



## Lowland Leader Scheme – Assessment Course No: 3543 9 – 10 November 2020

The assessment takes place over two days and follows the Lowland Leader syllabus. Candidates are advised to prepare fully and refer to the 'Lowland Leader Syllabus'. It is important that candidates are aware of the scheme requirements. A formal review and individual results are given on the final afternoon.



[www.mountain-training.org](http://www.mountain-training.org)

### Optional

After successful completion of assessment for the Lowland Leader Award a candidate can choose to attend a two day Expedition Skills Module which is delivered as a combined training and assessment course. The module provides candidates with the knowledge and skills to competently undertake, organise and manage overnight expeditions in the Lowland Leader and Hill & Moorland terrain, such as for D of E type expeditions.

For registration and syllabus enquiries contact Mountain Training on:

**Telephone:** 01690 720272

**Website:** [www.mountain-training.org](http://www.mountain-training.org)

### Course content

The Mountain Training syllabus for the course is closely followed, in particular we will look at the practical skills and techniques required when leading and supervising groups in lowland terrain concentrating on areas that Mountain Training feels it is difficult for candidates to learn on their own. 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 walkers with a great depth of knowledge of the areas we use and will be keen to pass on their knowledge to you.





## Pre-requisites

Mountain Training strictly requires that all candidates are registered prior to commencing the course. Mountain Training will not recognise completion of the course by non-registered participants. Copies of the guidance notes are available from Mountain Training.

Your D-log should clearly detail your past walking experience. It is an integral part of the assessment and should be fully completed including:

- Experience, with at least 20 days walking in the appropriate terrain (see syllabus).
- Check that your first aid certificate is current and acceptable to Mountain Training.

You will be required to complete a 'Home Theory Paper' and return it to the Centre prior to the course. This will be sent to you one month before the course.

## What to bring

- Assessment candidates are expected to provide all their own equipment. You should bring all normal clothing and footwear suited to operating in Lowland Leader terrain. You will be asked to demonstrate what you need to carry as a Lowland Group Leader.
- First Aid Certificate
- You will need the following maps, either laminated or in a waterproof case:  
1:25,000 White Peak (OL24)

## Recommended reading list

- Hillwalking by Steve Long (MT 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](http://www.mountain-training.org) – website of Mountain Training

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





## Course Times

9.00am – 5.00pm each day

## Course Fee

**£138.00 - Non Residential**

## Methods of payment

- Cash: please call in the centre to pay in person.
- Cheque: please make cheques payable to Derbyshire County Council.
- Debit/Credit Card: please telephone the centre or call in to pay in person.
- Invoice: please notify the centre of the name and address who the invoice is to be made out to.

## How to book

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

**Email:** [white.hall@derbyshire.gov.uk](mailto:white.hall@derbyshire.gov.uk)

**Website:** [www.whitehallcentre.com](http://www.whitehallcentre.com)

## White Hall's location

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

Landranger map sheet 1191:50,000

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.





## 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 you.

## 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.





# LOWLAND LEADER SCHEME APPLICATION FORM

Course No: \_\_\_\_\_ From: \_\_\_\_\_ To: \_\_\_\_\_

Surname: \_\_\_\_\_ First Name(s): \_\_\_\_\_ Sex: M/F

D.O.B. \_\_\_\_\_ Home Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Daytime Telephone Number: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

email address: \_\_\_\_\_

Mountain Training Registration Number: \_\_\_\_\_

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

Name and address of family doctor: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**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



[www.mountain-training.org](http://www.mountain-training.org)



## 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.
5. I consent that the personal data on this consent form will be kept by White Hall Centre for insurance purposes in line with the General Data Protection Regulations, White Hall's Privacy Policy, Retention Schedule and the Limitations Act (1980) for 7 years. In the event of a 'serious accident' for 25 years from the birth date of the individual.

Would you like to receive White Hall's e-newsletter? If you do then please click on the link at the bottom of our web site at [whitehallcentre.com](http://whitehallcentre.com).

Alternatively, please enter your email address below. You can unsubscribe at any time by clicking on the link at the bottom of our newsletters or on the link on our website, where you can also read our terms and conditions.

email address for receiving the White Hall e-newsletter:

		<input checked="" type="checkbox"/>	
	@		.co.uk
			.com
			.derbyshire.sch.uk
			other