mountain journey
- Appreciating the environment and increasing one's environmental knowledge

(ii) A Quality UK Winter Mountain Day

A quality winter mountain day in the UK or Ireland should follow all the normal criteria for a quality winter day for the ML(W) scheme, outlined below.

Although it is difficult to define such a unit of experience there are a number of common characteristics:

- The adversity of weather conditions, the changeable nature of the underfoot conditions, the requirement to navigate accurately and carry greater amounts of equipment etc all affect speed of movement and distance travelled.
- Winter quality mountain days are likely to be strenuous and reasonably demanding and will involve over five hours walking and/or climbing.
- Any winter climbing should be part of a longer mountain day and not the sole reason for the excursion.
- Winter quality mountain days should involve elements of planning, exploration of an unfamiliar locality, map reading/navigation and more than likely require the use of ice axe and crampons for security.
- Above all the experience should lead to feelings of accomplishment and satisfaction, even if enjoyment may occasionally be in retrospect!
- The ascent of a substantial peak would normally be included in the day.

The time of year alone, such as a January day when no snow or ice is present, or the presence of snow patches (e.g. on the Cairngorm plateau) on a sunny day in May do not qualify as winter quality mountain days, even though the day may satisfy the elements of length, navigation and exploration. The use of an axe and crampons on snow or ice does not necessarily constitute a winter quality mountain day.

(iii) A Quality International Winter Mountain Day

A quality international winter mountain day should be a mountain day outside of the UK and Ireland, and include more than half of the following criteria:

- Must involve movement and travel on snow
- Must include ascent and/or descent
- A journey of a minimum of five hours
- Planning involving the use of weather and avalanche forecasts
- Navigational skills should be used, including the use of a map, compass, altimeter or GPS
- Making progress in poor or worsening weather conditions
- Decision-making about route choice and judgement of terrain
- Evaluating the snowpack and avalanche hazard throughout the day and making ongoing decisions based on these
- Appreciating the winter environment and increasing one's environmental knowledge

Summer Alpine conditions on snowy terrain will not normally qualify as fulfilling enough of these criteria, apart from in exceptionally bad weather conditions.

B Definition of Summer and Winter

Winter: When winter conditions, including snow and ice, prevail or are forecast. This cannot be defined by a portion of the year, but appropriate weather conditions (e.g. cold air) should prevail. As a general principle the presence of snow patches does not in itself constitute winter conditions.

Summer: Any conditions not covered under winter.

C Speed Navigation Test - see Appendix 3A

APPENDIX 2: SUGGESTED READING LIST

The following titles are relevant to much of the syllabus:

| | |
|---------------------------------------|--|
| Hillwalking | S.Long. MLTUK, revised 2004 |
| The Handbook of Climbing | A.Fyffe & I.Peter. Pelham Books, 1997 |
| Mountaincraft and Leadership | E.Langmuir. MLTE/MLTS, revised 2004 |
| Winterskills | A.Cunningham & A.Fyffe. MLTUK, 2007 |
| The Mountain Skills Training Handbook | P.Hill & S.Johnston. David & Charles, 2000 |

The following titles are relevant to specific syllabus topics and should be available through libraries, mountaineering councils, climbing bookshops or Cordee Book Distributors (www.cordee.co.uk).

Security on steep ground

| | |
|-------|-----|
| Knots | BMC |
| Ropes | BMC |

Environment & access:

| | |
|--|---|
| Collins Bird Guide to Britain and Europe | Svensson, Grant, Mullarney, Zettertrom. Collins, 2001 |
| British National Parks | Lacey |
| The Mammals of Britain & Europe | Macdonald & Barrett. Collins, 1993 |
| Hostile Habitats | N Kempe & Wrightham. SMT, 2006 |
| The Wild Flower Key | Rose & O'Reilly. Frederick Warne, 2006 |
| Alpine Flowers of Britain and Europe | Blamey & Grey-Wilson. Collins, 2001 |
| How to shit in the woods | K.Meyer (Ten Speed Press, 1994) |

Weather:

| | |
|---|--|
| Mountain Weather (A practical guide for Hillwalker and Climbers in the British Isles) | D. Pedgley. Cicerone, 2006 |
| Mountain Weather (Outdoor Pursuits & Techniques) | D. Pedgley. Cicerone, 2004 |
| Wilderness Search & Rescue | Setnicka & Andrasko. GlobePequot, 1981 |
| Weather for Hillwalkers and climbers | Banks & Thomas. Sutton, 1997 |

Navigation and expedition skills:

| | |
|---------------------------------------|------------------------------------|
| The Backpackers Handbook | C.Townsend |
| Lightweight Expeditions | R.Collister. Crowood, 1989 |
| Medicine for Mountaineers | The Mountaineers |
| Mountain Navigation | P.Cliff. Menasha Ridge Press, 1991 |
| The Mountain Traveller's Handbook | Deegan. BMC, 2002 |
| Safety on Mountains Video and Booklet | BMC/MLTE, 2000 |
| Medical Handbook for Mountaineers | Steele. Constable, 1988 |

Outdoor Education:

| | |
|--|------------------------------|
| Leading and Managing Groups in the Outdoors | K.Ogilvie. IOL, revised 2005 |
| Safety in Outdoor Education | DES (HMSO 1989) |
| Working Out of Doors with Young People | Smith (ITRC 1987) |
| Safety, Risk and Adventure in Outdoor Activities | B.Barton. PCP, 2006) |

Altitude:

The High Altitude Medical Handbook
Alpine Essentials DVD

Pollard/Murdoch (Radcliffe 2003)
BMC

Snow:

Snow Sense (A guide to Evaluation of Snow
Avalanche Hazard)

Fredston, Fesler. Alaska Mountain Safety
Centre, 2000

A Chance in a Million
The Avalanche Handbook

Barton, Blythe, Wright. SMT, 2000
McClung, Schaerer. Mountaineers Books,
1993

Miscellaneous:

Mountain Travel Handbook

Driving Mini buses overseas –
National Guidelines

Water Hazards Video

Adventure Activities Centres:
Five Steps to Risk Assessment

The Package Travel, Package Holidays
& Package Tour Regulations

The RGS Expedition Handbook

Surviving a Career in Adventure Activities

BMC
Community Transport association
MLTUK, revised 2005
MCofS

HSE

HMSO
RGS Profile Books, 2004
AAIAC 2007

APPENDIX 3: COURSE PROGRAMMES

A SUMMER IML TRAINING COURSE OUTLINE

The purpose of the IML training course is three-fold:

- to expose candidates to the skills, techniques and knowledge needed for safe, legal and professional operation as a walking leader overseas
- to prepare candidates for the IML Summer Assessment
- to explain the role of the British Association of International Mountain Leaders and the Union of International Mountain Leader Associations.

Candidates should come to the training course prepared to contribute to a structured learning experience in a supportive group environment. IMLs often work in isolation. Therefore courses like the IML Summer Training, which bring together candidates from different leading and instructional backgrounds, offer unrivalled opportunities for exchanging ideas and discussing techniques and teaching methods. The Board considers this to be a major strength of the International Mountain Leader Scheme.

The course aims to cover those aspects of the syllabus that candidates usually find most problematic and which are difficult to practise in isolation. Therefore areas such as marketing and business will receive less in-depth coverage than subjects such as environmental knowledge and fixed-equipment hazards. If there is any broad area that candidates would like to cover in greater depth, they should raise this with the instructors. However, it must be recognised that not all of the syllabus can be covered within the training course

The following training course outline gives an approximate breakdown of the course content. Candidates should realise that this is only an outline and the MLTUK recognises the freedom of each Provider to run a training course that:

- satisfies the requirements of the Board
- satisfies the requirements of the majority of course members
- makes best use of prevailing conditions and weather

All specialist equipment for the course, including ropes, will be available from the Provider

Skills are not taught in isolation. They are transferable through all syllabus areas. Therefore an integrated approach to the syllabus material will be taken. Candidates are recommended to take a holistic approach to subject matter and not assume that because a specific technique was taught in one situation this is the only situation for which it is appropriate.

SUMMER TRAINING COURSE PROGRAMME

This is normally a five-day course run in the United Kingdom at one of the National Centres. The programme may vary due to the time of year, weather conditions and facilities available.

Introduction

Introduction to the IML scheme and BAIML, incorporating its history and origins. Explanation of a professional award and the diverse work of an IML.

Role of BAIML

Lecture to explain the role of the association within the practice of the profession of IML.

Security in Mountainous Terrain

Practical session looking at use of the rope in both steep ground/fixed equipment application and small snow patches. Ideally a 'craggy' venue that relates to steep scrambling-type terrain within the remit will be used. Where possible fixed equipment will be used or simulated to allow candidates the opportunity to experiment with security in this environment.

Environmental and Teaching skills

A session explaining the level of environmental knowledge and teaching skills required to be an IML. This can be a low-level mountain day where trainers will demonstrate the practical levels of environmental knowledge both in broad themes and specifics. The ability to communicate this knowledge, engage and animate a group, and nurture an inquisitive nature in different client groups will also be covered.

This outdoor session will draw from specific local examples and then make direct parallels to different international mountain environments. For example, local access issues will be discussed and related to the diversity of National Park regulations and other protection designations that are to be found around the world. Mountain tourism and sustainability (including uplift developments and eco-tourism issues) should be discussed and related to other land uses such as mountain and upland farming (including transhumance and nomadism), forestry and woodland, military training etc. Areas of potential conflict and possible resolutions should also be debated.

Other areas of knowledge and understanding that should be covered within this session include:

- Flora and Fauna
- Geological and geomorphological history, including glaciation
- Indigenous peoples and language, customs and cultures

Mountain Day

A full day in the mountains with on and off path and scrambling terrain to mirror the varied terrain found in mountains overseas. Course tutors may use modified maps to facilitate discussion on the problems of foreign maps and guides. Feedback will be given to candidates about their personal movement and fitness skills relative to the standard at assessment.

There will be an emphasis on the difference between “worst-case” micro-navigation, linking subtle features, and the techniques which may be more appropriate overseas, where there may well be a focus on ground shape, fast and efficient “macro” navigation and confident navigation on paths over terrain that is more mountainous than the UK.

Discussion and use of navigational aids such as guidebooks, altimeters, sketches and GPS.

UK environmental knowledge is discussed and compared with the level of awareness necessary at IML. This is demonstrated by role-modelling and practised through the delivery of “on the hill” talks prepared by trainees.

Professionalism

An interactive session to raise awareness about the implications of holding a professional award, plus the legal and moral responsibilities and obligations that this entails.

Anatomy and Physiology

A presentation on the long-term effects of regular work with groups in the mountains. Physiological considerations for leaders, including nutritional issues and the effects of high altitude.

Access to maps, guides and environmental information

A workshop looking at differences and difficulties of using unfamiliar and/or less reliable maps and the wide variety of scales that may be encountered. Interpretation of guidebooks, and the use of environmental guide books or similar resources.

Legal Liability

A presentation to outline legal requirements and the consequences of working professionally outside the UK. A discussion about the legal responsibilities involved in commercial activities as an IML.

Alpine Weather

A lecture aimed at the understanding and accessing of weather information when outside the UK. Understanding the weather systems that affect the Alps and Greater Ranges including Continental weather systems. Strategies for interpreting bulletins from other countries in other languages. Compiling a glossary of weather terms in other languages.

Marketing

A lecture to highlight marketing strategies and profiling to enhance the image and commercial prospects of the IML.

International Session

An interactive session concentrating on International issues. This will be in the form of lectures and discussions focussing on safety, hygiene, culture and traditions, good environmental practices and management of staff and resources on trekking expeditions.

Speed Navigation Test

Passing the speed navigation test is a compulsory element of the IML scheme and must be successfully completed prior to attending the IML Summer Assessment.

- This is a half-day timed navigation assessment in mountainous terrain on a 1:25000 scale map.
- Each candidate has an individual course and corresponding time limit.
- Each candidate has a pre-marked map with checkpoints indicated with numbered circles.
- Checkpoints are indicated on the ground with an orienteering marker.
- A punch at each marker is used to prove the candidate has navigated to it.

This test requires candidates to maintain an average speed of 4 km/h and to gain height at a rate of 10m/minute while navigating over a period of three to four hours. Faster movement will be required in order to compensate if it becomes necessary to make up lost time due to errors, inefficient route choice or lengthy hesitation.

A pass is gained by completing the course within the allocated time and correctly visiting all the controls.

B SUMMER IML ASSESSMENT COURSE

This four-day course takes place outside of the UK to provide the realistic context of an appropriate mountainous environment. It is a hut-based course with three nights being spent in appropriate mountain huts. Candidates are assessed in groups comprising a maximum of four to one assessor. Each candidate will be assessed by a minimum of two different assessors.

A number of elements make up the assessment. These may be:

- Performance during the assessment course
- Experience detailed in the presented logbook
- Presentation of three short environmental talks (given “on the hill”)
- Home paper

Environmental Hill Talks

Candidates are required to research and deliver three short presentations aimed to be delivered on the hill as follows:

- One on a natural history subject local to the assessment venue
- One on a cultural or historical subject local to the assessment venue
- One on a subject from a non-European trekking destination

To accompany these, candidates are expected to produce a ‘crib card’/resource for other members. Suggested subjects areas are discussed at training.

Home Paper

Candidates are required to complete a home research paper in advance of the assessment and present it to the Director of Assessment at the start of the course.

Performance during the assessment

The assessment is holistic and aims to cover most summer aspects of the syllabus. Candidates are expected to prepare by arriving at the start of the assessment with all the

knowledge and information necessary to lead a group of clients in the assessment region. Areas of assessment will typically include:

- Navigation and route selection
- Planning including the use of weather forecasts
- Fitness test
- Party management and education
- Security on steep ground
- Dealing with mountain hazards and fixed equipment
- Emergency incidents and scenarios
- Foreign language skills
- Environmental knowledge
- Teaching skills
- Use of huts, lifts and local transport
- Professionalism and attitude
- Research and preparation

C WINTER IML TRAINING COURSE

The purpose of the Winter IML training course is three-fold:

- to expose candidates to the skills, techniques and knowledge needed for safe winter-walking leadership overseas in snow-covered rolling Nordic-type terrain
- to expose candidates to the skills, techniques and knowledge needed to lead a group over snow or ice hazards found in summer walking conditions
- to prepare candidates for the Winter IML assessment

Candidates should come to the training course prepared to contribute to a structured learning experience in a supportive group environment. IMLs often work in isolation. Therefore courses like the IML training course, which bring together candidates from different leading and instructional backgrounds, offer unrivalled opportunities for exchanging ideas and discussing techniques and teaching methods. The Board considers this to be a major strength of the International Mountain Leader Scheme.

The course aims to cover those aspects of the syllabus that candidates usually find most problematic and which are difficult to practice in isolation. If there is any broad area that candidates would like to cover in greater depth, they should raise this with the instructors. However, it must be recognised that not all of the syllabus can be covered in the five-day training course.

The following training course outline gives an approximate breakdown of the course content. Candidates should realise that this is only an outline and the MLTUK recognises the freedom of each Provider to run a training course that:

- satisfies the requirements of the Board
- satisfies the requirements of the majority of course members
- makes best use of prevailing conditions and weather

Skills are not taught in isolation. They are transferable through all syllabus areas. Therefore an integrated approach to the syllabus material will be taken. Candidates are recommended to take a holistic approach to subject matter and not assume that because a specific technique was taught in one situation this is the only situation for which it is appropriate.

This is a five-day course run in the European Alps. The programme may vary due to the date within the winter season, weather conditions and the facilities available. The course is predominantly practical in nature during daylight hours. Some indoor evening sessions will be used to cover theoretical aspects of some subjects and one practical evening session will examine management issues for groups on snowshoe trips at night. Typically the course will aim to cover the following areas:

- General winter-leadership skills
- Personal movement on foot without the use of crampons but using an axe
- Personal movement on snowshoes
- The teaching of safe movement on snowshoes
- Avalanche awareness and safe-travel techniques
- The teaching and use of avalanche transceivers and other safety devices

- Route planning including the use and interpretation of weather and avalanche forecasts
- Winter navigation including poor weather and darkness.
- Organising and managing a group for night time snowshoeing
- Group use of ski-resort facilities including uplift
- Personal and group equipment
- Winter hazards
- Emergency snow shelters and winter survival techniques (including igloos, snow holes and “shovel-ups”)
- Environmental knowledge in the winter mountain environment
- Construction and use of snow belays
- Emergency scenarios including safeguarding a group over short steep sections of hard snow/ice

D WINTER IML ASSESSMENT

This five-day assessment course is run outside of the UK to provide the realistic context of a genuine mountainous environment, typically in the European Alps during the winter season. The course will operate from a fixed base, to which candidates will return each evening.

The winter assessment takes place during the winter months but also assesses candidates' competency and skills to safeguard a party in summer snow conditions, when it may be necessary to negotiate short snow or ice hazards.

Candidates are assessed in groups comprising a maximum of four to one assessor. Each candidate will be assessed by a minimum of two different assessors during the course.

A number of elements make up the assessment. These may be:

- Performance during the assessment course
- Experience detailed in the presented logbook
- Presentation of two short environmental talks (given on the hill)
- Home paper

Environmental Hill Talks

Candidates are required to research and deliver two short, winter-specific presentations aimed to be delivered on the hill as follows:

- One on a natural history subject local to the assessment venue
- One on a cultural or historical subject local to the assessment venue

To accompany these candidates are expected to produce a 'crib card'/resource for other members. Suggested subjects areas are discussed at training.

Home Paper

Candidates are required to complete a home research paper in advance of the assessment and present it to the Director of Assessment at the start of the course. This will cover winter aspects of the scheme.

Performance during the assessment

The assessment is holistic and aims to cover most winter and snow aspects of the syllabus. Areas of assessment will typically include:

- General winter leadership skills
- Personal movement on foot with an ice axe, but without the use of crampons
- Personal movement on snowshoes
- The teaching of safe movement on snowshoes
- Avalanche awareness and safe travel techniques
- The teaching and use of avalanche transceivers and other safety devices
- Avalanche transceiver search test
- Route planning including the use and interpretation of weather and avalanche forecasts
- Winter navigation, including poor weather and darkness
- Organising and managing a group for travel at night
- Group use of ski resort facilities including uplift
- Personal and group equipment
- Winter Hazards
- Emergency snow shelters and winter survival techniques
- Environmental knowledge in the winter mountain environment
- Construction and use of snow belays
- Emergency scenarios including safe guarding a group over short, steep sections of hard snow/ice
- Foreign Language skills
- Professionalism and attitude

APPENDIX 4

THE HOME NATION MOUNTAIN TRAINING BOARDS, MLTUK AND THE MOUNTAINEERING COUNCILS

The main aim of the four home nation boards of Mountain Leader Training is to promote awareness of mountain safety through its formal leader training schemes, which include the Walking Group Leader Award, the Mountain Leader Awards (Summer and Winter) and the Single Pitch Award.

Mountain Leader Training UK promotes, co-ordinates and assists the four home nation boards of Mountain Leader Training in the provision of this training and is directly responsible for the Mountaineering Instructor Scheme and the International Mountain Leader Award.

MLTUK also maintains a centralised national mountain training database, which holds records of qualifications for Walking Group Leaders, Mountain Leaders (Summer, Winter and International), Single Pitch Award holders, Mountaineering Instructors and British Mountain Guides throughout the UK.

Mountain Leader Training UK

MLTUK, Siabod Cottage, Capel Curig, Conwy LL24 0ES
Tel: 01690 720272 Fax: 01690 720248
Email: info@mltuk.org Website address: www.mltuk.org

Home Nation Mountain Training Boards

Mountain Leader Training England

MLTE, Siabod Cottage, Capel Curig, Conwy LL24 0ES
Tel: 01690 720314 Fax: 01690 720248
Email: info@mlte.org Website address: www.mlte.org

Mountain Leader Training Northern Ireland

MLTNI, Tollymore Mountain Centre, Bryansford, Newcastle, Co Down BT33 0PT
Tel: 02843 722158 Fax: 02843 726155
Email: admin@tollymore.com Website address: www.tollymore.com

Mountain Leader Training Scotland

MLTS, Glenmore, Aviemore, Inverness-shire PH22 1QU
Tel: 01479 861248 Fax: 01479 861249
Email: smltb@aol.com Website: www.mltscotland.org

Mountain Leader Training Wales

MLTW, Siabod Cottage, Capel Curig, Conwy LL24 0ES
Tel: 01690 720361 Fax: 01690 720248
Email: info@mltw.org Website: www.mltw.org

Mountaineering Councils

British Mountaineering Council

BMC, 177-179 Burton Road, Manchester M20 2BB

Tel: 0161 445 6111

Fax: 0161 445 4500

Email: office@thebmc.co.uk

Website address: www.thebmc.co.uk

Mountaineering Council of Ireland

MCI, Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12, Ireland

Tel: +353 (1) 625 1115

Fax: +353 (1) 625 1116

Email: mci@eircom.net

Website address: www.mountaineering.ie

Mountaineering Council of Scotland

MCofS, The Old Granary, West Mill Street, Perth PH1 5QP

Tel: 01738 638227

Fax: 01738 442095

Email: info@mountaineering-scotland.org.uk

Website: www.mountaineering-scotland.org.uk

Professional Associations

Association of Mountaineering Instructors

AMI, Siabod Cottage, Capel Curig, Conwy LL24 0ES

Tel: 01690 720123

Fax: 01690 720248

Website address: www.ami.org.uk

British Association of International Mountain Leaders

BAIML, Siabod Cottage, Capel Curig, Conwy LL24 0ES

Tel: 01690 720272

Fax: 01690 720248

Website address: www.baiml.org

British Association of Mountain Guides

BMG, Siabod Cottage, Capel Curig, Conwy LL24 0ES

Tel: 01690 720386

Fax: 01690 720248

Email: guiding@bmg.org.uk

Website address: www.bmg.org.uk

National Mountain Centres

Plas y Brenin

Capel Curig, Conwy LL24 0ET

Tel: 01690 720214

Email: info@pyb.co.uk

Fax: 01690 720394

Website: www.pyb.co.uk

Glenmore Lodge

Glenmore, Aviemore, Inverness-shire PH22 1QU

Tel: 01479 861256

Email: enquiries@glenmorelodge.org.uk

Fax: 01479 861212

Website: www.glenmorelodge.org.uk

Tollymore Mountain Centre

Bryansford, Newcastle, Co Down BT33 0PT

Tel: 02843 722158

Email: admin@tollymore.com

Fax: 02843 726155

Website: www.tollymore.com

Associated Organisations

Adventure Activities Licensing Authority

AALA, 17 Lambourne Crescent, Llanishen, Cardiff CF14 5GF

Tel: 02920 755715

Email: info@aala.org

Fax: 02920 755757

Website: www.aala.org

Health and Safety Executive (HSE) Information Services

Caerphilly Business Park, Caerphilly CF83 3GG

Tel: 0845 345 0055

Email: hseinformationservices@natbrit.com

Website: www.hse.gov.uk

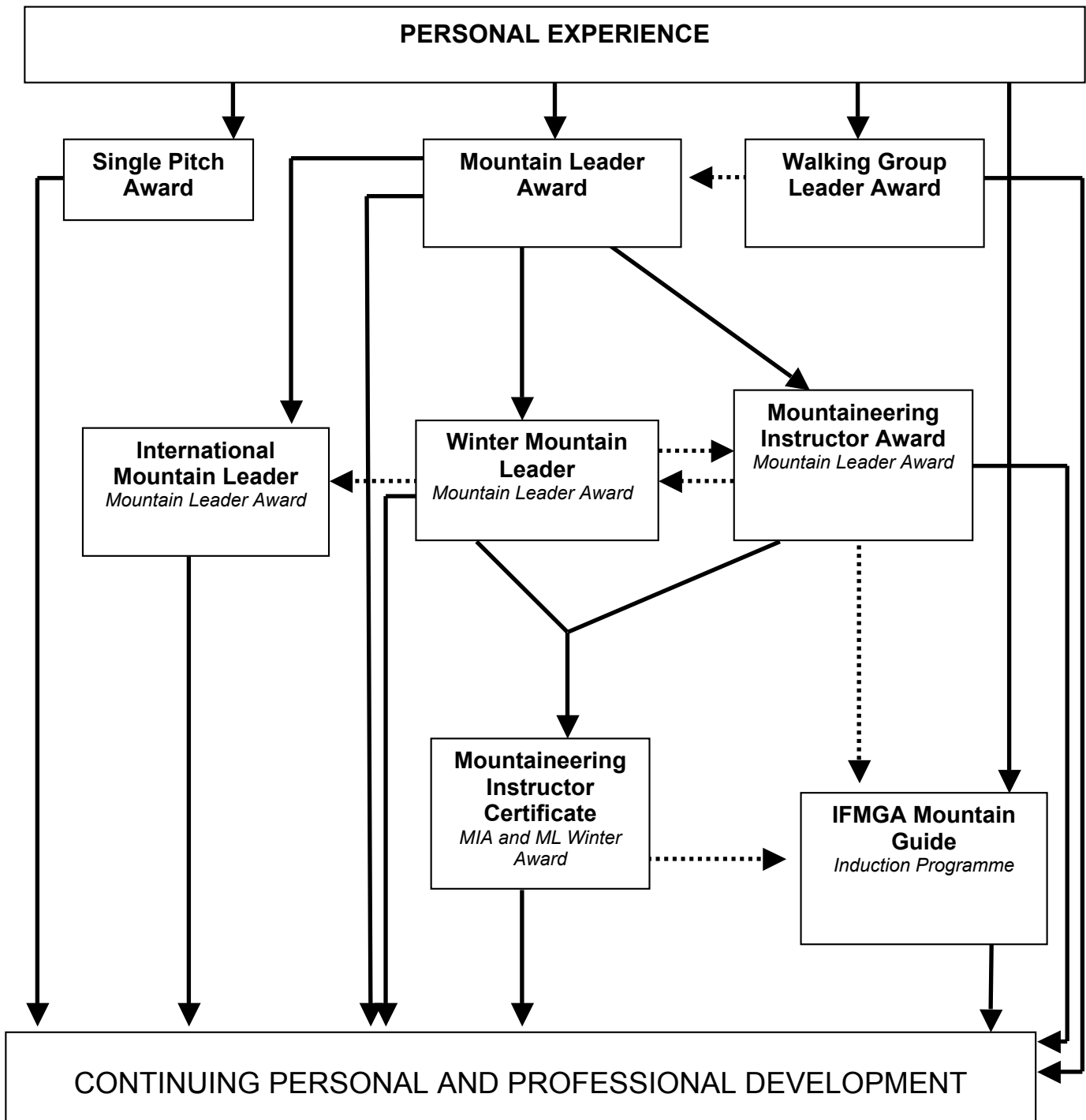
Royal Geographical Society

1 Kensington Gore, London SW7 2AR,

Tel: 44 (0)20 7591 3000

Website: www.rgs.org

Mountaineering Awards of the UK



Key: *Pre-requisite qualifications shown in Italics*
Dotted lines show optional pathways