



White Hall
Outdoor Education centre



COURSE NO: 3249(C)
EXPEDITION SKILLS MODULE
24 – 25 MARCH 2015

This two day course provides candidates with the knowledge and skills to competently undertake, organise and manage overnight expeditions in the Lowland Leader and Hill & Moorland terrain. Completion of this module is necessary for candidates who wish to become D of E Supervisors.

Pre-requisites

In order to take part in an Expedition Skills module a candidate must first complete an assessment course in any of the Mountain Training Walking Awards. Candidates should also have personal camping experience as you need to have logged a minimum of 10 overnight camps. You must have assisted with at least 2 group camps and you must have a valid 16 hour first aid certificate relevant to your work as a walking leader. Mountain Training will not recognise completion of the course by non-registered participants. Copies of the guidance notes are available from Mountain Training. Bring your logbook to the course fully completed with your experience.

Mountain Training may be contacted at the following address for registration and syllabus enquiries:

Mountain Training
Siabod Cottage
Capel Curig
Conwy
LL24 0ES

Telephone: 01690 720272
Website: www.mountain-training.org



Course Content

The Mountain Training syllabus for the course is closely followed including an overnight camp. The programme may be revised at short notice to take account of weather and other considerations. A detailed programme will be sent to you one month before the course.

All our staff are dedicated mountaineers and hillwalkers with a great depth of knowledge of the areas we use and will be keen to pass on their knowledge to you.

Min Age 18 years

Course Start Time 9.30 am

Course Finish Time 4.30 pm

Equipment Required



- Candidates are expected to provide all their own equipment for an overnight expedition, including camping equipment and food.
- You will need the following maps either laminated or in a waterproof case:
 - 1:25,000 White Peak
 - 1:25,000 Dark Peak
 - 1:50,000 Landranger - Peak District
- Lowland Leader Logbook, up to date
- The Lowland Leader Award Handbook

Recommended Reading List

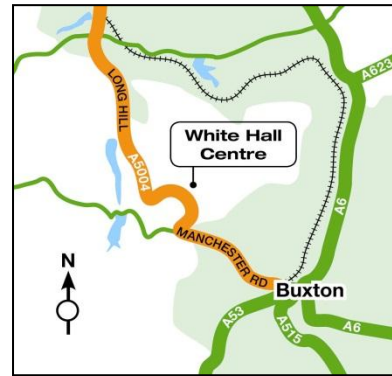
- Hillwalking by Steve Long (Mountain Training official publication)
- Mountain Navigation by Peter Cliff
- Looking at Weather by Ingrid Holford
- Mountain Weather by Pedgley
- Weather for Hillwalkers & Climbers by M Thomas
- www.mountain-training.org – website of Mountain Training

Reading relevant magazines is also a good way to keep abreast of current issues.

Where to find us

White Hall is 3 miles north of Buxton on the A5004.

Landranger map sheet 119
1:50,000 Grid ref: 032 763



Health and Fitness

Please inform the Centre of any medical condition or medication that we should be aware of. Lowland Leader courses are physically and mentally demanding. If you are uncertain of your fitness please discuss this with us.

Accommodation

All candidates will be camping at a suitable campsite for the Lowland Leader and Hill & Moorland Award.

Insurance

Please note that the course fee does not include insurance against cancellation, personal injury, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged by yourselves.

Emergency Contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office (01298 23260).

Cancellation

The Centre reserves the right to cancel any course, which is under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or fees refunded.

Please note that in the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date - full payment will still be payable.
- Over one month of the course date - 25% will be payable.

Course Fees: £109.80

Applications

Application forms and fees (please make cheques payable to Derbyshire County Council) should be returned as soon as possible to:-

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX



Telephone: 01298 23260
Fax: 01298 25945
e-mail: white.hall@derbyshire.gov.uk



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EXPEDITION SKILLS MODULE

APPLICATION FORM

Course No: **3249(C)** From: **24 MARCH 2015** To: **25 MARCH 2015**

Surname: _____ First Name(s): _____ Sex: M/F

D.O.B. _____ Home Address: _____

Post Code: _____ Daytime Telephone Number: _____

email address: _____

MTE Registration Number: _____

Details of any medical condition, illness/ medication we should be aware of:

Name and address of family doctor: _____

To be signed by all applicants:

I have read and agree to abide to the Conditions of Booking as detailed overleaf.

Signed: _____ Date: _____

Please return this form together with your fee to:

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX

Telephone: 01298 23260
Fax: 01298 25945
email: white.hall@derbyshire.gov.uk



Conditions of Booking

1. I understand the nature of the course and agree to abide by all safety regulations.
2. I understand that in the event of accident, loss or damage, the County Council will be responsible for its own liability including neglect attributable to its employees in the course of their duty.
3. I understand that the course fee **does not** include insurance against cancellation, personal injury, loss or damage to equipment whilst on the course.
4. I understand that in the event of having to cancel my place on this course the following criteria will apply:
 - Within 1 month of the course date - full payment will still be payable
 - Over 1 month of the course date - 25% will be payable.