

MOUNTAIN WALKING INSTRUCTOR SCHEME

SYLLABUS

**South African Mountaineering
Development and Training Programme**

Mountain Training Scheme



Only trainers and assessors 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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Mountain Walking Instructor Scheme Syllabus

Personal Mountain Walking

The candidate must be able to demonstrate:

- care for and leadership of a party scrambling on rocky terrain including the use of short rope techniques;
 - safe control of a party in descent and retreat on steep broken ground;
 - knowledge and use of a wide range of equipment
 - a suitable choice of route, given the ability of a party, weather and conditions;
 - navigation, with speed and efficiency in all conditions.
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Mountain Walking Instruction

The candidate must be able to:

- structure, organise, lead and perform instruction in mountain walking for participants who range from novice to committed mountain walker;
 - assess the ability of a group and give a safe, enjoyable and educational day;
 - instruct committed mountain walkers in all aspects of mountain craft and leadership;
 - instruct all aspects of navigation.
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Mountain Rescue

The candidate must be able to assess an accident scene, and implement appropriate action.

Risk Assessment

The candidate must be:

- aware of the responsibilities of the mountain walking instructor to the South African Mountaineering

Development and Training programme, employer and society;

- able to evaluate the needs and requirements of the individual and the party and to obtain a suitable level of adventure, risk and safety.
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Accreditation Scheme

The candidate must be:

- able to demonstrate an ability to instruct and supervise the elements of the Basic and Advanced Mountain Walking Leader Schemes;
 - aware of the standards required for assessment of the above certificates and knowledgeable on suitable methods of assessment;
 - knowledgeable on the philosophy, structure and organisation of the above certificates.
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Mountain Environment

The candidate must be:

- knowledgeable on the mountain environment, including: geology, natural history, flora and fauna;
 - knowledgeable on the multiple use of mountain areas and the necessity for the conservation and protection of land against human pressures;
 - aware of the problems relating to access to mountainous country and our impact upon it;
 - able to enthuse and educate others in the above topics.
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Development of Mountain Walking

The candidate must be able to demonstrate:

- knowledge of mountain walking history;
- knowledge of a wide range of mountain literature including instructional books, guide books and biographical elements;
- knowledge of the structure of mountaineering clubs and organisations.

Mountain Walking Instructor Scheme 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)**
Mountain Instructor Scheme Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1994)**
Mountain Instructor Scheme Prospectus and Syllabus.
6. **United Kingdom Mountain Training Board (1995)**
National Guidelines.

Mountain Walking Instructor Scheme Documentation

Compiled by Euan Waugh

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