



Mountain Training

Lowland Leader

Title:	Lowland Leader Assessment Course Example Program
Summary:	This example program gives you an indication of what is involved on a 2-day Lowland Leader (HML) Assessment. 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 in order to attend the Assessment they must meet the pre-course requirements - these are detailed in the MT Candidate Handbook and on our website.
Pre-Course:	When your place on the Assessment has been confirmed we will send you a home paper, details of the talk we'd like you to deliver to your peers and a planning task relevant to assessment.
Format:	The course requirement is 16hrs contact time over a minimum of 2 days. We typically run assessments over 32days as candidates report they prefer to be "in the zone" and focused on a single 'event'. We can run the course over 3-4 days to accommodate alternative requirements. The course will be reactive to environmental factors to maximise opportunities to assess different skills.
Day 1:	We'll meet at 08:30 for coffee, introductions and to discuss how the course will run. We'll then head out on a typical lowland day where candidates will be expected to actively lead the group whilst navigating. As opportunities present themselves we'll look at access, the environment and safety issues. The process will be as demonstrated on the training course - one candidate leads each leg of the journey - but other candidates will be expected to relocate and take an active part in any discussions. Candidates can deliver their hill-talk if suitable. Discussion will take place around the planning of Day 2.
Day 2:	We'll meet at 08:30 - after a quick recap we'll again head out on a typical lowland day. Candidates will be expected to demonstrate applicable leadership & we'll also look at coaching and instructional techniques, equipment and discuss (via scenario) some emergency procedure protocols. Candidates will be expected to demonstrate a clear understanding of competence, consequences and controls. Should the opportunity provide itself we'll also look at the remit of the qualification.
Equipment:	By the time you reach the stage of booking an assessment it is to be expected that you have all the equipment to keep you and a group might lead safe in the terrain of your award. Whilst Wellness Walks will typically provide maps we can <i>on some occasions</i> also loan items such as group shelters or walking poles.
Additional Info.:	This course is often physically more challenging than the training course as candidates journey more and whilst it's still an excellent learning experience there is greater physical activity. Candidates who excel on Assessment are almost always the candidates with the strongest logbooks who have built experience in a variety of locations and conditions. There is no exemption from Assessment.
Outcomes:	Pass, Defer, Fail, Not yet completed, Withdrew, Did not show. Candidates should be aware that they must have a valid First Aid qualification to Pass.
Next Steps:	If you do not pass the course we will provide detailed feedback, and if desired, help you make an action plan to address any issues raised. Passing this course might be the end, beginning or just part of your journey - but we'll be happy to work with you to help you decide what your next steps on the Mountain Training pathway could be.