



# Mountain Training

## Mountain Leader Assessment

### Lake District Mountaineering

#### Introduction

The [Mountain Leader](#) scheme was established to promote the safe enjoyment of the hills and mountains. The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in the mountains, hills and moorlands of the United Kingdom and Ireland, other than in winter conditions. The Mountain Leader scheme offers the opportunity to gain technical competence in leading walkers in the hills and mountains.

The Mountain Leader assessment course allows you to demonstrate the technical skills, judgements and areas of knowledge deemed necessary to ensure an individual is safe to work within the scope of the award. It does not provide a rock climbing qualification, nor does it cover the skills required for the planned use of a rope. This is a 5 day course (minimum of 60 hours).

Mountain Training aims to inspire, enable and develop people in walking, climbing and mountaineering through the provision of nationally and internationally recognised skills training and leadership qualifications. All Mountain Training courses are quality assured.

All Mountain Training courses are quality assured

[Mountain Training: Our Ethos](#)

[Learn, Lead, Inspire - Into the Hills](#)

#### CMS candidate support

[How to create an account and register for a scheme](#)

[How to add a DLOG entry](#)

[How to edit or delete a DLOG entry](#)

[How to review your DLOG](#)

[Add a GPX file to a DLOG record](#)

#### Prerequisites for the Mountain Leader assessment course

Before you book onto the Mountain Leader assessment course you must;

- Have attended a Mountain Leader training course (or have been granted exemption) and be familiar with the syllabus
- Have logged a minimum of 40 Quality Mountain Days in three different regions of the UK and Ireland
- Hold a current first aid certificate, minimum 16 hours and relevant to your work as a Mountain Leader
- Have logged at least 8 nights camping, including at least 4 nights wild camping

**Please ensure you have entered your minimum prerequisites in your digital logbook (DLOG) at the time of confirming your place on the assessment course.**

**REMINDER: Lake District Mountaineering will need access to your candidate registration number to add to the course on CMS and accredit your training, please provide this as soon as possible if not done already**



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## Mountain Leader training course content

The course will cover the Mountain Leader syllabus which includes the following areas:

- Group management and the responsibilities of the group leader
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Detailed information on each of the above topics can be found in the [Mountain Leader Handbook](#), and the onus is on you to be competent in all of them by the time you come to assessment.

## Course Base/Accommodation

**Course Base:** Buttermere Village Hall

- The Buttermere Village Hall is located opposite The Bridge Hotel – it has a sign on saying ‘Buttermere Old School’
- All course intros and theory sessions will take place here during the week
- However, we will be mobile for much of the course and 90% of the course time is spent on the hill
- [Google Maps Link](#)

### Nearby accommodation options:

- YHAs: Buttermere YHA, Borrowdale YHA
- Bunkhouses, B&Bs, guest houses, and hotels are available within 30 minutes of the YHA.
  - Syke Farm campsite
  - The Bridge Hotel
- Towns with accommodation & supplies: Keswick, Cockermouth, Lorton



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## Mountain Leader assessment (expected course outline)

Before attending the course, we ask that you have:

Completed the home paper that was sent to you

Updated your DLOG fully to correspond with the pre-requisites for assessment

### Day 1

At the Village Hall; course introductions and Mountain Training ethos:

- Course welcome
- Course outcomes
- About Mountain Training, the Mountain Training Association and Mountaineering Councils

Mountain Day - you will be assessed on the following:

- Weather briefing and synoptic chart knowledge
- Navigation
- Group Leadership Skills
- Access and conservation
- Background Knowledge

Evening session:

- Review of home paper

### Day 2

Security on steep ground day

- You will be assessed on the following:
- Route choices/finding and mountain judgement
- Party management
- Group leadership
- Use of a rope to protect a party, in ascent and descent
- Use of a rope to protect you as an individual, in descent

Pack for expedition, there will be time to get supplies from local shops (Keswick)

### Day 3 & 4

Expedition: 3 days, 2 nights

You will be assessed on the following over the three days:

- 1:40/1:50,000 navigation
- 1:25,000 navigation
- Navigation Strategies
- Landscape interpretation
- Party management
- Group Leadership
- Campcraft skills

Evening Session:

- Night navigation/poor visibility exercise (prepare to night navigate for two nights)

### Day 5

Walk out from camp (addressing any further syllabus points)

- Individual feedback and results
- Goal setting - SMART goals if applicable
- Next steps...

Course end

Please visit [www.lakedistrictmountaineering.co.uk](http://www.lakedistrictmountaineering.co.uk) for further details



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## Potential outcomes of assessment

Following the assessment, the course director will complete a course report on CMS which will record one of three possible results:

**Pass:** Awarded where the candidate has demonstrated appropriate knowledge and application of the course syllabus, and has shown the necessary experience and attributes of a Mountain Leader.

**Defer:** Awarded where the candidate has generally performed well and has shown the necessary experience and attributes, but where complete proficiency has not been attained in certain aspects of the syllabus or where a lack of experience has been identified.

**Fail:** Awarded where the candidate's performance has been generally weak, or the necessary experience and attributes have not been shown. A complete assessment course will need to be subsequently attended.

When a candidate's performance merits a defer or fail result the candidate will have a formal written report containing individualized feedback. All relevant information will be included to support the deferred/failed candidate and the assessor who conducts the re-assessment.

## Access to courses

Mountain Training is committed to ensuring that everyone has equal opportunity to attend our courses. If you have a particular need that requires extra assistance, please discuss it with Mountain Training or your provider.

[More information can be found here](#)

## Sustainable Transport

Mountain Training recognises that climbing, hill walking and mountaineering impact on the environment, and acknowledges the responsibility to take reasonable measures to safeguard the environment for both the present and future generations. We therefore ask participants to consider sustainable transport to access courses.

[The BMC Community Liftshare site](#)



## Insurance

Mountain Training recommends that you consider personal accident and cancellation insurance. If you already have insurance cover, check that it covers you for the activity you are undertaking.

## Partnerships

[Mountain Training Association](#) - The Mountain Training Association is a membership community that provide members with support and development opportunities, mentoring, resources, workshops and events to help those working towards their qualification, and keep skills and knowledge current for those already qualified.

[British Mountaineering Council](#) - The British Mountaineering Council (BMC) is the national representative body for England and Wales that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers.



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## Course Equipment

Please ensure you have the following equipment (this list is not exhaustive):

### Appropriate mountain walking clothing:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)
- Rucksack 30-40L and waterproof dry bags/liner
- Walking boots
- Warm hat
- Gloves (+spares)
- Sun hat
- Sun screen

### Navigation equipment:

- Relevant maps
- 1:25,000:
  - [OL4 & OL6](#)
  - or [Harvey Superwalker West](#)
  - or [Dorriggo Dinky+](#) (you will still need an OL4 but this will cover most of the central fells)
- 1:50,000
  - [Landranger 90](#)
- 1:40,000
  - [Harvey BMC Lake District](#) (important to have this one)
- Map case (or waterproof maps. Note: paper is waterproof, ink isn't)
- Compass – Silva Expedition type 4
- Stopwatch

### Camping equipment:

- Expedition rucksack 50-60L
- Mountain tent
- Sleeping bag
- Sleeping mat
- Stove & fuel
- Expedition food
- Bowl & cutlery
- Toiletries & Trowel
- Hand sanitiser

### Other necessary items:

- Flask
- Water bottle
- First aid kit and personal medication
- Head torch + spare batteries
- Notebook and pen



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**Bring along if you have:**

- Climbing helmet – LDM can provide if required (for use on steep ground days)
- Group shelter
- Walking / confidence rope