

APEX TRAINING

Specialist Skills Training Providers

MOUNTAIN LEADER TRAINING COURSE PROGRAMME:

[Further details will be supplied at the start of the course]

SUNDAY	Day	Please arrive at ' venue to be announced ' for 10.30am to book in. Course welcome and introduction. Intro to navigation (practical). Local Hills.
	Eve	Review of today. Presentation/discussion group: Mountain weather
MONDAY	Day	Weather brief. [9.00 am] Mountain Day. Themes: Practical weather Navigation skills & group management / environment inputs. Mountain hazards – steep ground, group management issues.
	Eve	Review of today. Assessment course participants – PRESENTATIONS -. [See information sheet and enclosed list of topics].
TUESDAY	Day	Weather brief [9.00 am] Technical rope-work day. Theory & practice / rope situations. Improvised techniques, incident managmt, emergency procedures. Dealing with water hazards - river crossings theory and practice.
	Eve	Review of today. Topic/discussion group: Clothing & equipment. Topic/discussion group: Leaders equipment ...for mountain day..
WEDNESDAY	Day	Weather brief Mountain Day. Themes:- Security on steep ground day. Route finding on steep, broken terrain. Group management strategies, hazard awareness / avoidance. Further ropework practise.
	Eve	Review of today. Topic/discussion group: Route planning & expedition pre-planning. Expedition preparation.
THURSDAY	Day	Weather brief. Expedition brief. Depart for expedition. Mountain journey and overnight camp.
	Eve	Night navigation/movement exercise.
FRIDAY	Day	Continued expedition / mountain journey. Return for early afternoon. Return to Mountain Hut.
	Aft	Logbooks, further training, assessment. Individual debriefs and logbooks. Final review.

The course should be finished by 16.30hrs [4.30pm].

The course Director reserves the right to change the programme because of weather or other considerations in such a way as to still conform to the spirit, and where possible, the detail of the MLTUK Syllabus.