



# Mountain Training

# Lowland Leader

<b>Title:</b>	<b>Lowland Leader Training Course Example Program</b>
<b>Summary:</b>	<p>This example program gives you an indication of what is involved on a 2-day Lowland Leader training course. Each course is individual &amp; reactive to both participant &amp; environmental factors. When you book a course you'll receive a program specific to the course you attend.</p>
<b>Note:</b>	<p><b>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 Lowland Leader assessment.</b></p>
<b>Day 1:</b>	<p><i><b>We'll usually meet around 9am for a quick coffee &amp; introductions</b></i></p> <ul style="list-style-type: none"> <li>• Mountain Training ethos, qualification pathways and scope of the scheme</li> <li>• Course programme, outcomes &amp; discussion of prerequisites</li> <li>• Introduction to:             <ul style="list-style-type: none"> <li>• Weather</li> <li>• Route planning</li> <li>• Navigation</li> <li>• Walking and route finding &amp; hazard identification</li> <li>• Group management</li> <li>• Personal equipment</li> <li>• Group/leader equipment</li> <li>• Access and conservation</li> <li>• Evening - <i>if applicable</i> - poor visibility navigation</li> </ul> </li> </ul>
<b>Day 2:</b>	<p><i><b>We'll usually meet around 9am &amp; have a recap and Q&amp;A over coffee</b></i></p> <ul style="list-style-type: none"> <li>• Responsibilities of the Lowland Leader</li> <li>• Development of skills from day 1 &amp; :</li> <li>• Weather interpretation during the day</li> <li>• How to plan a quality lowland walk and identify the associated risks</li> <li>• Navigation, walking and route finding</li> <li>• Group management</li> <li>• Environmental knowledge - some fun facts &amp; ways to engage a group</li> <li>• Accident/missing person procedures</li> </ul> <p><i><b>We'll finish with:</b></i></p> <ul style="list-style-type: none"> <li>• Feedback</li> <li>• Discussion of Digital Logbook (DLOG) and personal action plans for consolidation period and assessment</li> </ul>
<b>Outcomes:</b>	<p><b>Completed:</b> You have attended &amp; completed the training &amp; met the prerequisite requirements.</p> <p><b>Not yet completed:</b> If for any reason you do not complete the required hours for a course you will receive this result. In all cases an action plan will be discussed &amp; created for you. Providers have up to 21 days to submit a course report, which allows for you to submit further information if necessary, for example if you have not fully met the prerequisite requirements.</p>
<b>Next Steps:</b>	<p>You'll leave the training course with an action plan detailing your next steps on the journey to becoming a Lowland Leader - this will involve practising the skills learned, planning &amp; undertaking your own walks and building a strong logbook to demonstrate this.</p> <p>Then it will be time to book an assessment....</p>