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**South African
Mountaineering
Development and Training
Trust**

**Mountain Skills Training
Program**
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FOREWORD

The South African Mountaineering Development and Training Program (MDT), was established in 1994 to develop and maintain nationally recognised standards for the many clubs, organisations and individuals active in mountain related activities.

The program, managed by the South African Mountaineering Development and Training Trust, a legally constituted body registered with the master of the Supreme Court, coordinates and administers the functioning of the National Training Program.

Training and or assessment courses run by Service Providers approved and accredited by the National Management Committee.

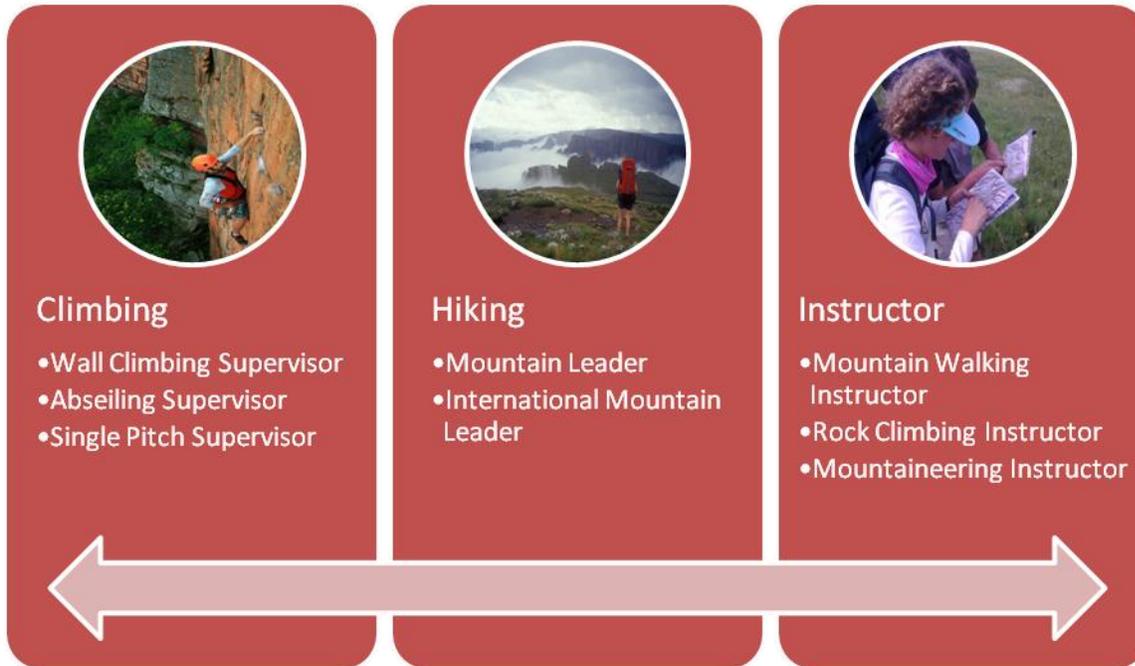
Since its introduction, the program has gained the support of the many professional, semi-professional and voluntary guides, leaders and instructors active in South Africa's mountains as well as the World Mountaineering Federation (UIAA).

PROPOSED MOUNTAIN TRAINING PROGRAM OVERVIEW

Mountain Training Program Overview Recreational Training Program



Leadership training program



RECREATIONAL PROGRAM PROSPECTUS

INTRODUCTION

The recreational program is primarily concerned with good personal recreational practice, resulting to the safe enjoyment of the activity. It does not include leadership skills nor is it intended as a leader training program.

There is no assessment included in this section of the MDT program, and as such no certification will occur at these levels.

Participation in these courses will be logged in the candidates' logbook by the Course Provider and the MDT Administration will issue a MDT registration number.

Some of these courses, as indicated, are recommended as feeder courses for the Leadership Training Program.

RECREATIONAL TRAINING COURSES

The recreational program provides training in six partial courses for those who wish to partake personally in a recreational context in these activities. They are suitable for individuals who have no or little prior experience of the activity and are aimed at recreational participation only.

Basic Hiking Course:

(Feeder course for the Mountain Leader Award)

Duration: 3 days

The Basic Hiking Course is a personal recreational training course, which provides training for those who wish to learn to hike on trails or on very easy off trail areas, safely.

The course covers:

- Equipment & packing
- Basic navigation
- Nutrition
- Camp craft
- Basic weather
- Common hazard avoidance
- Emergency procedures

The course does not cover:

- Expedition skills
- Off Trail navigation
- Improvised rescue
- Steep terrain
- River crossings
- The supervision or leadership of other hikers

Beginner Abseiling

(Feeder course for the Abseil Supervisor Award Course)

The Abseil personal recreational training course provides training for those who wish to learn to abseil safely.

Duration 2: days

The course covers:

- Knowledge of equipment
- Setting up a fixed line and retrievable abseil

- Preparing to abseil
- Abseiling and self belay
- Basic problem solving

The course does not cover:

- The skills needed to approach and retreat from mountain crags
- Access to any location where escape is not easily possible from the top and the bottom of the abseil site
- Re-leasable abseils.
- Multiple abseils, or abseils that involve intermediate stances
- The supervision or leadership of other abseilers

Beginner Rock Climbing

(Feeder course for Single Pitch Supervisor Award)

The Beginner Rock Climbing Course is an introductory personal recreational training course, which provides training for those who wish to be introduced to the sport of rock climbing. The course covers both Traditional and Sport climbing skills.

Duration: 2 days

The course covers:

- Basic knowledge of equipment
- Seconding of Traditional and Sport climbs
- Types of climbing activities
- Terminology in climbing
- Knots and tying in
- Basic movement on rock
- Basic belay skills
- Basic abseiling
- Basic problem solving

The course does not cover:

- The skills needed to approach and retreat from mountain crags
- Access to any location where escape is not easily possible from the top and the bottom of the climbing site
- Multi pitch climbing skills
- Improvised rescue skills
- The supervision or leadership of other climbers

Rock Climbing Leader

(Feeder Course for the Rock Climbing or Mountaineering Instructor Award)

The Rock Climbing Lead Course is a personal recreational training course which provides training for those who wish to learn to lead climb. The course covers both Sport and Traditional climbing in a single and multi-pitch context.

Duration: 3 days

The course covers:

- Access & the environment
- Knowledge of, selection and placing protection equipment, including multi-point anchors
- The science of climbing, including impact forces and fall factors
- Route finding
- Lead climbing
- Multi pitch climbing including single and double rope techniques
- Escaping/retreat from multi pitch routes
- Avoiding and solving common problems
- Rope management, knots, running belays
- Basic Emergency Procedures

The course does not cover:

- The skills needed to approach and retreat from mountain crags
- Access to any location where escape is not easily possible from the top or bottom of the climbing site
- The supervision or leadership of other climbers
- Aid climbing

Beginner Ice Climber

(Feeder Course for Mountaineering Instructor)

The Beginner Ice Climber Course is a personal recreational training course, providing training for those who wish to learn to climb single and multi pitch ice routes.

Duration: 3 days

The course covers:

- Ice climbing equipment and care
- Introduction to placing ice protection equipment, including multi-point anchors
- Route finding
- Ice climbing grading systems
- Seconding ice climbs
- Introduction to lead climbing
- Easy multi pitch climbing, including single, twin and double rope techniques
- Escape/retreat from multi-pitch ice routes
- Emergency procedures

The course does not cover:

- Alpine skills; such as glacial travel, avalanche awareness, twin rope techniques
- Hiking skills; such as navigation and weather patterns
- The supervision or leadership of other climbers

Beginner Snow-climber

(Feeder Course for Mountaineering Instructor Award)

The Beginner Snow-climber Course is a personal recreational training course which provides training for those who wish to learn to climb snow climbs and snow gullies on the African continent.

Duration: 3 days

The course covers:

- Snow climbing equipment and care
- Introduction to placing and building snow belays
- Properties of the snow pack
- Snow climbing grading systems
- Seconding ice climbs
- Introduction to lead snow climbing
- Moving together in a roped party
- Escape/retreat from snow climbs
- Snow hole shelters and bivvies
- Emergency procedures
- Introduction to high altitude health problems and their avoidance

The course does not cover:

- Alpine skills such as glacial travel, avalanche awareness, crevasse rescue
- Hiking skills such as navigation and weather patterns
- The supervision or leadership of other climbers

Basic Kloofing (Canyoning, Canyoneering)

(Feeder course for Kloofing Leader Award)

The Beginner Canyoneer Course is an introductory personal recreational training course, which provides training for those who wish to be introduced to the sport of canyoneering (canyoning / kloofing) kloofing.

Prerequisite: This course requires personal skills equivalent to someone who has completed the both the BEGINNER ABSEILING and BASIC HIKING course. It also requires that participants be able to swim confidently in black water while wearing shoes.

Duration: 3 days

The course covers:

- Basic knowledge of equipment
- The kloofing environment and its terminology
- Kloofing hazards
- Emergency preparedness
- Kloofing equipment
- Preparation for a kloofing trip
- Walking, wading and scrambling in kloof
- Kloof swimming techniques
- Jumping into water
- Basic abseiling in kloofs
- Emergency procedures

The course does not cover:

- The skills needed to approach and retreat from mountain crags
- Kloof exploration skills
- Improvised rescue skills
- The supervision or leadership of other participants

DURATION OF RECREATIONAL TRAINING COURSES

Course	Duration	Age	Instructor Qualification
Basic Hiking	3 days	14	MWL / KIA
Beginner Abseiling	2 days	14	RCI / MIA / KIA
Beginner Rock climbing	2 days	14	RCI/MIA
Rock climbing Leader	3 days	16	RCI/MIA
Beginner Ice climber	3 days	16	MIA
Beginner Snow climber	3 days	16	MIA
Basic Kloofing	3 days	16	KIA

LEADERSHIP TRAINING PROGRAM PROSPECTUS

INTRODUCTION

The program is primarily concerned with good leadership practice, resulting to the safe enjoyment of the activity. Courses are not intended as basic skills training for people who have little or no experience in the activity. These courses are intended to train “mountain leaders” and as such they are expected to already have substantial personal recreational experience in the activity or have attended an appropriate MDT Recreational Training Course.

Completion of a training course alone, without taking an assessment course, is not a qualification in itself, although it may be of considerable benefit to the trainee in their personal recreational capacity.

LEADERSHIP AWARDS PROGRAM

The program provides training and assessment in nine partially independent awards for those who are in a position of responsibility in each discipline. They are suitable for individuals working in a voluntary capacity. The separate awards cover:

Wall Climbing Supervisor

The Wall Supervisor Award provides training and assessment for those who supervise bolted top-rope and leader rock climbing on artificial walls and easily accessible natural crags.

Duration: 2 days

Assessment: 1 day

If the pupil can show extensive prior experience and competence during the course, the instructor may proceed directly into a RPL assessment.

The award covers:

- Belay techniques
- Artificial (bolted) anchor points
- Supervising top roping
- Supervising bottom roping
- Supervising bolted lead climbing
- Rock climbing grading systems
- Supervising bouldering
- Rope types and uses, and equipment care
- Personal abseiling
- Escaping the system
- Basic understanding Fall factors or impact forces in the safety chain
- Top rope anchors using bollards, trees, bolts and spikes

The Award does not cover:

- The skills needed to approach and retreat from mountain crags
- Multi-pitch rock climbing
- Access to any location where escape is not easily possible from the top and the bottom of a climb
- The use of traditional anchors
- The skills required to supervise a group abseiling

Abseil Supervisor Award

Duration: 4 days

Assessment: 1 day

If the pupil can show extensive prior experience and competence during the course, the instructor may proceed directly into a RPL assessment.

The Abseil Supervisor Award provides training and assessment for those who are in a position of responsibility while supervising abseiling up to and not exceeding 140 meters.

The award covers:

- Belay techniques
- Artificial (bolted) anchor points and bollards, trees and spikes
- Group supervision
- Non- releasable abseils
- Re-leasable abseils
- Retrievable abseils
- Ascending the rope
- Hauling systems
- Local rescue structures
- Pick-offs
- Passing knots
- Rope types and uses, and equipment care

The award does not cover:

- The skills needed to approach and retreat from mountain crags
- Access to any location where escape is not easily possible from the top and the bottom of the abseil site
- Multiple abseils, or abseils that involve intermediate stances

Single Pitch Supervisor Award (SPSA):

Duration: 3 days

Assessment: 1 day

If the pupil can show extensive prior experience and competence during the course, the instructor may proceed directly into a RPL assessment.

The Single Pitch Supervisor Award provides training and assessment for those who supervise single pitch traditional and sport rock climbing.

The award covers:

- Lead climbing of trad routes
- Lead climbing of sport routes
- Belay techniques
- Artificial (bolted) and trad anchor systems
- Basic understanding of Fall factors and impact forces in the safety chain
- Group supervision

- Non-releasable abseils
- Retrievable abseils
- Ascending the rope
- Hauling systems
- Local rescue structures
- Rope types; and uses and equipment care

The award does not cover:

- The skills needed to approach and retreat from mountain crags
- Multi-pitch rock climbing and it's supervision
- Access to any location where escape is not easily possible from the top and the bottom of a climb
- Releasable abseils

Mountain Leader Award

The Mountain Leader Award is an award 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 wilderness of southern Africa. It integrates experience, training and assessment in a variety of testing conditions in mountainous country.

Duration: 4 days

Assessment: 2 day

If the pupil can show extensive prior experience and competence during the course, the instructor may proceed directly into a RPL assessment.

The course covers:

- Navigation on trails
- Basic off-trail navigation
- Weather prediction
- Safety on steep ground
- River crossings
- Group leadership
- Camp craft and hygiene
- Emergency procedures
- Mountain rescue structures

International Mountain Leader Award

The International Mountain Leader Award provides comprehensive training and assessment for individuals who aspire to work as leaders in southern Africa and further afield. It integrates training, experience and assessment in a variety of realistic situations.

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

Duration: 6 days

Assessment: 4 days

The award covers:

- Advanced navigation on and off trail
- Weather prediction and understanding
- Safety on steep ground, including the use of a rope
- River crossings with and without the use of a rope
- Movement over snow covered terrain
- Mountain hazards and their avoidance
- Group leadership
- Camp craft and hygiene
- Emergency procedures
- Mountain rescue structures

Kloofing Leader Award (KLA):

Prerequisite: Candidates should possess skills equivalent to Basic Kloofing and Mountain Leader Award.

Duration: 4 days

Assessment: 2 days

The Kloofing Leader Award provides structured training and assessment for the leaders of parties engaged in kloofing.

The award covers:

- Outdoors leadership and the law
- Trip planning and logistics
- Group leadership and management techniques
- Advanced kloofing ropework techniques
- Supervising novices in kloofing
- Prevention and management of injuries and illnesses common to kloofing
- Basic water rescue techniques
- Managing kloofing emergencies
- Rescue structures in SA

The award does not cover:

- The skills needed to approach and retreat from mountain crags
- Multi-pitch rock climbing and its supervision
- Access to any location where escape is not easily possible from the top and the bottom of a climb
- Releasable abseils

Instructor Awards

The Instructors Awards provides comprehensive training and assessment for individuals working as instructors privately or at mountaineering centers. The awards are primarily concerned with candidates' ability to run MDT courses and assessments in-line with the organisations requirements. Candidates are required to have attained certain previous MDT awards before attending an instructor course.

Mountain Walking Instructor

Requirements prior to course:

Must hold the IML award prior to attending this course

Duration of course: 3 days

Assessment: 2 days

The course covers:

- Syllabus of the ML award
- Syllabus of the IML award
- Syllabus of the Hiking Leader course
- Teaching methods of navigation
- Teaching methods of other aspects of syllabi
- MDT administration
- Assessment process and standards of MDT Awards

Rock Climbing Instructor**Requirements prior to course:**

Must hold at least the SPSA, ASA and ML awards and have gained similar skills and experience to the RCL recreational course

Duration of course: 3 days

Assessment: 2 days

The course covers:

- Syllabus of the ML award
- Syllabus of the IML award
- Syllabus of the Beginner rock climber course
- Syllabus of the ASA award
- Teaching methods of navigation
- Checking of prescribed minimum experience requirements
- Teaching methods of other aspects of the syllabi
- MDT administration
- Assessment process and standards of MDT Awards

Kloofing Instructor**Requirements prior to course:**

Must hold the ML, ASA and KL awards prior to attending this course. Should also possess a life-saving certificate or a Swift Water Rescue course prior to assessment.

Duration of course: 2 days

Assessment: 2 days

The course covers:

- Syllabus of the ML award
- Syllabus of the AS award
- Syllabus of the KL award
- Teaching methods of all aspects of syllabi
- MDT administration
- Assessment process and standards of MDT Awards

Mountaineering Instructor Award

The Mountaineering Instructors Award provides comprehensive training and assessment for individuals working as instructors in a voluntary capacity, privately or at mountaineering centers. It integrates training and assessment in a variety of testing conditions in mountainous country.

The program provides training and assessment in the skills required to teach and assess, general mountaineering, mountain hiking, mountain leadership and rock climbing and to conduct all courses and assessments of the MDT.

Some instructors will not teach certain aspects and can therefore omit the KLOOFING aspect, in which case the award will be endorsed with NO KLOOFING.

Requirements prior to course:

Must hold at least the SPSA, ASA and ML awards and have gained similar skills and experience to the RCL, BSC and BIC recreational courses. Must hold the KI award in order not to be endorsed as NO KLOOFING.

Duration of course: 3 days

Assessment: 4 days

The course covers:

- Syllabus of the ML award
- Syllabus of the IML award
- Syllabus of the Beginner rock climber course

- Syllabus of the ASA award
- Syllabus of the ML award
- Syllabus of the IML award
- Syllabus of the Hiking Leader course
- Syllabus of the Beginner Ice-climber
- Syllabus of the Beginner Snow-climber
- Syllabus of the Basic Kloofing course
- Syllabus of the Kloofing Leader award
- Teaching methods of navigation
- Checking of prescribed minimum experience requirements
- Teaching methods of other aspects of the syllabi
- MDT administration
- Assessment process and standards of MDT Awards

Stages

Each program comprises of:

1. Completion of a minimum prior experience/training checklist which is assessed by a Course Provider to confirm that the candidate is ready for leadership training
2. A training course & registration with the MDT
3. Further experience gained during a consolidation period
4. Assessment course comprising of theory and practical components
5. Moderation & certification

The duration of training, consolidation and assessment for each award is as follows:

It is assumed the candidate will have already completed the training required for levels below the one they are attempting.

REGISTRATION

The candidate wishing to register must:

1. Be not less than eighteen years of age at time of assessment
2. Have a genuine interest in the activity and the supervision of groups

3. Complete the registration procedure. This should be obtained from and submitted to the MDT via an approved Course Provider.

Acceptance onto leadership training courses is not guaranteed. Potential Candidates must have met the minimum requirements for attendance on a leadership training course prior to acceptance.

Course Providers are given a period of 14 days from the date of completion of the course, to submit the registration details of their course attendees to the MDT. The MDT administration then has a further 14 days to process these registrations, and to supply you with your registration number as recorded on the MDT database

Please feel free to contact the MDT administration at any time to check up on your registration process. You should receive an e-mail / sms / phone call / letter confirming receipt of your registration form once the MDT administration has received it. If you do not receive such confirmation, you may contact the MDT administration, who will contact the Course Provider immediately should the registration details not yet have been submitted.

The purpose of this is to ensure speedy registration, leading to satisfied MDT trainees. Please be assured of our commitment to aid you in this process.

TRAINING

Candidates must attend a formal training course run by an approved Course Provider. The course addresses the requirements of each award.

All courses assume the candidate has completed a recreational course in the discipline concerned or has substantial prior experience.

COURSE PROVIDERS

Course providers may only provide the following courses or assessments as follows:

Course	Course provider
Basic Hiking Course	Mountain Walking Instructor
Mountain Leader	Mountain Walking Instructor
Mountain Leader	Mountain Walking Instructor
International Mountain Leader	Mountain Walking Instructor
Beginner Abseiling	Rock Climbing or Mountaineering Instructor
Beginner Rock climbing	Rock Climbing or Mountaineering Instructor
Rock Climbing Leader	Rock Climbing or Mountaineering Instructor
Beginner Ice Climber	Mountaineering Instructor
Beginner Snow Climber	Mountaineering Instructor
Wall Climbing Supervisor	Rock Climbing or Mountaineering Instructor
Abseil Supervisor Award	Rock Climbing or Mountaineering Instructor
Single Pitch Supervisor Award	Rock Climbing or Mountaineering Instructor
Mountain Leader	Mountain Walking Instructor or Mountaineering Instructor
International Mountain Leader	Mountain Walking Instructor or Mountaineering Instructor
Basic Kloofing	Kloofing Instructor
Kloofing Leader Award	Kloofing Instructor

Quality control checks will be undertaken by the MDT via a course quality assurance which must be filled in by each candidate then collected and returned to the MDT by the Course Provider

along with the Candidates' registration form. Any course provider who fails to adhere to the MDT's guidelines will be refused / discontinued Course Provider status.

It is important that any Candidate attending an MDT training course, personally confirms that the Course Provider is registered as such, for that level by checking the MDT's website and list of approved Course Providers, or contacts the MDT Administrator for confirmation.

MODULAR FORMAT

Some training courses may be run as complete courses or as modules of each course in order to make training more easily available for people with limited time available. This is often dependant on the individual course as some courses do not lend themselves to modularisation.

FIRST AID

At the beginning of the assessment course the candidate must hold a currently valid and approved first aid certificate.

LOGBOOK

Experience gained by the candidate should be recorded in the MDT Logbook (Available from the MDT website). Entries should be concise, easily readable and should include participation, supervising and other relevant experience.

The logbook is divided into sections and includes:

- Particulars of the logbook holder
- A record of experience gained
- The particulars of the training course, completed by the Director of Training
- The particulars of the assessment course

CONSOLIDATION

During the period between the training and assessment courses, the candidate is expected to gain extensive experience at a wide range of venues and some practice in the supervision of groups.

The consolidation period is as listed in the table listed under the section “Stages”.

EXPERIENCE

Candidates often experience some difficulty when compiling logbooks, in trying to determine whether or not they meet the experience requirements of the Program. The Director of Assessment is looking for both depth and breadth of experience since a candidate who only has the minimum experience is unlikely to benefit from either training or assessment courses.

The Mountain Training Program is South African oriented; therefore, experience recorded should reflect this. Whilst experience gained abroad is undoubtedly valuable, it is not necessarily the most appropriate.

ASSESSMENT

Before attending an assessment course the candidate must:

- Have registered with the MDT
- Have attended a training course
- Have the minimum experience as listed in the table below
- Be familiar with all aspects of the syllabus
- Hold a valid approved first aid certificate

The candidate will be expected to present a pre-assessment checklist, logbook and first aid certificate to the Assessor, to confirm that the pre-assessment requirements of the program have been met.

During the assessment course, the candidate will be tested in accordance with the syllabus requirements.

The Director of Assessment will endorse the candidate in one of three ways:

Pass

Awarded where the candidate has demonstrated proper knowledge and application of the course syllabus and has shown the necessary experience.

Deferred

Awarded where the candidate has generally performed at the required standard 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 reassessment.

Fail

Awarded where the candidate's performance has been weak, or the necessary experience and attributes have not been shown.

An assessment report will be submitted to the MDT Administrator for moderation and issuing of a certificate where applicable.

REASSESSMENT

The reassessment must follow a minimum period of three months. The candidate may only take two reassessments before being required to take the entire course again. Since the reassessment will be based on information gained during the assessment all reassessments must be completed within a five-year period.

RECOGNITION OF PRIOR LEARNING

Exemption through RPL from the training and consolidation period is possible for the candidate who can demonstrate substantial experience prior to registration. It must be stressed that the consolidation period is an essential part of the preparation for assessment, enabling the candidate to personally evaluate the techniques demonstrated during training.

MODERATION

Every assessment undertaken by a Course Provider is moderated and candidates must understand that any provisional result given to them by their Course Provider may be overturned by the Moderation process. Full details will be provided to the candidate and Course Provider in this case. Full details of the Moderation process can be obtained from the MDT's Moderation Policy document.

COMPARISON WITH THE NATIONAL QUALIFICATIONS FRAMEWORK

The South African Qualifications Authority (SAQA) registered National Qualifications are “work based” qualifications.

The SAQA Qualifications are unit standard based and are recognised by the SA Government for use for the purpose of registering as a professional guide with the Department of Environmental Affairs and Tourism (DEAT) in terms of the 2nd Tourism Amendment Act of 2000.

The MDT Awards are widely recognized by industry role players, but are not recognised by DEAT for purpose of the 2nd Tourism Amendment Act of 2000.

So should you wish to be a registered and legal guide in SA, you must hold the SAQA Qualification, the MDT Awards will not be sufficient for this purpose, however if your need is non-professional, then the MDT awards program is the way to go.

In fact the SAQA and MDT qualifications are so similar, (the SAQA Units were written based on the MDT program), that the MDT Training Program is still a good option for the training part of your qualification before you apply for assessment, whether you need a SAQA National Qualification or an MDT Award.

SUITABILITY

It is the duty of the organising authority to decide whether an award holder possesses the personal attributes needed to take responsibility for the care of individuals, groups or clients. It is the combination of technical skill, wide experience and personal qualities that form the basis for effective leadership. The program assesses the technical skills and experience; the organising authority has to gauge the personal qualities.

RECOGNITION OF PREVIOUS LEVELS

Holders of previous levels of MDT awards will be deemed to hold the equivalent of those awards, subject to the standard renewal period, at which time the new requirements will need to be met.

DEFINITIONS

For the purpose of these programs:

A Leader is a person who can take responsibility for other people and lead or supervise an activity.

An instructor is a person who can teach people, including beginners, so they are competent to take part in an activity.

Abseiling is defined as the controlled descent on a rope:

- Without the use of intermediate stances;
- Allowing the participant to be lowered to the ground at all times.

Short Abseils are defined as not exceeding sixty meters in length, where the environment presents little objective danger, with no difficulties of approach or retreat.

Long Abseils are defined as exceed in sixty meters.

A quality mountain day should contain elements of planning, exploration and navigation. It should be strenuous and reasonably demanding and ideally on unfamiliar terrain which will necessitate the use of navigation. Finally and perhaps most importantly, the end result will give a sense of achievement, satisfaction and enjoyment.

In terms of experience, the quality of a mountain day lies in a range of factors that make a positive contribution towards a person's development and maturity. Typically some or all of these criteria would be fulfilled:

- The individual takes part in the planning and leadership.
- Adverse conditions may be encountered and navigation skills are required away from marked paths.
- Experience must be in terrain and weather that is comparable to typical South African conditions.
- Attention is paid to safety, knowledge is increased and skills are practiced.
- The journey time is seven hours or more.

A single pitch climb is defined as one which:

- Is climbed without intermediate stances;
- Is described as single pitch in a guide book;
- Allows students to be lowered to the ground at all times;
- In non-serious and has little objective danger;
- Presents no difficulties of approach or retreat, such as route finding or scrambling.

A Top-roped climb is defined as one which:

- Employs the use of a top-rope, where the participant is belayed from either below (bottom roping) or above (top roping);
- Allows the participant to be lowered to the ground at all times;
- In non-serious and has little objective danger;
- Presents no difficulties of approach or retreat, such as route finding or scrambling.

A Kloof (canyon) is defined as a deep, narrow, steep-sided (often vertical walled) valley, usually with a flowing watercourse (perennial or intermittent, resulting in “wet” and “dry” canyons). The biggest danger of kloofs is the inability to flee water which is rising rapidly for whatever reason.

Kloofing is defined as moving either up or down a kloof using a combination of techniques which may include boulder-hopping, wading, swimming, jumping, scrambling and abseiling.

NOTES

1. A list of approved and accredited Course Providers is available from the MDT.
2. Ideally, the candidate during the consolidation period should be under the direction of qualified award holder.
3. First Aid certificate levels should be suitable for the environment in which you will be operating and the type of injuries that may be sustained

ACKNOWLEDGEMENTS

- 1. South African Mountaineering Development and Training Program**
Technical Committee.

- 2. Mountain Club of South Africa.**
National Training Sub-committee (1994)
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- 3. Union International des Associations d'Alpinisme**
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- 4. Mountain Leader Training Board (UK)**
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- 5. United Kingdom Mountain Training Board (1995)**
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- 6. AEE: Safe Practice in Adventure Programming**
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- 7. Adventure Qualifications Network cc**
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