# Summer Mountain Leader Home Paper

# Leadership Responsibilities

1. What are the responsibilities of a summer mountain leader?
2. List barriers to participation in hill walking.
3. Describe how you would supervise an unaccompanied group on a walk or expedition (e.g. DofE expedition)

# Leadership & Decision Making

1. How might you incorporate the “VISION, SUPPORT, CHALLENGE” model into a day with clients who have booked you for some guided hill walking.
2. Explain how you would support a group with learning difficulties on days hill walk.
3. Explain how you would support a group of young people to manage their toileting needs in the mountains.

# Planning & Weather

1. MWIS & Met Office Mountain Areas forecasts are written by humans, other weather websites such as yr.no use computer algorithms, what are pros and cons of each?
2. During the approach of a warm front, cloud cover usually develops as follows: *(Circle).*

Cirrocumulus, altocumulus, stratocumulus, nimbus.

Cirrus, cirrostratus, altostratus, nimbostratus.

Cirrus, cirrostratus, altocumulus, cumulonimbus.

Stratus, altostratus, cumulus, cumulonimbus.

# Hazards & Emergency Procedures

1. List the sequence of procedures a leader needs to do if they have an injured party member who can’t walk out (more than 3hrs walk).

# Equipment

1. Highlight differences in equipment you might carry depending on where you are going:

(Cairngorms, Torridon, Dartmoor.)

1. What are the pros and cons of hydrophobic down?
2. A student arrives for a day’s hill walk but wants to wear their new hill trainers as sold to them by the very knowledgeable shop assistant for a well-known outdoor retailer, what do you do?

# Walking Skills

1. How does a mountain leader develop novice clients hill walking skills?

# Navigation

1. Describe the pros and cons between OS and Harvey’s mapping.
2. How might you introduce or remove Challenge to individuals when teaching navigation skills?
3. How does a mountain leader integrate both digital and paper mapping when leading a group?
4. What are the priority navigation skills for a mountain leader when teaching navigation to novice students?

# Expedition Skills

1. What considerations are there when planning a wild camp with novice students?
2. Explain how you would manage a group when staying overnight in a bothy.

# Teaching& Learning Skills

1. Explain what is meant by the term ‘teaching styles’ and give an example of one.

# Access, Conservation & The Environment

1. What are the three principles of the Scottish Outdoor Access Code?
2. What is meant by Open Access Land and where do you find out about it?
3. What is ‘Magic’ map?
4. How do you find out about stalking in an area where you are thinking of visiting?

# Background Knowledge

1. Who is Nan Shepheard?
2. Who are “Boots & Beards” and what do they do?
3. Please describe who are the organisations below and what they do for hill walkers;

* Mountain Training
* Mountain Training Association
* Mountaineering Scotland
* British Mountaineering Council