



Mountain Training

Hill & Moorland Leader

Title:	Hill & Moorland Leader Training Course Example Program
Summary:	This example program gives you an indication of what is involved on a 4-day Hill & Moorland Leader (HML) training course. Each course is individual & reactive to both participant & environmental factors. When you book a course you'll receive a program specific to the course you attend.
Note:	Candidates are reminded that attendance on a training course must not in any way be considered a qualification in its own right. This is only achieved by passing the HML Assessment.
Pre-Course:	<i>Participants should refer to the Mountain Training HML Candidate Handbook & our HML Fact-sheet for detailed syllabus information~ direct links on website</i>
Format:	The course requirement is 30hrs contact time over a minimum of 3 days. However we believe that candidates learn best when they are not physically tired or stressed so courses are delivered over 4 days, typically in pair of days within a 4-6 week period.
Day 1:	We'll usually meet at 9am for coffee & introductions. We'll discuss the specific course program, scope of the award (qualification), look at group and leader equipment & then head out on a journey during which we'll look at navigation techniques, dynamic leadership inc. risk assessment and group management. We'll aim to be back at our base around 4-5pm. A course requirement is poor visibility navigation. So after food & a Q&A session we'll head out for 3hrs to work on appropriate navigation techniques & look at personal & group management.
Day 2:	We'll meet at 10am for a recap of D1 and look at weather forecasts, route cards & safety briefings. We'll then head out and develop the skills from day one whilst adding in environmental knowledge and considering emergency scenarios. We'll aim to finish by 4pm.
Between:	You'll be asked to further research weather forecasts and to bring a planned full day route to discuss during days 3-4 - we will provide links to suitable examples and our own "top tips"
Day 3:	We'll meet at 9am and discuss the merits of various weather forecasts and review our route plans. We'll then head out putting the skills from D1&2 to use on a journey. We'll look at how we can dynamically changing our plans, leadership styles and develop our understanding of the scope of the award. We'll aim to finish by 5pm. There will then be an optional night time navigation session as candidates often struggle with developing this skill set.
Day 4:	We'll meet at 10am. We'll look at how an assessment runs, work on some more emergency scenarios and give participants the opportunity to lead part of the day's journey. You'll see at least a couple of examples of 5minute engagement talks & we'll finish by 4pm.
Variations:	This course <i>can</i> be run as 3 x 10hr+ days - however candidates should note these will be 3 very full and potentially demanding days - contact us to discuss this option. An exemption from Training can be requested from Mountain Training - candidates will have to be able to demonstrate substantial experience. We do not recommend this option - all training, however experienced you are, is beneficial and gives candidates the best foundation to successfully complete a HML Assessment.
Outcomes:	Completed, Not yet completed, Withdrew, Did not show, Exemption.
Next Steps:	You'll leave the training course with an action plan detailing your next steps on the journey to becoming a Hill & Moorland Leader - this will involve practising the skills learned, planning & undertaking your own walks and building a strong logbook to demonstrate this. Then it will be time to book an assessment....