



# White Hall

Outdoor Education centre



## Lowland Leader Award – Training

**Course No: 3437(A) 29 – 30 October 2018**

These two day courses are intended for experienced walkers who wish to lead groups on day walks in lowland countryside and woodland in summer conditions. Their aim is to address the technical skills, judgment and areas of knowledge which will make you a competent leader. You will need to practice these skills and gain further experience before returning for assessment.

### Pre-requisites

Mountain Training strictly requires that all candidates are registered with them prior to commencing the course. Once registered you will have access to create your own D-Log to record your walking and group leading experience.

After registering with Mountain Training and completing your D-Log you need to register for the Lowland Leader Award through your Mountain Training account. NB: Mountain Training will not recognise completion of the course by non-registered participants.

You will benefit most from the course if you are fit and have experience of using a map and compass in the countryside environment.

Candidates are expected to home study the syllabus in conjunction with this training course as there is not enough time, during the course, to cover every aspect of the syllabus in depth.

We request that all candidates complete the E-Learning weather module (logon to your Mountain Training account, membership tab, E-Learning, Mountain Weather).

For registration and syllabus enquiries contact Mountain Training on:

**Telephone:** 01690 720272

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



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## 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.

## What to bring

- Personal walking clothing
- Waterproof top and bottoms
- Hat and gloves
- Day rucksack with liner
- Small first aid kit
- Water bottle
- Vacuum flask
- Walking boots
- Gaiters
- Notebook and pens
- Head torch and batteries
- Compass
- 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







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## Course Times

9.00am – 5.00pm each day

## Course Fee

£130.00 - Non Residential

## 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 Centre is 3 miles north of Buxton on the A5004. Landranger map sheet 1191:50,000 Grid ref: 032 763

## Recommended reading list

- Hillwalking by Steve Long (MLTUK official publication)
- Mountain Navigation by Peter Cliff
- Looking at Weather by Ingrid Holfard
- 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.





## 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.





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## LOWLAND LEADER AWARD APPLICATION FORM

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

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



[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.