

Joining Notes

Hill Walking Training and Assessment Weekend

25th to 27th March 2011

Dear Candidate

Thank you for your interest in the Hillwalking Training and assessment weekend to be run on the weekend of the 25th to the 27th of March at Lough Dan campsite.

As this is the first full training and assessment weekend that we have run and there will probably be a learning curve to be climbed by both the students and the instructors over the course of the weekend. As in all mountaineering events we do have a plan but we do need to be flexible in our approach as there are many factors including weather and group dynamics that may necessitate a change of plan on the day.

While we have advertised this weekend as open to all, we do expect that candidates attending do have a basic level of hillwalking ability and have experience of a 2 night weekend camping on the hills. The ideal situation would be that a candidate would have been assessed to stages 5 at local level but as not all groups have done the transition training this may not be possible. The details of the stages are available in the Adventure Skills poster book for Groups that have not completed transition training as yet and the more detailed A4 Adventure skills manual for the groups who have completed their training.

In order for candidates to 'benchmark' their level of ability the following is a very general summary of where they should expect to be at the end of the level:

- *Level 5 - Basic experience of both Mountain Navigation and Mountain camping, including the ability to lead a 'leg' of a hike. This should be supplemented by a basic knowledge of both First Aid and the Principles of 'Leave no Trace' (LNT).*
- *Level 6 - Good practical experience of both Mountain Navigation and Mountain Camping. At this stage the candidate should have taken part in activities such as PEAK, MPC's, Sionnach or SNS's. The Candidate would be expected to be able to prepare a route card and lead a hike.*
- *Level 7 - At this level the candidate would be expected to have both the ability to micro navigate and to navigate at night. They should have the personal ability and experience to look after themselves as part of a group on the Irish Mountains. The bench mark for this level is the Mountain Skills Award of BOS - the mountain leader training board.*

- *Level 8 - At this stage the candidate will need to demonstrate the skills required by a Trained Mountain Leader (trained but not necessarily assessed). They will need to have a recognised outdoor first aid certificate (REC or Wilderness) and will have to have taken part in quality mountain days above 2000m (i.e. outside the British Isles)*
- *Level 9 – At this stage the candidate will have all the requirements for level 8 as well training in Winter Skills (3 days +) and have taken part in quality mountain days over 3250m. At this stage the candidate will probably hold a Mountain Leader award / in the final stages of preparation for such an award or have many years experience at mountaineering at home and abroad in the greater ranges.*

Before the Weekend

We have attached a pre-weekend questioner and a logbook template. We are asking all candidates to fill out the questionnaire and the logbook as it will allow the instructors to pre assess the candidates to ensure that we all get the most out of the weekend, if candidates have Mountain Leader or Mountain Skills logbooks they can be used instead. Candidates should bring a copy of any logbooks / certificates with them to the assessment for validation.

Format of the Weekend

Bearing in mind the need to be flexible in the approach to mountain training, the general plan for the weekend is

Friday the 25th

21:00 Meet Up / General Briefing for the Weekend

21:30 Head to the hills for night navigation and overnight camp

Saturday the 26th

12:00 Return from overnight camp using navigation legs

13:00 Lunch

14:00 Afternoon Training exercises (including cooking dinner)

19:00 Chill out

20:00 Supper

Sunday the 27th

10:00 Briefing on the Role of the Expert Panel / Hillwalking Adventure Skills

12:00 Lunch

12:30 Leave no Trace Awareness Session (Certified)

15:30 Round up of Weekend & Close

Cost

The cost of the weekend will be €40 per head. Candidates should bring their own food for the Friday Night and the Saturday morning. We will provide food for Saturday Lunch, Saturday dinner (cooked on mountain stoves) Sunday Breakfast and Sunday Lunch as well as tea and coffee. Supper on the Saturday evening will be in a local restaurant (at own expense).

Equipment

In line with the ethos of the hill walking adventure skills he weekend is camping and all candidates are expected to come fully prepared and kitted for a two night mountain camping weekend, and will be assessed as such.

Booking in Procedure

If Candidates please fill out the attached pre weekend questioner and logbook and return it to scouthillwalking@gmail.com we will confirm the booking and arrange the payment details. All questions about the weekend can also be directed to this email address.

The staff of the weekend will be working as instructors and as such cannot take responsibility for youth members (under 18) who are unaccompanied by adult leaders.

One Programme Adventure Skills – ‘Hill Walking’

Training and Assessment Registration

Personal Details

Name	
Address	
Email Address	
Phone Numbers (Home)	(Mobile)
Date of Birth (if under 18 - not needed otherwise)	

Scouting Details

Scout Group
Scout County
Membership of any Scouting Ireland National Teams (e.g. MCP / Sionnach) please specify

Document Check List (Please do not send originals – bring them to the assessment)

Completed Log Book or Mountain Skills / Mountain Leader Logbook
Certificates or Letters of Qualification (BOS)

Information needed for assessment weekend

Do you have any specific dietary requirements?
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Mountain Camping Summary

How many night have you wild camped in the mountains
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Mountain Skills	Qualification Held / Training Done	Equivalent Standard of Experience
Mountain Skills 1 Training		
Mountain Skills 2 Training		
Mountain Skills Assessment		

Mountain Leader	Qualification Held / Training Done	Equivalent Standard of Experience
Mountain Leader 1 Training		
Mountain Leader 2 Training		
Mountain Leader Assessment		

Rock Climbing	Qualification Held / Training Done	Equivalent Standard of Experience
Rock Climbing Skills 2 Days		
Rock Climbing Skills 5 Days		
SPA Training		
SPA Assessment		
MPA Training		
MPA Assessment		
MIA Training		
MIA Assessment		

Winter Mountaineering	Qualification Held / Training Done	Equivalent Standard of Experience
Winter Mountaineering Skills 2 Days		
Winter Mountaineering Skills 5 Days		
Winter ML Training		
Winter ML Assessment		
EML / IML Training (Specify)		
EML / IML Assessment (Specify)		

First Aid	Qualification Held / Training Done	Equivalent Standard of Experience
REC 1 (1 Day Basic)		
REC 2 (2 Day Emergency)		
REC 3 (3 or 4 Day Standard)		
REC 4 - Advanced		
REC 5 - Expedition		
REC Trainers		

Leave No Trace	Qualification Held / Training Done	Equivalent Standard of Experience
Introduction To		
Official Awareness Session (3 hour)		
Trainers Course		
Master Educator		

MPC/Sionnach Style Experience	Approx Number of Events as a Youth Participant	Approx Number of Events as a Adult Team Leader	Approx Number of Events as a Staff Member	Approx Number of Events as Event Organiser
MPC / Sionnach / SNS (2Night)				
County / Group 2 Night Activity				
County / Group 1 Night Activity				

Hillwalking Adventure Skills – Logbook

NAME: _____

ADDRESS: _____

PHONE: (H) _____ (M) _____

E MAIL ADDRESS: _____

How long have you been hill walking? _____

Have you any Rock climbing experience? _____

How many different hills higher than 600m have you ascended? _____

How many different hills higher than 800m have you ascended? _____

How many different hills higher than 1000m. have you ascended? _____

Have you any mountaineering experience abroad? _____

If so, where? _____

DATES OF SKILLS COURSES ATTENDED

Organisers Signature

Date:

Course

Organiser

Hillwalking Stages Awarded

Assessors Signature

Stage:

Date:

Location:

Assessor:

Five

Six

Seven

FIRST AID CERT:

Level of Cert _____ Issuing Body _____

Date of Cert _____ Valid until _____

Example Logbook Entry

Hike Number 1		Date 21/09/2010
Area - Glenbride, Co Wicklow		Map: Sheet 56 1:50,000
Number in Party: 4		Leader: Andy White
Weather: Mild, Light winds with low clouds and showers		
Total Distance 15km	Total Time: 6 Hours	Campsite Location N/A
Route	Route Notes	
Glenbride Lodge		
Spot 698m	Marked as Silsean on some maps	
Moanbane		
Billy Byrne's Gap		
Mullaghcleevaun	I led this Leg	
Barnacullian		
Spot 561m	Marked as Carrignagunneen on some Maps	
Glenbride Lodge		

Sketch Map of Route

If there is insufficient space on the page please photocopy and write on the back

Full route cards should be submitted where necessary

Hillwalking Stage 4 Hike Number 1

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Full route cards should be submitted where necessary

Hillwalking Stage 4 Hike Number 2

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Hillwalking Stage 4 Hike Number 3

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Hillwalking Stage 5 Hike Number 1

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Full route cards should be submitted where necessary

Hillwalking Stage 5 Hike Number 2

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Hillwalking Stage 5 Hike Number 3

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Additional Logs (Photo Copy as Necessary)

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Additional Logs (Photo Copy as Necessary)

Hike Number		Date
Area -		Map:
Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
Route	Route Notes	

Sketch Map of Route

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Number in Party:		Leader:
Weather:		
Total Distance	Total Time:	Campsite Location:
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