



## Summer Mountain Leader Award Training

**This course will help train you with a view to becoming a leader within the UK mountains in summer conditions (There is no season limit with this award. However the award is only valid for summer conditions) It will address the technical skills, judgment and knowledge which you will require to become a safe, inspiring leader. The course is mainly practical based, backed up by classroom theory sessions. To view the full ML syllabus go to <http://www.mltuk.org/ml.php>**

### Course Content

The course will start on the first morning with an introduction to the scheme and the course in general. Over the next six days we then aim to cover the Mountain Leader Summer Training Syllabus. A typical course programme is shown on the next page.

Some areas, such as navigation, route choice and leadership are covered in more detail. Other techniques and skills are discussed, lectures given, and then those topics can be developed after the course through practice, personal reading and research. This allows us more time to focus on the real skills required by a summer mountain leader.

The programme may well change to suit local weather conditions on each day.

### Course Directors

Each course will have a Course Director(s) who is/are responsible for ensuring your course is carried out to the specifications required by Mountain Leader Training (MLT) who oversee the awards. They have been chosen, not only due to their extensive knowledge and experience of the awards but in order to make your course enjoyable and be approachable

## Course Program

| DAY           | CONTENT   | CONTENT   |
|---------------|---|---|
| Arrival day   |   | Arrival - Beverage and Biscuits / Cakes provided    |
| Day 1         | Welcome chat<br>Course Introduction<br>Kit Check / Issue<br>Weather Review<br>Navigation Techniques<br>Party Leadership, Route Choice<br>Mountain Hazards   | Mountain Weather Talk                               |
| Day 2         | Weather Review<br>Party Leadership, Route Choice and ML Ground<br>Mountain Hazards  | Introduction to Rope Work                           |
| Day 3         | Weather Review<br>Emergency Rope work<br>Legal and Moral Lecture  | Route Planning<br>Route Cards<br>Remote Supervision |
| Day 4         | Weather Review<br>Leaders Rucksack<br>Rescue & Emergency Services Improvised Rescue, River Crossing<br>Mountain Hazards<br>Remote Supervision<br>Tent Pitching and Stove use<br>Expedition review and kit and packing<br>Child Protection | Free Evening  |
| Day 5         | Weather Review<br>Expedition<br>Mountain Hazards  | Overnight Camp<br>Night Navigation                  |
| Final day (6) | Return from camp<br>Outline of assessment procedure and further awards<br>Course debriefs   | Depart 16.00  |

### Who Are Our Course Directors ?

We have what we feel is a very impressive list of course directors. Our course directors have vast experience of teaching and assessing the awards alongside their own personal experience within the mountains. Many of our directors' work freelance and not only for Blue Peris, which is intentional.

#### Mark 'Baggy' Richards (MIC)

Baggy has been directing and working on courses for many providers for over 20 years. He was heavily involved with the ML scheme whilst working as a full time instructor at Plas Y Brenin and is currently a board member of Mountain Leader Training England. This allows the centre to be very current and up to date with the ML Scheme. He still freelances and guides in his spare time.

#### Sam Benson (MIA, WML and IML)

Sam has been involved with the scheme for over 15 years. He also has extensive experience of working and running ML courses including at Plas Y Brenin. He currently works as a freelance instructor and has vast experience of working with all types of groups both in the UK and further afield.

Sam's interest in the outdoors has been ever-present as a teenager he was always sleeping outside, cycle touring, walking and eventually rock climbing. His first proper mountain was Cader Idris climbed on a school field trip to Snowdonia, it still is his favourite mountain and that experience just made me want more.

#### Lou Tully ( MIA - WML )

Louise has many years experience working with young people and delivering mountaineering and rock skills to adults. She has been working on ML courses for over 10 years for a variety of providers. Her work takes her to Scotland and oversees and she has held positions at LEA centres and St Davids College in North Wales

#### Rod White (MIA - WML )

Rod spent time as Deputy Head of Llanrug Centre near Llanberis until the LEA decided to sell it off. Whilst there he worked on many ML courses and spent a lot of his time working with novices on Welsh Mountains. In addition to this, he has travelled to a variety of countries both for pleasure and work. Prior to Llanrug he was also involved with ML courses for a variety of providers over a 12 year period.



'I had a fantastic time at Blue Peris and will definitely be coming back '

'Very good all round will recommend to my friends and will return myself for assessment. Overall impressed and satisfied. '

'The instructors were brilliant'

'Teaching performance of instructors was outstanding; they made the course very enjoyable and inspiring'

'Very well organised, very friendly, helpful and excellent instructors'

## Stages of the Scheme

### Stage 1 Registration

You need to register with one of the home nation boards and obtain a log book. You will need to register for each award you wish to pursue. Candidates from England usually register with the MTE (Mountain Training England, Siabod Cottage, Capel Curig, Conwy, LL24 0ET, tel 01690 720272 <http://www.mountain-training.org>). However, before registering you will need to have certain personal experience relevant to the award which the above boards will advise you on.

Note: The qualification, training and syllabus for the ML Summer Award are the same regardless of which board you register with.

In order to register with either MLTW or MLTE you are required to be a member of the British Mountaineering Council

### Stage 2 Training Course

These courses follow carefully the training board's syllabi. They are largely practical in nature, with some topics covered by talks and discussions. Major parts of all courses are navigation, leadership issues, group management issues and emergency procedures. These are areas of competence which individuals only gain by specific training. Our staff are highly experienced and actively work with groups in the mountains and on the crags. We offer advice which is current, realistic and works.

### Stage 3 Consolidation Period

This is where you gain further experience to prepare you for an assessment. This period also allows you to further develop the skills learnt on your training course.

### Stage 4 Assessment Course

This is where your ability and competence relevant to the award is assessed.

Before attending a course, you must make sure you satisfy the pre-assessment requirements as set out in the "Prospectus and Syllabus".

# Frequently Asked Questions

## What is included within the course costs ?

Accommodation and beverages on the first evening  
Full board, accommodation and beverages on days 1 to 4 (no evening meal on day 6 as course will finish at 4.30)

Free Wi-Fi (limited to e mails, face book, Google etc, but not downloads and films)

Transport whilst at the centre

Certain items of equipment can be loaned (as shown in bold on the kit list)

## What is not included in the course cost ?

Registration for the award

Travel to the centre and return travel

Not all equipment is supplied (see kit list)

Towels

Toiletries

## What admin do I need to ensure I have arranged ?

- Have I sent off a booking form, medical form and paid in full
- Are you registered on the the Summer Mountain Leader Scheme ? If so you should have registered with the candidate management system ( CMS ) and have a personal registration number.

## Do I need to bring my logbook and all its contents pages with me ?

Yes

## What accommodation block will I be staying in ?

Residential courses are either in our main centre (Blue Peris) or in our adjacent property White Peris (visit website for further details)

## Can White Peris be hired out ?

Yes White Peris can be hired out as a self catering accommodation block for use by outside groups or individuals: Instruction and equipment for a wide range of activities can also be arranged for White Peris users and outside groups. Please visit website course and activities pages for further details.

## Can I book last minute ?

If places are available you may book the day before a course starts

## What maps will I require ?

You will need to bring an Ordnance Survey No 17 1:25:000. this needs to be a laminated version.

A 1:50:000 will be supplied for loan only FOC if you do not have your own.

We sell both the 1: 50:000 and 1:25000 maps at the centre

## Do I need a compass ?

Having you own compass is a must. We recommend the Silva Expedition or type 4 compass. However we can lend you one of these, for the duration of the course only, for no extra charge.

## Will I be required to bring my own rope ?

No. However many of our students during or upon leaving the course purchase a new ML rope from Blue Peris as we sell them.

This is an area in which many of our candidates struggle for advice on; for both training and assessment. We have sourced full weight, 10mm to 10.5mm single ropes. They are 30 metres long and all our staff see this as the most optimum length of rope to carry. As it is a single rope then it's ideal for practicing ML techniques and using in real emergencies I can also be used for single pitch climbing and at the climbing wall.

Ropes only £41.00 each plus VAT.

Be aware ; Very skinny ropes such as 7mm are too thin to handle, too thin to hold in a fall situation and are more likely to abrade and cut over edges. Many hill walking ropes sold are not suitable for the ML Award. In addition they are normally shorter than 30m. Short ropes are very limiting in their use in UK mountains and the ML award.

## What do I receive for my packed lunch ?

We ask you to make your own packed lunch each morning. This way you are able to have your sandwiches just as you like and as many as you like. There are a variety of fillings, brown and white bread, crisps, fruit, a savoury snack, small chocolate bar and a piece of cake.

## What do the evening meals consist of ?

There are 3 choices of the main meal and the dessert each evening alongside soup and bread as a starter.

## Do you cater for vegetarians / Vegans / other special dietary requirements ?

Yes, please let us know in advance about any special diets and notify this clearly on the medical and personal details form. We can also send you the menu options for vegetarians and vegans. Contact the centre.

## Can I gain access to hot and cold drinks throughout my stay ?

We have facilities so that you can grab a cuppa at any time and fill your flask. There is no extra charge for this and we have a variety of teas, coffees, cordial and

## More Frequently Asked Questions

### Is the centre secure ?

All doors on the accommodation blocks have coded door locks, which you will be given the code to. Personal belongings are not insured so please be aware of this. We do have a small safe if you wish to put anything really valuable in.

### Is smoking allowed on site ?

Smoking is not allowed inside any building.

### Will I obtain mobile phone reception at the centre ?

Certain mobiles have better coverage than other. However, most mobiles work at the centre.

### Is there a pay phone at the centre ?

Blue Peris has a pay phone. However White Peris does not. If required we can arrange for you to use this if you are staying in White Peris

### Do you have Internet access ?

Our accommodation blocks have access to wi-fi, there is no extra charge for this, but there are restrictions on downloads.

### Is there on site parking ?

Yes you can park on site. When we are busy we have to juggle cars around but it all works out.

### Does the centre have a shop ?

We have a small shop on site that sells chocolate, drinks and maps. This is opened up on request.

### Can I watch the TV ?

Yes

### Can I bring my own dog ?

We do not allow animals at the centre (except guide dogs). One of the reasons is that dogs are not allowed on the majority of the land we use for the courses.

### Are there local amenities ?

There are reasonable pubs and a Spar in Llanberis which is 10 minutes drive or 20-30 minutes walk. Closer to the centre in Deiniolen you will find a Londis. Instructors are happy to stop off en route to daily venues if you wish.

### Fitness and Health ?

You will be asked to fill in a personal details form which amongst other things asks you about illness and disability. Courses are quite intensive and can be tiring, so although a high level of fitness is not essential, a reasonable ability in the activities is necessary in order to participate in the sessions.

### Safety ?

Outdoor courses by their nature contain elements of risk. At Blue Peris we pride ourselves on being able to offer you an adventurous experience with some of the most highly trained and experienced instructors delivering the awards. However, whilst every effort is made to conduct activities safely, you do of course have some responsibility for the safety of yourself and others. You should question any practice or instruction which you might deem unsafe.

### Insurance ?

Instructors have professional indemnity insurance. We have to advise you to consider arranging your own insurance if you wish to cover illness, injury, damage to and loss of personal effects, cancellation etc.

### Equipment ?

For training courses, you are encouraged to bring as much of your own equipment as you can.

# Kit List

## Mountain Leader Training

All items in bold can be borrowed from centre as part of the course fees

- Maps
  - 1:25,000 Map of Snowdonia – Outdoor Leisure No 17. This map needs to be weather protected (covered in plastic film or good quality map case. Please no plastic bags your map will not function in one of these.)
  - **1:50,000 Snowdonia No 115 As above in reference to be waterproof**
- **Day Rucksack approx 30 litres.**
- **Expedition rucksack 50 plus**
- **Compass.- Silva compass, Type 4 / Expedition is ideal and is the best. A basic and cheap compass will not really be of use.**
- **Good sturdy walking boots 2season and above**
- Rucksack liner ( black bin liners are not suitable )
- Changes of warm clothing suitable for use on mountain days, which may sometimes be slow moving and in bad weather!
- Head Torch for night navigation. A good head torch is essential and a must. Please bring new and spare batteries. And a spare bulb! A hand torch is not suitable.
- Watch with a stopwatch for navigation timing. An altimeter for the wealthy! But not essential.
- Fleeces
- Gaiters
- Walking socks
- Woollen hat and/or balaclava
- 1 to 2 pairs of gloves or mittens
- 2 to 3 pairs of loose trousers
- Thermal underwear
- (Just occasionally in summer!!) - shorts, sunhat, sunglasses and sun cream
- Change of informal clothing for evening, i.e. not activity wear
- Indoor shoes or slippers
- Personal Toiletries and medication
- Hand and Shower towels
- Note book and pen
- Camera
- Thermos flask
- Drink bottle
- Waterproof jacket (we can supply a basic one)
- Waterproof trousers (we can supply a basic one)
- Whistle
- Survival bag/bivi bag
- **Sleeping bag suitable for time of year**
- **Camping mat / thermarest**
- **Camping stove, fuel, pans, cutlery, mug etc**
- **1-2 person tents**
- Books
  - Hillwalking by Steve Long ISBN 0-9541511-0-0  
The only book you need, bang up to date and written for the ML WGL Schemes.
  - Nature of Snowdonia by Mike Raine. ISBN 978-1-906095-10-9
  - Rock Trails of Snowdonia by Paul Gannon

Our  
instructors  
have lots of  
practice at  
building  
people's  
confidence

