



Lowland Leader - Candidate assessment notes

Course dates		No. of candidates on course		Note set no.	
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Candidate name				
DLOG experience <i>Pre requisite requirements: - 20 walks in lowland countryside in different types of terrain</i>				
Valid first aid certificate (min. 16hr)				
Additional info <i>Incl. reasonable adjustments</i>				

CANDIDATE NAME:

1 LEADERSHIP RESPONSIBILITIES

2 LEADERSHIP AND DECISION MAKING

3 PLANNING AND WEATHER

4 HAZARDS AND EMERGENCY PROCEDURES

5 EQUIPMENT

6 WALKING SKILLS

7 NAVIGATION

8. TEACHING AND LEARNING SKILLS

9. ACCESS, CONSERVATION AND THE ENVIRONMENT

10. BACKGROUND KNOWLEDGE

ADDITIONAL NOTES

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1 LEADER RESPONSIBILITIES

The leader should be able to:

- 1.1. Explain their general responsibilities to the group and, where appropriate, to parents/guardians, the organising authority, committee or manager of the activity, other outdoor users and the general public.
- 1.2. Explain their specific responsibilities to choose appropriate objectives, to complete detailed preparations and ensure that the group is adequately equipped and briefed for the activity.
- 1.3. Demonstrate an understanding of current legislation and the legal responsibilities that relate to the care of groups under their charge, including safeguarding issues specific to supervising young people and vulnerable adults.
- 1.4. Demonstrate an awareness of the variety of barriers to participation, including mental and physical disability, ethnicity, fitness/health and be aware of the impact of various medical conditions.
- 1.5. Be able to evaluate the experience and signpost towards further participation.

2 LEADERSHIP AND DECISION MAKING

- 2.1. The Leader demonstrates adaptable leadership behaviours and decision making.
 - 2.1.1. Monitor the group, environmental conditions and activity, and can adapt their behaviours and decisions to meet ongoing safety, group and task requirements.
 - 2.1.2. Be consistent and confident in their decision making to achieve positive outcomes and communicate these clearly to the group.

VISION – The leader is a positive role model and aims to inspire others.

- 2.2. Articulate clear and agreed values for their group; lead by example; and behave how they want the group to behave.

SUPPORT – The leader creates a positive and supportive environment for the group.

- 2.3. Recognise, respect and adapt to individual needs, differences, strengths and abilities.
- 2.4. Encourage independent learning; establish an environment where mistakes are seen as learning opportunities and provide clear and positive feedback to support this.

CHALLENGE – The leader provides relevant and appropriately challenging experiences.

- 2.5. Agree group goals and calibrate the level of challenge to individual abilities and motivations.
- 2.6. Encourage and support the group and individuals to be part of the decision making process and encourage them to solve their own problems.

The leader understands the Mountain Training ethos of leadership and has developed their own.

They should be able to:

- 2.7. Articulate their own leadership ethos and beliefs along with those of Mountain Training.
- 2.8. Acknowledge and describe a range of leadership approaches, models and associated ethos.

3 PLANNING AND THE WEATHER

Prior Planning

- 3.1. Demonstrate an understanding of the scope of the Lowland Leader qualification and plan walks that lie within this terrain. Know where to find information to assist with the planning of walks.
- 3.2. Choose objectives appropriate to the experience, skills and motivation level of the group, the prevailing conditions and the leader's own experience and ability.
- 3.3. Complete detailed preparations and ensure that the group is adequately equipped and briefed.
- 3.4. Build in flexibility when planning routes; respond to changing circumstances.

Weather

- 3.5. Interpret and use reliable sources of weather information.
- 3.6. Recognise and continuously evaluate the effect of weather on route selection, equipment choice and activity.

4 HAZARDS AND EMERGENCY PROCEDURES

Hazards

4.1. Demonstrate the ability to recognise and manage common hazards in the environment whilst leading groups, including:

- Badly eroded trails, uneven and wet sections
- A variety of man-made features e.g. stiles, stepped decking, steps etc
- Animals; both livestock and wild
- Roads and traffic, including awareness of the Rules for Pedestrians in The Highway Code (UK) and the Rules of the Road (Ireland)
- Other users and their needs e.g. runners, bikers and horses
- Working environments e.g. farmyards, quarries, forestry operations
- Water features such as rivers or lakes
- Poor visibility

Emergency procedures;

4.2. Be able to select an appropriate first aid kit and additional group equipment suited to the environment and prevailing conditions.

4.3. Deal with common injuries and medical problems in the countryside.

4.4. Manage self and group in a variety of different weather conditions including heat, cold, rain and high wind.

4.5. Take appropriate action to ensure the group and the casualty's well-being in the event of an incident or accident including knowing how to get appropriate assistance.

4.6. Plan and follow 'escape routes', using appropriate navigational techniques, to nearby assistance.

4.7. Manage a group to perform a small-scale search for a missing person.

4.8. Explain the causes, symptoms, prevention, and treatment of sunburn,

5 EQUIPMENT

5.1. Demonstrate knowledge of personal and group equipment required for day walks considering the environment and prevailing weather conditions.

5.2. Choose appropriate food and drink for day walks.

5.3. Demonstrate an understanding of additional equipment required by a leader.

5.4. Be able to pack equipment effectively for personal and group use.

5.5. Demonstrate an understanding of the design and construction of equipment, including its material characteristics, care and maintenance.

6 WALKING SKILLS

6.1. Demonstrate good practice with regard to individual walking skills: pace, rhythm, foot placement, conservation of energy, balance, and coordination.

7 NAVIGATION

7.1. Navigate using a variety of commonly used maps and understand the use of scales and symbols.

7.2. Demonstrate an understanding of how contours and other cartographic methods are used to represent relief and use them to effectively to navigate in the terrain. Be able to recognise topographical features in the landscape.

7.3. Orientate the map. Relate the map to the ground and vice versa. Recognise key features in the landscape and identify them on a map.

7.4. Be able to relocate efficiently in a range of situations. Provide six figure grid reference on doing so.

7.5. Measure distance accurately on a variety of maps and calculate how long it will take to get from one location to another.

7.6. Effectively measure distance travelled on the ground using appropriate techniques inc. accurate timing.

7.7. Use a compass effectively to indicate general direction of a footpath or linear feature.

7.8. Navigate competently in poor visibility due to weather conditions or darkness.

7.9. Explain and use the information given on maps about rights of way and access to land.

7.10. Describe the benefits and limitations of using handheld GPS devices.

8. TEACHING AND LEARNING SKILLS

- 8.1. Demonstrate an ability to adapt the teaching style to meet group needs.
- 8.2. Identify and use appropriate tasks to develop safe group activity.
- 8.3. Demonstrate an understanding of the reasons for evaluating a journey and success of the outcome.

9. ACCESS CONSERVATION AND THE ENVIRONMENT

- 9.1. Inspire and enthuse their groups in lowland terrain in the United Kingdom and Ireland and expand their personal knowledge *, appreciation, and understanding of lowland environments.
- 9.2. Demonstrate knowledge of permissive access agreements, rights of way and access legislation such as CRoW Act 2000 and Land Reform (Scotland) Act 2003 and the importance of being aware of, and adhering to, access restrictions where relevant.
- 9.3. Explain how to obtain information about access to lowland terrain and know how , and to whom, access issues are reported.
- 9.4. Explain relevant campaigns and codes of good practice such as Countryside Code, Scottish Outdoor Access Code and Leave No Trace, and acknowledge one's responsibility to minimise impact and promote sustainable use of the outdoors.
- 9.5. Demonstrate knowledge of land management in lowland terrain and the long-term effects of the human pressures created by its multiple uses.
- 9.6. Demonstrate knowledge of relevant conservation legislation as well as the nature of specially designated areas and limitations on their use. Lowland Leaders should also show an appreciation for the challenge and complexity of conservation in lowland terrain.

*examples of relevant personal knowledge include flora, fauna, geology, landform processes (geomorphology), local history, heritage and language, place names, folklore, the evolution of our landscape and future challenges.

10. BACKGROUND KNOWLEDGE

- 10.1. Explain the role and ethos of Mountain Training and its schemes, the mountaineering councils and walking clubs. Demonstrate an awareness of the history, traditions and ethics of recreational walking in the UK and Ireland.