

ADVANCED MOUNTAIN WALKING LEADER AWARD

SYLLABUS

**South African Mountaineering
Development and Training Trust**

Mountain Training Programme

Only Service Providers approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

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Advanced Mountain Walking Leader Award

Syllabus

NAVIGATION

Competence as a navigator is a basic pre-requisite of any mountain walking leader. The candidate will be expected to choose an appropriate navigation technique for the conditions. This may range from in good conditions, following a path, a ridge or a stream with a map and compass in their pocket to, in poor visibility and in darkness, navigation across mountain terrain by walking accurately on a bearing while estimating distances and interpreting the ground underfoot.

The candidate must be familiar with:

- Relevant maps, scales and conventional map symbols;
 - Contours and other methods of showing relief;
 - Topographical features;
 - Relating the map to the ground and vice versa;
 - Measuring distance on the map and the ground;
 - Navigating across country with the map alone;
 - Suitable compasses & other navigational tools;
 - Methods of relocation;
 - Methods of navigating across country in poor visibility and in darkness;
 - Route finding without map or compass;
 - Route planning, including methods of recording routes.
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ACCESS & THE ENVIRONMENT

The candidate must:

- Be aware of the "multiple use" mountain environment;
 - Appreciate conservation issues and be aware of the long term effects of human pressure on the mountain environment;
 - Know how and where to get information about access to mountain areas using, where appropriate guide books and maps, state authorities, nature conservancy, local landowners and other agencies;
 - Appreciate the significance of access arrangements and servitude in mountain areas, having regard to the fact that a large proportion of these areas are in private ownership;
 - Understand the nature of specially designated areas and limitations on their use (nature reserves, national parks etc.);
 - Be familiar with the mountain code;
 - Be able to adequately brief and de-brief their group with regards environmental impact minimisation.
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HAZARDS

Environmental Hazards

The candidate must have an awareness of the major environmental mountain hazards and how to deal with them.

Water Hazards

The candidate must be able to demonstrate:

- An understanding of the dangers of water and methods of avoidance;
- The best crossing points for swollen rivers;
- Preparation and safety precautions when crossing rivers;

- Crossing rivers with and without a rope;
- Knowledge of the hazards associated with a rope in a swift water environment.

Steep Ground

This section of the syllabus is not intended to train the candidate as a rock climber, nor is it intended for these people who set out with the intention of using a rope to negotiate steep terrain. Situations do arise however, where a rope may be necessary to safeguard members of the group. The purpose of this section is to familiarise the candidate with elementary techniques, to enable them to recognise difficulties and potential dangers and to give competent help in cases of emergency.

It is emphasised that the techniques employed are not necessarily those that would be suitable for rock climbing. Any safe method used should involve the use of the rope alone.

The candidate must be familiar with:

- Route selection and the choice of a line on steep terrain;
- The supervision of the group, both with and without a rope;
- Movement over rock and mixed terrain;
- The suitability of different types, diameters and lengths of rope, rope management and appropriate knots;
- Use and limitation of the walking rope for the following purposes:
 - Methods of belaying, including choice of safe anchors;
 - Protecting descents and ascents by waist and direct belay;
 - Lowering where appropriate;
 - Safeguarding a single party member whilst moving together with the leader;
 - Carrying injured or exhausted party members (rope stretchers, coil carry methods)
 - Hand lines for protecting: ascent, descent and exposed traverses;
 - Abseiling, without a safety rope, on moderate terrain

Abseiling is for the leader only, and not for group members.

MEDICAL

The candidate must have an understanding of the following conditions, their causes, signs, symptoms, prevention and treatment:

- Mountain hypothermia and its treatment both in the field and at a base;
- Cold injuries;
- Heat injuries.
- Altitude related illnesses
- Bites & stings
- Trauma injuries

WEATHER

The candidate must have an elementary knowledge of weather, be able to relate regional weather forecasts to mountainous areas and make short-term forecasts from observed meteorological conditions, including:

- Sources of information;
- Elementary interpretation on weather maps;
- Weather developments associated with major weather systems;
- Elementary practical identification of cloud types, wind speed and temperature.

The candidate must understand and be able to respond to appropriately to:

- Lightning
- Sudden changes in temperature

- Storms
- Flooding

EMERGENCIES

The candidate must be able to demonstrate:

- The procedure to follow in the event of an accident;
- Methods of search and evacuation; (box and sweep search)
- Improvised mountain rescue it's application and limitations;
- Knowledge of national mountain search and rescue structures.

EQUIPMENT

The candidate must have knowledge of the personal equipment required for mountain walking expeditions taking into account:

- Different types and makes of tents, sleeping bags, rucksacks and other lightweight equipment;
- The selection of suitable equipment required for various types of expedition;
- Packing and carrying of personal and communal equipment
- Care and maintenance of equipment.

and giving consideration to the design characteristics of:

- Weather & climate conditions
- Material; construction; performance
- Warmth, weight, bulk, function
- Cost

EXPEDITION SKILLS

MANAGEMENT

The candidate must be familiar with the responsibilities of the group leader, particularly for the care and safety of the group:

General Responsibilities:

- To individual party members and to the party as a whole;
- To the sponsoring authority, committee, club or organisation sanctioning the expedition;
- To the general public, to environmental interests, to local residents or farmers and to the mountaineering fraternity.

Specific Responsibilities:

- to identify the underlying aims and objectives and to define the specific purpose of the expedition;
- To carry out the initial planning, obtaining authority clearance, parental consent, personal and medical information and insurance (where appropriate);
- To complete detailed preparations including planning routes, obtaining access permissions, weather forecasts, and briefing the group.

Operational Responsibilities in the Mountains:

- To manage the group effectively by setting and reviewing targets, by positive decision-making, by delegation where appropriate, by proper group control and discipline, and by good communication;
- To meet the changing needs of the group and its individual members by observation, anticipation and good judgement, by sensitivity to the state of the group and its members, with particular regard to their health and

fitness, by maintaining confidence and enthusiasm despite uncertainty or stress and by adopting a leadership style appropriate to the situation;

- To provide a safe and rewarding experience for each group member through involvement, interest, enjoyment and achievement; through imparting appropriate technical skills and competence and through fostering environmental awareness.

WALKING SKILLS & GROUP MAINTENANCE

The candidates must be familiar with:

Individual skills:

- Pace rhythm, foot placing, conservation of energy, balance and co-ordination;

Group skills:

- Leader and tail-man, psychology of the group, corporate strength, group maintenance

CAMPCRAFT

Camping

The candidate must be familiar with:

- The selection of a campsite;
- Positioning and pitching a tent;
- The organisation of a camp and individual tents;
- Group and personal hygiene;
- Bivouac skills.

Food

The candidate must be familiar with:

- The selection of suitable foods, quantities and packaging;
- The preparation of food and cooking.

INTERESTS

Mountain walking leaders should have a knowledge of:

- The mountain environment, geology, flora, fauna, local history, mountaineering, photography, and the history of mountaineering
- Clubs and organisations. The leader should know about or have access to information on suitable training organisations, mountaineering clubs, guidebooks and mountaineering literature.

Advanced Mountain Walking Leader Award Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines a Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Mountainwalking Leader Training Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.
6. **Adventure Qualifications Network cc**
Quality Management Systems