



# IMPACT REPORT 2018

A report to explore and demonstrate the broader reach, impact and influence of Mountain Training England.

There is more to Mountain Training than direct leadership in the mountains...

Martin Chester  
[info@martinchester.co.uk](mailto:info@martinchester.co.uk)

# CONTENTS

<b>1. Background.....</b>	<b>3</b>
<b>2. Methodology and Approach .....</b>	<b>8</b>
<b>3. The role of Mountain Training in an Active Nation ....</b>	<b>10</b>
Mountain Training supporting the lifecycle of participation in the outdoors .....	14
<b>4. Mountain Training data: A foundation pillar.....</b>	<b>15</b>
Mountain Training People and their roles .....	16
Geography, Diversity and Inclusivity.....	16
Mountain Training “Moon Stats” .....	18
<b>5. The “Cascade Effect” of Mountain Training reach, influence and impact .....</b>	<b>19</b>
The impact of training providers and directors.....	20
The impact of training a leader .....	21
The impact of training a single candidate .....	22
<b>6. Mountain Training Impact Survey 2018.....</b>	<b>24</b>
<b>7. Mountain Training England Stakeholders .....</b>	<b>43</b>
7.1 Mountain Rescue England and Wales .....	44
7.2 Scouts .....	45
7.3 British Association of International Mountain Leaders .....	47
7.4 Plas y Brenin.....	48
7.5 Association of Mountaineering Instructors .....	50
7.6 British Mountain Guides.....	50
7.7 British Mountaineering Council .....	51
7.8 Association of Heads of Outdoor Education Centres.....	52
7.9 Association of British Climbing Walls Training Trust .....	53
7.10 Institute for Outdoor Learning.....	53
7.11 Association for Physical Education .....	54
7.12 Duke of Edinburgh .....	55
7.13 Outdoor Education Advisers' Panel.....	56
7.14 Joint Services.....	57
7.15 Girl Guiding.....	58
<b>8. Mountain Training: Strengthening the Outdoor Sector .....</b>	<b>59</b>
Mountain Training: Driving standards for best practice across the outdoor sector.....	60
Mountain Training: A model for National Training Schemes.....	62
Mountain Training impact on the outdoor retail sector .....	63
<b>9. Mountain Training influencing government strategy .....</b>	<b>66</b>
<b>10. Mountain Training providing young people with skills and opportunities for life.....</b>	<b>69</b>
Mountain Training enabling active education.....	71
Mountain Training enabling Growth in Participation (Tackling Inactivity) .....	74
Mountain Training enables Youth Development Schemes .....	76
Mountain Training facilitating life changing experiences for young people .....	79
<b>11. Mountain Training and the Military .....</b>	<b>80</b>
<b>12. Mountain Training driving Safety in the Mountains.....</b>	<b>83</b>
<b>13. Mountain Training beyond the mountains (in the community).....</b>	<b>87</b>
Mountain Training impact on Lowland Rescue.....	88
Mountain Training impact on personal and team development .....	88
Mountain Training enables Inner City Events.....	90
<b>14. Mountain Training and the Health of the Nation .....</b>	<b>91</b>
How Mountain Training enable health interventions	94
<b>15. Mountain Training Tackling Equality – Gender and Diversity .....</b>	<b>96</b>
<b>16. Mountain Training Enabling Those Who Are Less Able .....</b>	<b>100</b>
<b>17. Mountain Training protecting the environment .....</b>	<b>104</b>
<b>18. The International Impact of Mountain Training .....</b>	<b>107</b>



# 1. BACKGROUND



# 1. BACKGROUND

## Who is Mountain Training England?

Mountain Training England is a constituent organisation of Mountain Training, a collection of national awarding bodies for skills courses and qualifications in walking, climbing and mountaineering in the UK and Ireland. Mountain Training represents five national organisations: Mountain Training UK (MTUK), Mountain Training Scotland (MTS), Mountain Training Cymru (MTC) and Mountain Training Board Ireland (MTBI). These organisations promote themselves collectively to the outside world as “Mountain Training”.

Throughout this report, “Mountain Training” refers to the UK overall, whereas Mountain Training England, or MTE refers to the national organisation and subsequent participation in England alone.

## History

In 1964 The Mountain Leadership Training Board (MLTB) was set up by the British Mountaineering Council (BMC) and the Central Council for Physical Recreation (CCPR)

to provide nationally- recognised schemes of training and assessment for leaders of groups participating in mountain and hill walking and rock climbing. MLTB worked closely with equivalent Scottish, Welsh and Irish bodies and in recognition of this the name of the organisation was changed to Mountain Leader Training England (MLTE) in 2003. As the range of qualifications and roles widened to coaches, instructors and guides in 2012 the name was again changed to Mountain Training England (MTE).

## Governance

MTE is owned and directed by its Council of Members who are drawn from a wide range of stakeholder organisations based in England. Mountain Training has 25 stakeholder organisations. 15 of these make up the members of MTE.

A Board of Directors is charged with the operational management of MTE by the Members. The Board comprises a group of volunteer Non-Executive Directors and a BMC Observer. A staff team lead by the Executive Officer manages the day-to-day business of the organisation.



## What Mountain Training England do

MTE currently trains and accredits leaders and instructors through eight qualification schemes.

### Walking qualifications

- Lowland Leader (LL)
- Hill and Moorland Leader (HML)
- Mountain Leader (ML)

### Climbing qualifications

- Rock Climbing Instructor (RCI)
- Climbing Wall Instructor (CWI)
- Climbing Wall Development Instructor (CWDI)
- Indoor Climbing Assistant (ICA) – launched, 2019
- Rock Climbing Development Instructor (RCDI) – launched, 2019

These qualifications are recognised by the Department for Education and the Adventure Activity Licensing Authority and are regulated by Ofqual.

MTE also administer two skills courses throughout England:

- Hill and Mountain Skills
- Rock Skills – launched, 2019

Currently MTE approves around 150 providers to deliver these schemes.

A provider can be an individual or an organisation and will appoint an approved course director and/or course tutor to run each course. All course directors hold Mountain Training qualifications to a high level, and have been approved to deliver Mountain Training courses.

Since 1964 MTE has registered over 175,000 candidates on all its schemes.

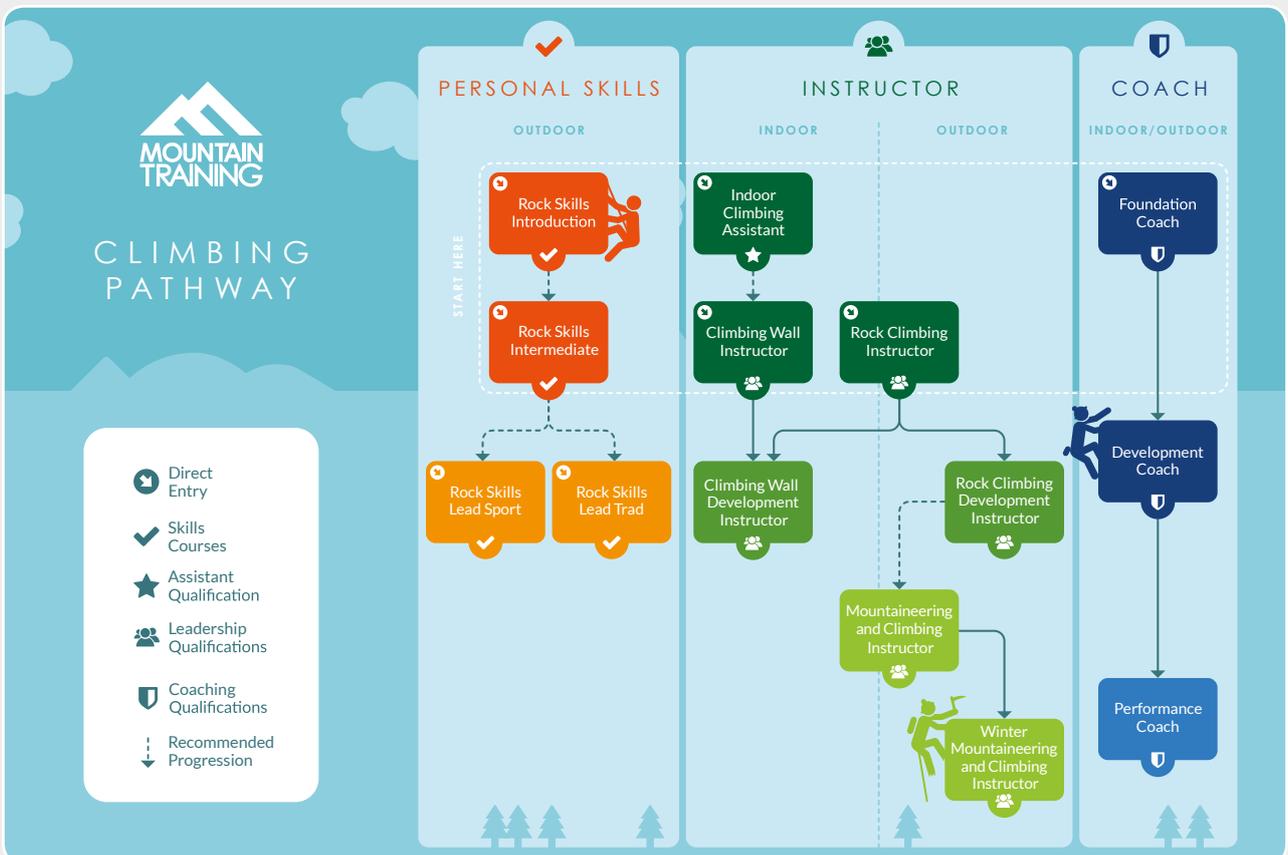
In addition to administering its schemes, MTE also performs the following roles:

- Close cooperation with Mountain Training UK and the other national Mountain Training organisations
- Quality control and networking of approved providers
- Support for candidates undertaking its schemes
- Continued professional development and support for award holders through the Mountain Training Association (MTA)
- Advice and guidance outside Mountain Training's own formal awards structure
- Work closely with the BMC in matters relating to formal and informal mountain training
- Liaise with other organisations and key stakeholders to further its aims and offer advice.

MTE along with MTC, MTS and MTBI are members of MTUK who train and accredit four higher level qualifications.

### Higher-level qualifications administered by MTUK

- International Mountain Leader (IML)
- Mountaineering and Climbing Instructor (MCI)
- Winter Mountaineering and Climbing Instructor (WMCI)
- Coaching Scheme (Foundation Coach, Development Coach, Performance Coach)



## The role of this study and report

Mountain Training has a sophisticated Candidate Management System (CMS) and database. As a consequence, it has access to accurate live data on scheme participation, rates of qualification and the candidate demographic (gender, age, location).

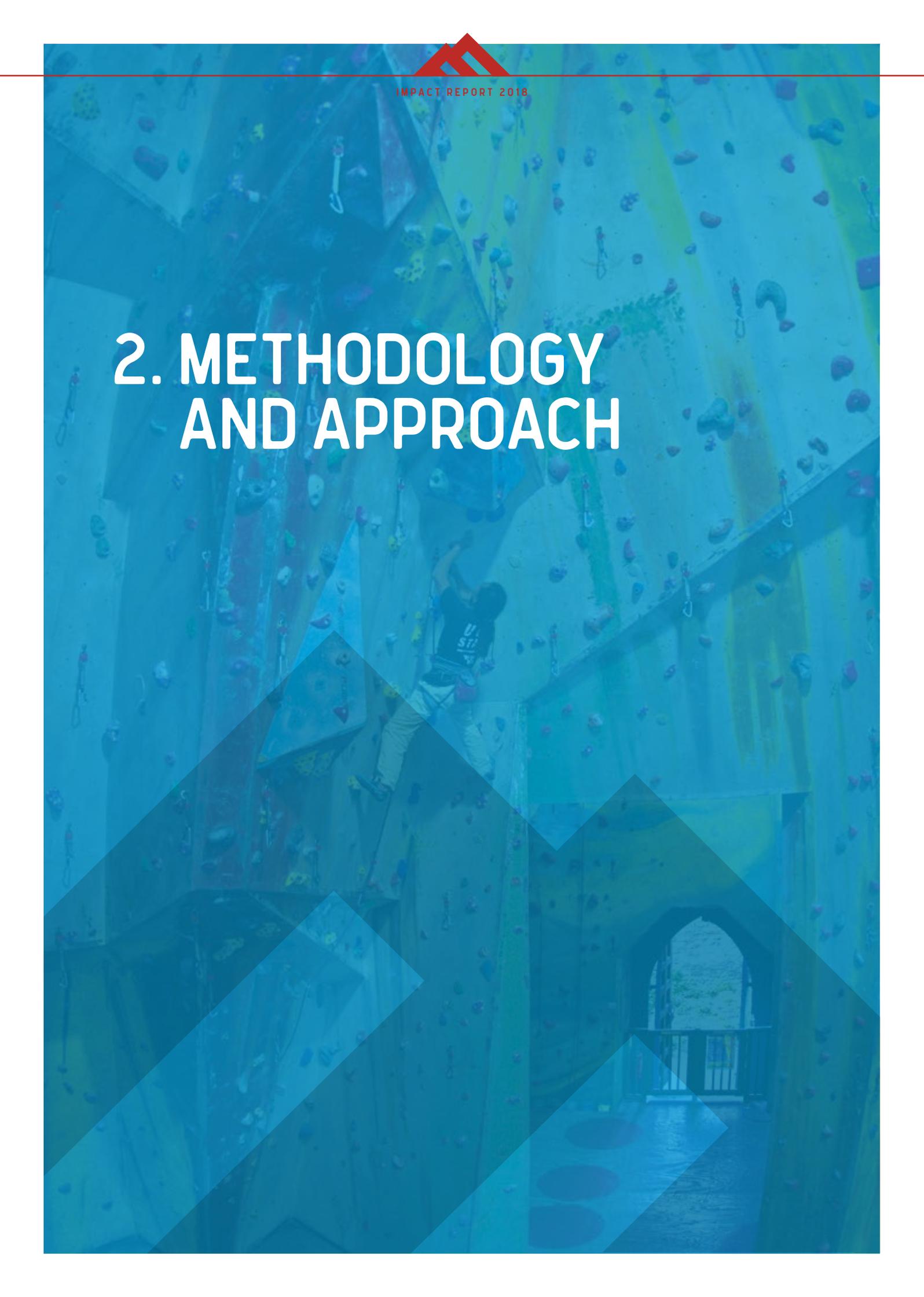
This report sets out to demonstrate the true depth and breadth of impact (beyond scheme participation numbers) and report on what Mountain Training candidates do with their training and/or qualifications: the lives they touch and the projects and initiatives they enable as a consequence.

The aim of this report is to measure this impact in a way that is comparable with other key studies. The methodology of research has been specifically designed to incorporate, as well as stand up to scrutiny with other works.

This is the first survey and report of its kind for MTE; hence this edition covers the past few years up to 2018, in order to establish a baseline for subsequent comparison. The annual research and reporting has been designed to be replicable – so that future iterations can give longitudinal data in due course.

It is envisaged that this will be repeated biannually, with subsequent research and reports specific to each year from now on.

**The survey report concerns all those candidates from England who have engaged in one or more of MTE's training or qualification schemes as well as those who go onto pursue the higher qualifications administered by MTUK or MTS. A 'candidate' is defined as someone who has attended an MTE training course, including those who have progressed to the point of qualification and beyond.**



## 2. METHODOLOGY AND APPROACH

## 2. METHODOLOGY AND APPROACH

Mountain Training was the first developmental user of what has now become the TahDah Candidate Management System (CMS). Carefully developed over a period of 6+ years, this bespoke system has become a “software as a service” (SAAS) model of choice, and has subsequently been adopted by numerous National Governing and Awarding Bodies (NGBs) in the sport and outdoor sectors. Sport England’s 2015 study into “Getting Active Outdoors” found the live data on Mountain Training providers and candidates to be of the highest quality across all NGBs in the study.

As a consequence, MTE has access to:

- Direct contact between course directors, course providers and their candidates on courses.
- Direct contact between affiliate membership and professional associations and candidates on their Continued Professional Development (CPD) workshops.

What this report terms, direct participation data.

This data tells us all about what courses our providers are delivering to whom. It also tells us who are candidates are, how they participate and how they are progressing through our schemes and beyond.

This data and the system only go some way to provide the information needed to determine MTE’s full impact. What the system does not tell us is what candidates subsequently do with their qualifications and skills training (aside from, join a membership or professional association).

The system does not tell us:

- Indirect contact by our candidates and providers coaching, leading and instructing others.
- How many MTE award holders there are in posts of influence (Technical Experts, etc.).
- What impact and influence Mountain Training has on the behaviour and ability of other organisations to achieve their strategic aims.

What this report terms, indirect participation data.

To ensure a representative mix of the anecdotal (and subjective) and the measurable (and objective) impact of MTE, a multi-disciplinary approach adopting both qualitative and quantitative methods was required.

The following techniques were utilised:

- Detailed quantitative analysis of the database to explore direct participation data.
- Carefully constructed survey of 900 MTE candidates living in England to discover indirect participation data – over 900 candidates told us what they do with our schemes and for whom.
- Carefully selected case studies to demonstrate the provider to participant cascade and impact on key groups.
- Dialogue with stakeholders to demonstrate the impact of MTE on key organisations.
- Qualitative research to explore the impact of MTE on the wider sector.
- Desk-based secondary research to explore existing and comparable studies.

# 3. THE ROLE OF MOUNTAIN TRAINING IN AN ACTIVE NATION

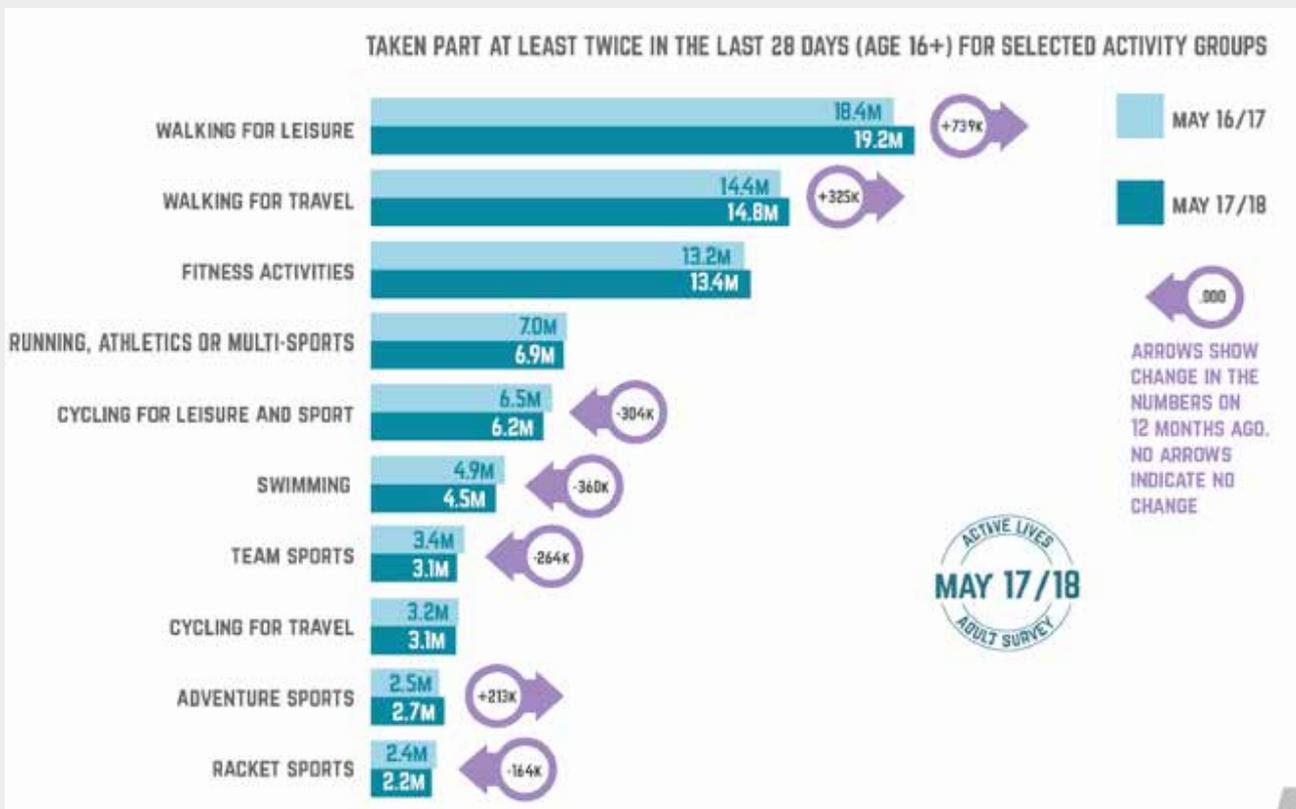


### 3. THE ROLE OF MOUNTAIN TRAINING IN AN ACTIVE NATION

“Prior to the 1950s opportunities to participate in adventurous outdoor activities were extremely limited in Britain”.<sup>1</sup>

Ever since the Kinder Trespass in 1951 or the first ascent of Everest in 1953, the right to freely “get active outdoors” in the wild open spaces of the UK, has been an essential component of the British psyche. There has been a drive to protect the “right to roam” across all social classes.

This has never been as important or as valuable, as it is today. The population has never been so inactive (Active Lives survey – Sport England) or so acutely aware of the physical, psychological and welfare costs of inactivity. While numerous initiatives are afoot to drive levels of participation in sport and organised physical activity, walking and mountaineering continue to be the nation’s most popular pastimes (see table below).<sup>2</sup> As such, free and uninhibited access to mountain, moor, heath and down is a precious commodity and an essential feature of British culture.



<sup>1</sup> Active Lives (May 2018, published in October 2018) shows Walking for Leisure as the most popular form of activity and growing

Against this backdrop of inactivity, participation in walking, climbing and mountaineering is on the increase. In the 2018 Active Lives Survey, of the Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days:

- 2.7 million people have taken part in Adventure Sports (a 0.4% increase in the last 12 months)
- 2.58 million people have taken part in Climbing and Mountaineering (a 0.4% increase in the last 12 months)
- Regular participation in climbing, hillwalking and mountaineering has increased by 200,000 people each year for the last three years (Active Lives survey – Sport England)

<sup>1</sup> <https://www.tentors.org.uk/challenge/the-history>

<sup>2</sup> <https://www.sportengland.org/research/active-lives-survey>

This is far from fringe activity: when we compare these figures to the 2.1 million people who have taken part in football (the nation's favourite game) recreational enjoyment of the natural environment on foot is greater in scale.<sup>3</sup> When we consider that 400,000 people walk to the summit of Snowdon every year, and this is just one mountain, it is easier to understand the enormous scale of participation across all aspects of climbing and mountaineering.

Mountain Training England (MTE) was set up in 1964 to “establish standards of training and assessment in the competence to lead others in the mountains”.

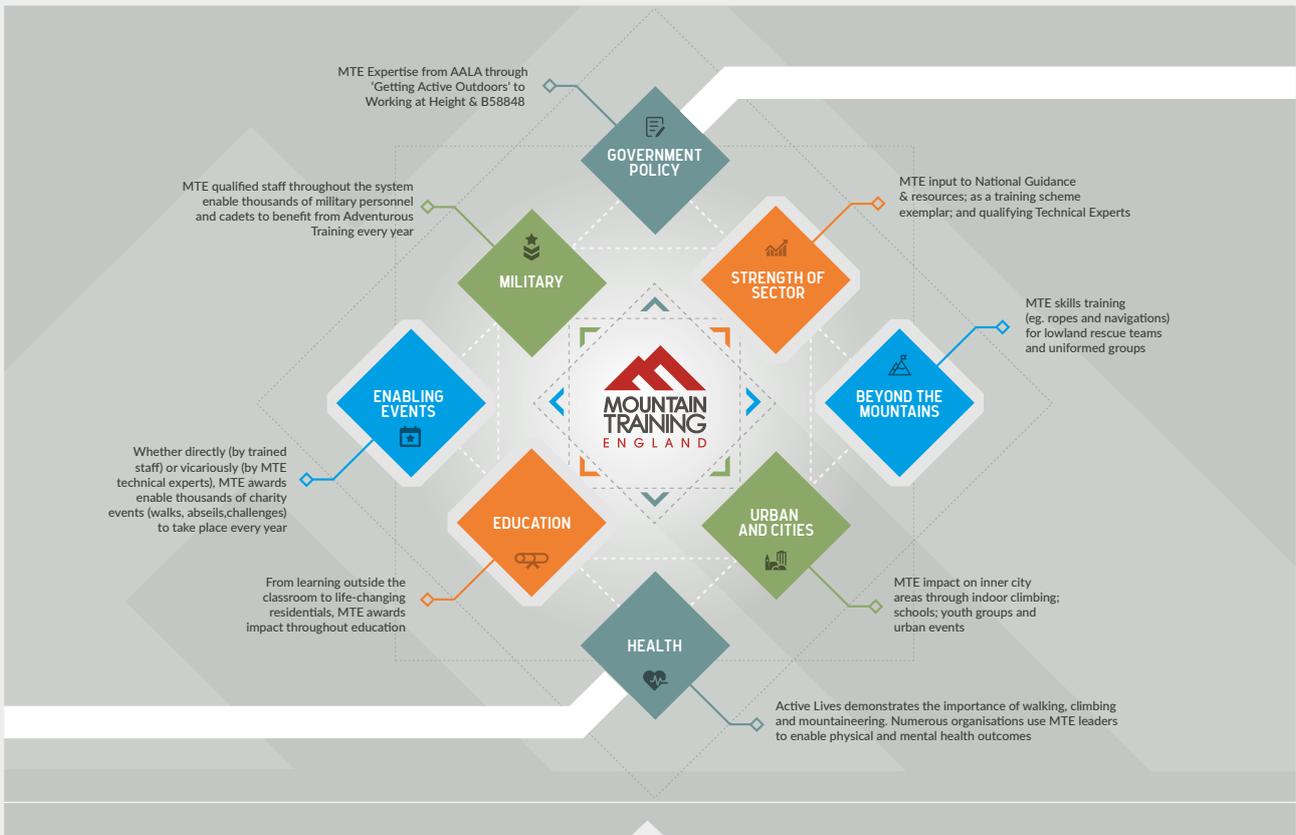
Mountain Training's ethos has always been to believe in:

- The safe enjoyment of walking, climbing and mountaineering. Mountain Training disseminates guidance on good practice and provides training and qualifications for participants, instructors, leaders and coaches.
- High quality training and assessment delivered by experienced and supportive practitioners.
- Developing independent walkers, climbers and mountaineers who practice and encourage, sustainable and sympathetic use of the outdoors by all users.
- Supporting equal access to our sport for people from all backgrounds. Mountain Training believes that everyone has the potential to develop leadership and coaching skills if trained appropriately.
- Good leadership is about more than decision making and technical skill; it is about supporting and developing individuals.
- Inspiring people to enjoy walking, climbing and mountaineering with confidence and skill.

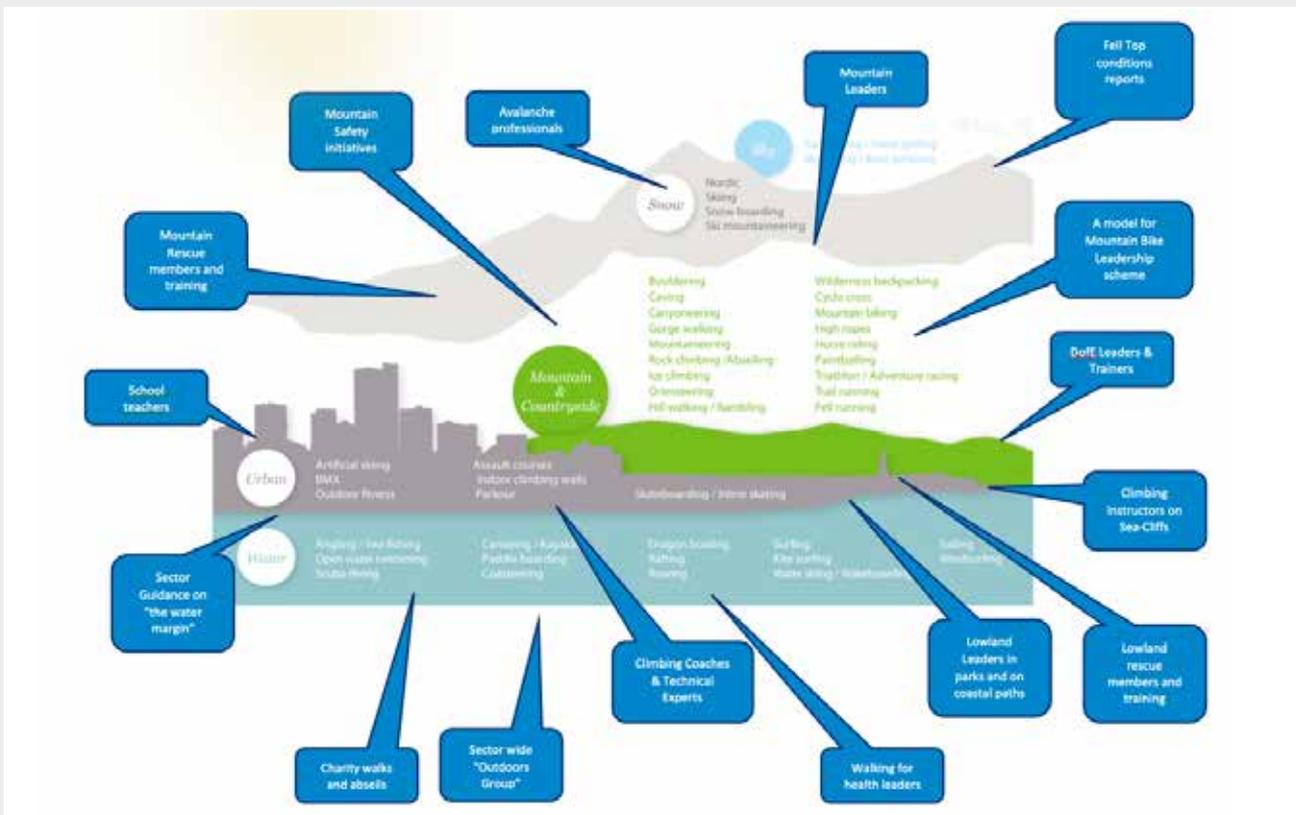
All of Mountain Training's nationally-recognised schemes are designed to educate and train people so that they can safely enjoy the climbing walls, crags, coast, hills and mountains of the UK and Ireland. It is clear to see that this is as important today as it was in 1964.

It is easy to overlook the true significance of Mountain Training and assume the impact is only to be felt in the mountains, national parks or climbing walls of the UK and Ireland. But many climbing walls provide a route into subsequent outdoor activity from the heart of city centres and densely populated urban areas. 5.3 million visits were made to climbing walls in England in the past 12 months by 910,000 individual users. The vast majority of these visits were in some way overseen or enabled by Mountain Training qualified people. Perhaps surprisingly then, this report demonstrates how the impact of the training, skills and attributes of Mountain Training candidates can be felt throughout society, from schools to communities far from the mountains, to the highest levels of tourism and activity.

<sup>3</sup> <https://www.sportengland.org/research/active-lives-survey/>



Mountain Training has a diverse geographical impact that extends far beyond the mountains and into urban areas:

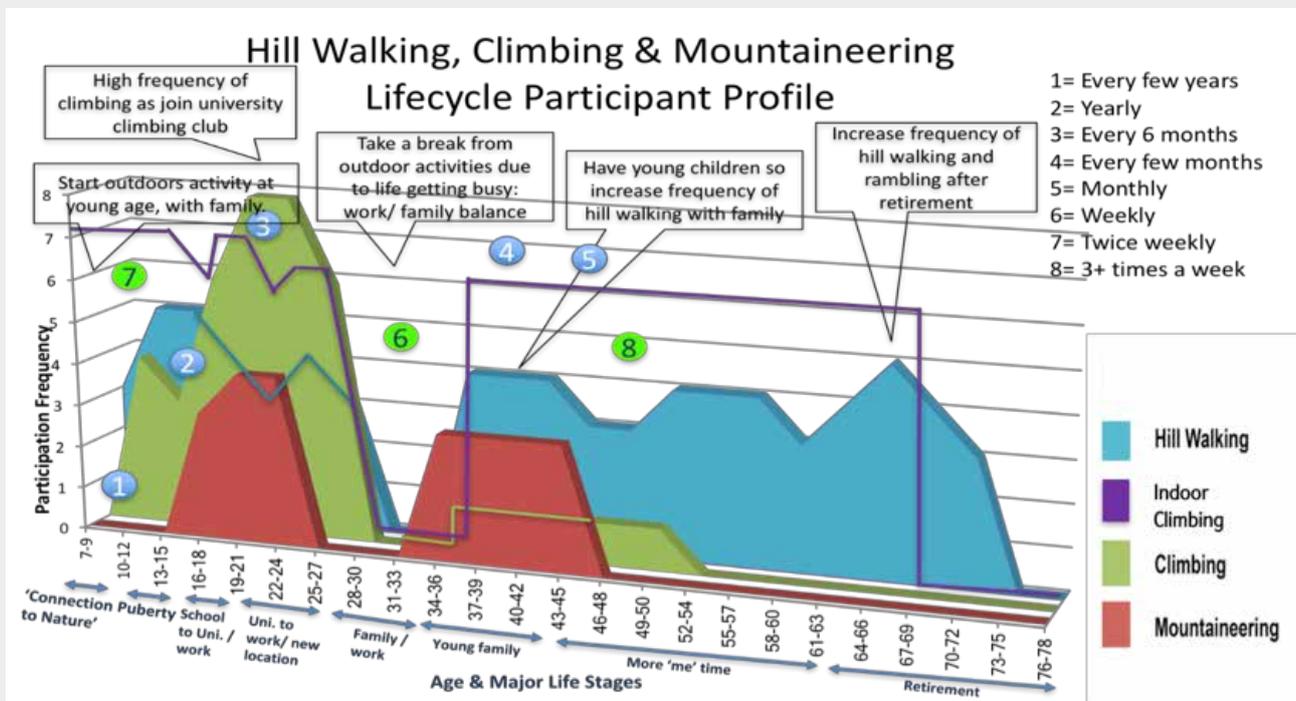


## Mountain Training supporting the lifecycle of participation in the outdoors

Throughout an active life, we know that people participate in a wide variety of complementary sports. The Sport England “Getting Active Outdoors” 2015 report demonstrated how key motivations (eg: to engage with nature; or to spend time with family and friends) were the driver to participate in a number of outdoor activities throughout the lifetime of an active person.

In terms of Climbing and Hillwalking (especially when considered alongside indoor climbing for seasonal/weather variation) it is possible to sustain an active life for many years across the key disciplines supported by Mountain Training. Specific activities may come and go, and priorities and motivations may change over time, but people tend to stay active and engaged for far longer than conventional sport.

This is a relatively unusual and important positive factor in support of the lifelong benefits of all outdoor activities; and especially those that are enabled and supported by Mountain Training.





# 4. MOUNTAIN TRAINING DATA: A FOUNDATION PILLAR

## 4. MOUNTAIN TRAINING DATA: A FOUNDATION PILLAR

As mentioned, Mountain Training has a sophisticated Candidate Management System (CMS) that provides live data on all those who have registered for its scheme over the years.

### Mountain Training People and their roles

At the time of writing, Mountain Training has over 190,000 individual candidates registered on the database. Mountain Training England (MTE) accounts for the vast majority, having registered 175,000 candidates onto its schemes since 1964. A candidate could be at any stage of their Mountain Training journey from, creating an account to attending training or assessment. Naturally not all those who create an account and/or register go on to attend training, and not all those who train continue to assessment (or ultimately pass a qualification). Indeed, many candidates access training purely to satisfy their own needs, with no intention of undertaking assessment, or any requirement for qualification. Many of those who are trained (but never go on to assessment) use the skills they learn for the benefit of others.

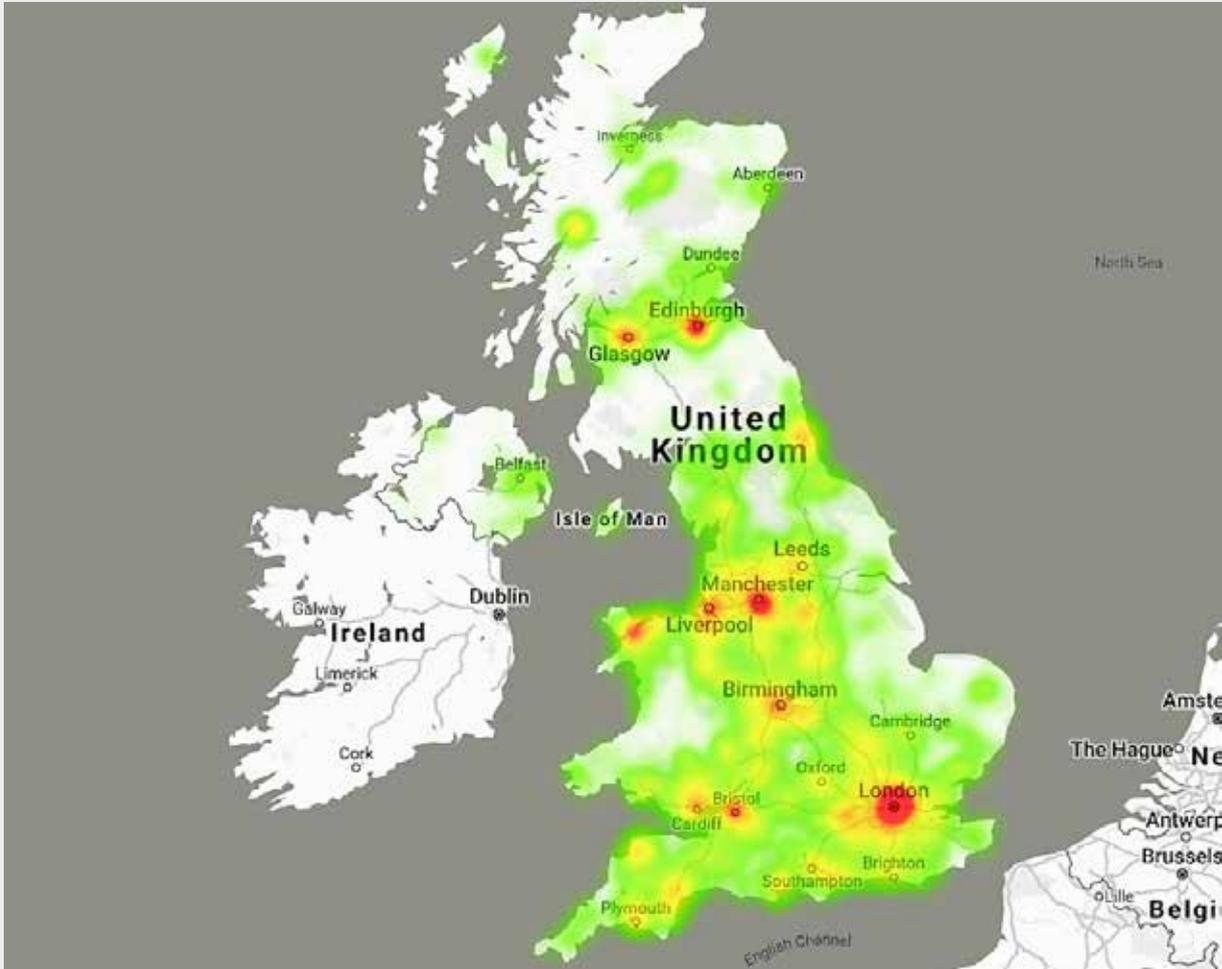
If we add the annual figures for candidates trained, we find that in the past 12 months (2017-18 financial year), for MTE:

- 4,696 people registered onto a scheme (or more than one)
- 3,655 people completed and passed a training course (or more than one)
- 1,817 people gained one or more qualifications

### Geography, Diversity and Inclusivity

It would be easy to assume that Mountain Training schemes would only be relevant to people living in mountainous regions and the National Parks of England. With a pathway of schemes from lowland leadership to the highest summits; qualifications for coaching and instructing in climbing walls; and the huge number of schemes used by volunteers and teachers to enable D of E and youth group activity; this could not be further from the truth.

The heat map below illustrates the geographical spread of Mountain Training candidates by registration. The red indicates the most populous areas.



In terms of demographics and diversity:

**In 2017-18**, of the 1,817 individuals who gained one or more qualification/s through MTE (and specified their gender):

- 28% were female (vs 22% across all UK Coaching)<sup>4</sup>
- 72% were male (vs 78% national average, as above)

In terms of ethnicity:

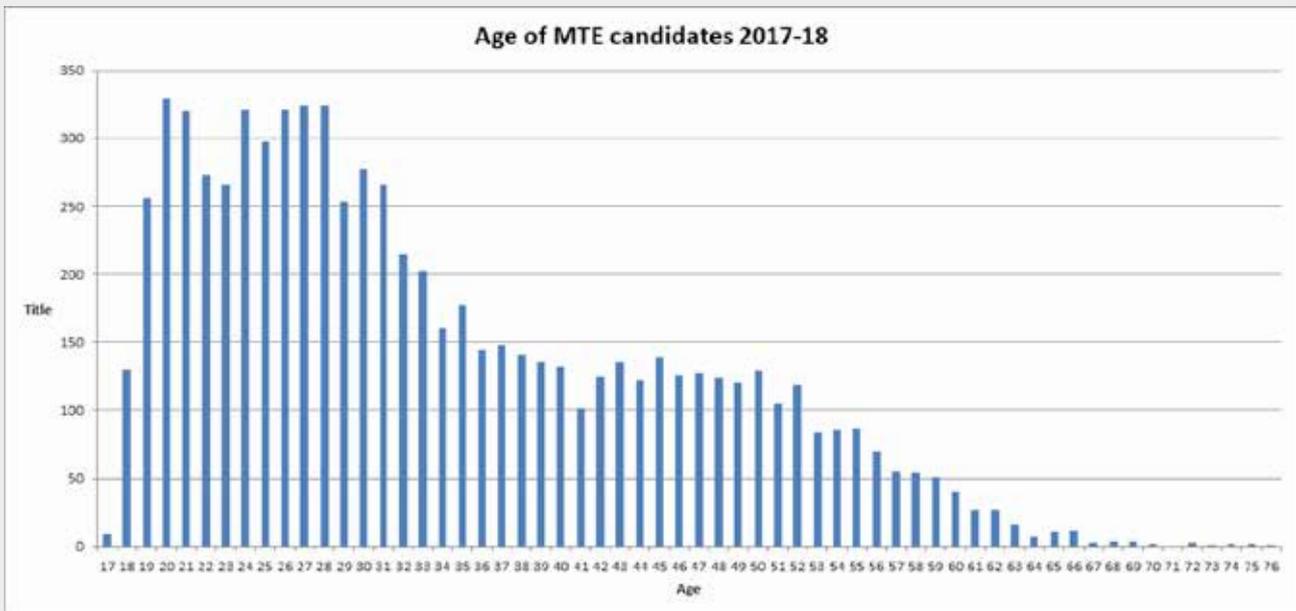
- 94.6% were white
- 3.8% were non-white
- 1.6% undisclosed

Of the 72 non-white people who gained one or more qualification/s:

- 25 gained the Climbing Wall Instructor (5% of the total passes in England)
- 17 gained the Rock Climbing Instructor (formerly, the Single Pitch Award) (6% of the total passes in England)

<sup>4</sup>YouGov UK Coaching survey - <https://www.ukcoaching.org/UKCoaching/media/coaching-images/Entity%20base/Guides/coaching-in-the-uk-coaching-workforce.pdf>

In terms of the age range of Mountain Training England candidates:

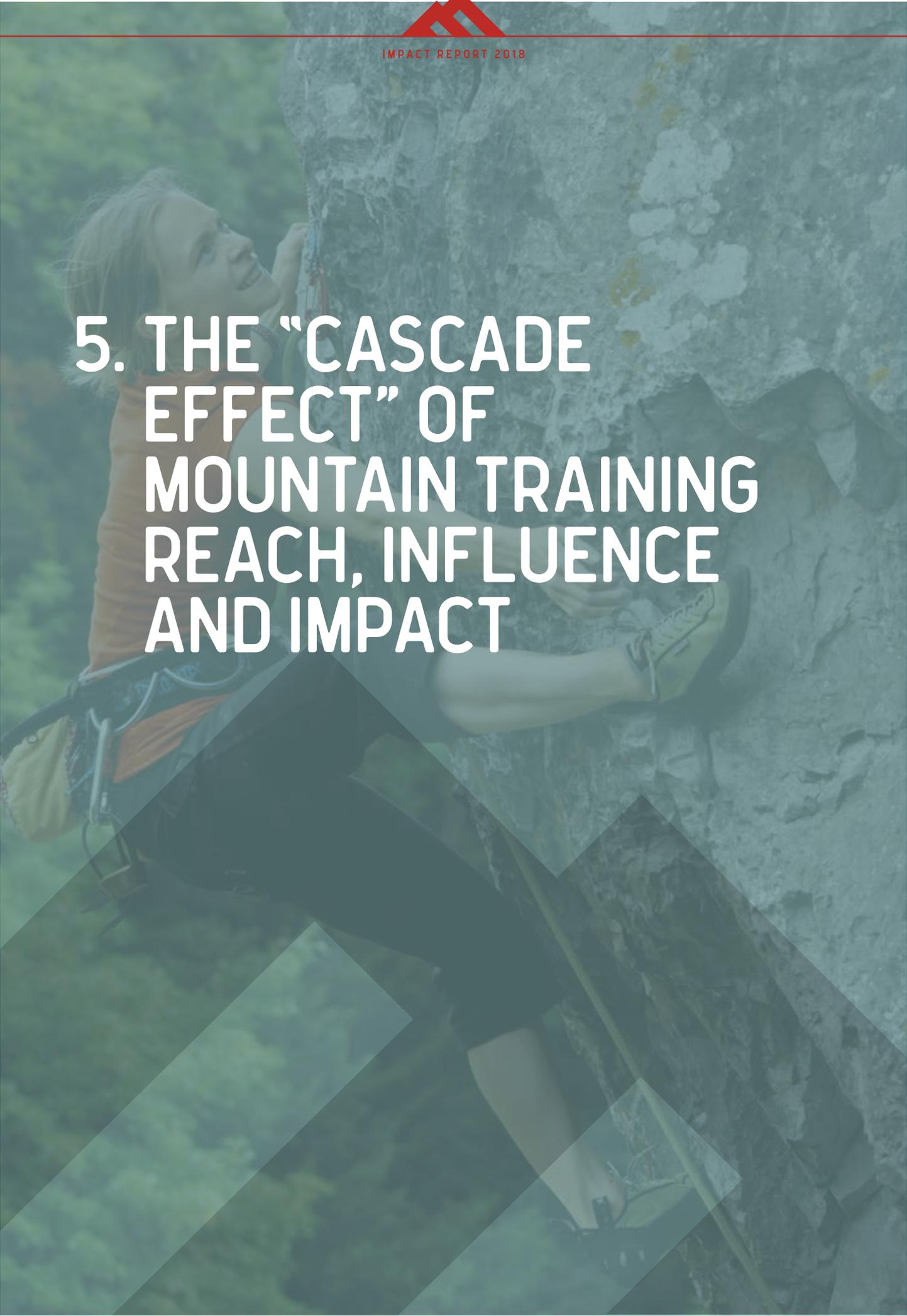


This graph shows the age of all candidates who registered for, trained or passed an assessment in the 2017-18 financial year. With activity continuing right into the sixth and seventh decade of people’s lives, it demonstrates an extraordinary spread when compared to other sports. This is true for the age of participation in the sport or activity; as well as attending training courses and qualifications to coach, instruct and lead others.

**Mountain Training “Moon Stats” – or – To the moon and back...**

Between them, MTE candidates have logged over 2.5 million events in DLOG, Mountain Training’s online digital logbook including individual climbing routes on rock, sessions at climbing walls and days out walking in the hills and mountains. Based on the length of the day or the number of routes, it’s estimated that MTE candidates have:

- Walked 20,910,757miles, that’s far enough to travel to the Moon and back 43 times!
- Climbed enough vertical metres to get to the top of Everest from sea level 104,581 times!



# 5. THE “CASCADE EFFECT” OF MOUNTAIN TRAINING REACH, INFLUENCE AND IMPACT

## 5. THE “CASCADE EFFECT” OF MOUNTAIN TRAINING REACH, INFLUENCE AND IMPACT

The Mountain Training Candidate Management System (CMS) and the data held therein tracks candidates' progression through Mountain Training schemes and the direct reach, influence and impact of course providers over the people they train.

But these simple measures of scheme participation do not demonstrate the reach, influence and impact those people go on to have in the day-to-day practice of their work.

It is not all about direct, face-to-face contact on courses and there are many ways an individual can exert influence through the cascade of knowledge in their daily work. In this way Mountain Training has far more reach, influence and impact than simply delivering skills courses and qualifications. Mountain Training is an enabling organisation: and it is not so much a question of the numbers delivered; but what those qualifications and skills enable people to do for others.

### Mountain Training England's reach, influence and impact

Mountain Training England's impact is delivered through the leaders and coaches it trains and develops. The 2018 impact survey found that MTE qualification holders led or coached a mean average of 163 participants per year (205 for members of the Mountain Training Association).

In the past 12 months, MTE awarded 1871 pass results for new qualification holders (Male 1317, Female 549, Unspecified 5). This multiplier, from qualification holders to participants, equates to an annual reach of 304,973 additional participants.

Many qualification holders remain active in leadership and coaching for much of their lives but, taking just five years as a conservative expectation, this indicates that there would be around 9350 active qualification holders working with participants each year. This conservative calculation demonstrates that 6585 male, 2745 female and 25 unspecified qualification holders, have led or coached 1,524,865 participants in the past 12 months.

Furthermore, if we add the 1156 participants in the relatively new Hill and Mountain Skills courses that gives MTE a total reach of 1,526,021 in 2017-18. **That means that Mountain Training England supports over 1.5 million participants in climbing or walking every year.**

In reality, we know the number is far greater than that. In the 2018 impact survey, only 35% of surveyed 900 candidates were considered “active” (defined as having completed a qualification or skills scheme? in the last 5 years).

Whether candidates were counted as “active” or not had no significant statistical effect on participation rates. So we can be sure that there are even more active leaders out there, changing the lives of their participants every day, every year.

### The impact of training providers and directors

All Mountain Training England courses (for qualifications and skills training) are offered by a network of approved providers. A provider can be an individual or an organisation and will appoint an approved course director to run each course. All course directors hold Mountain Training qualifications of a high level, and have been approved to deliver Mountain Training courses and skills training for others. In effect, these are the candidates that go on to work in a “Train the Trainer” capacity, delivering further courses and training the leaders and qualification holders of the future.

Mark Garland is an MTE provider in North Devon. Mark first registered with MTE as a candidate in 1993 completing the Rock Climbing Instructor and Mountain Leader qualifications. He subsequently went on to complete the Winter Mountain Leader (administered by Mountain Training Scotland), the Mountaineering Instructor Award; and International Mountain leader. He is highly qualified and an active member of BAIML, AMI and MTA,<sup>5</sup> having completed over 18 days of Mountain Training recognised CPD in the past five years. Mark became a director of MTE Courses in 2008 and is now accredited to deliver of MTE's training and assessment courses.

As a course provider, Mark delivers courses under his own company, Mark Garland Mountaineering, and as a course director for Undercover Rock, a climbing wall/centre in Bristol.

<sup>5</sup> See details of these associations in section 7. MTE stakeholders

Mark Garland Mountaineering to date has provided 389 courses for 2168 candidates and issued 2116 passes. If each of the 2116 were individual entities and went on to work with our average of 163 candidates per year<sup>6</sup> then Mark Garland Mountaineering has an annual impact on approximately 350,000 people per year, for as long as they continue to be active.

Of course, some of the individuals trained and assessed by Mark may hold more than one qualification; but Mark also works as a course provider for Undercover Rock which has provided an additional 242 courses for 1024 trainees and issued a further 930 passes (representing a potential impact on a further 150,000 participants).

This shows how through training just one course director, Mountain Training can reach, influence and impact 500,000 participants each year.

### The impact of training a leader

Many Mountain Training candidates will gain qualifications that enable them to lead others in the mountains. However they are not the end of the cascade of reach, influence and impact. The 2018 impact survey indicates they will go on to lead an average of 163 participants of their own, every year. But more than that, most Mountain Training leaders have a broader reach and impact on a greater population through a variety of means – way beyond direct contact or leadership with physical groups.

Megan Hine is an International Mountain Leader. Originally from Canterbury, in Kent, Megan first registered as a candidate with MTE in 2002. Since then she has gained her Mountain Leader, the Rock Climbing Instructor (formerly, Single Pitch Award) and International Mountain Leader qualifications.

Megan is now a survival consultant, celebrity expedition leader, and a highly-acclaimed speaker and author. Her vast wealth of experience and knowledge, gained from leading hundreds of expeditions and consulting for TV survival shows across the globe enables her to organise unique experiences for clients to untouched and wild places.

Megan met Bear Grylls in 2007, while running an outdoor programme for an International School in Switzerland, and subsequently became a key fixer for a series of world leading adventure programmes. Using her leadership skills, she explores and tests concepts, arranges logistics and assesses the risk of using wild locations for TV, looking after the team in the process. Megan's reach is huge, and includes:

- Numerous magazine and online articles, including “9 survival secrets from the woman behind Bear Grylls” in Marie Claire.
- Public speaking, Megan spoke at Fortune's Most Powerful Women's conference in London in 2016.
- On-screen appearances, in Mission Survive Season 1 & 2; The Homerun Season 1 & 2 amongst numerous others.
- Behind the scenes technical expertise on over a dozen worldwide productions.
- Books, Megan has written a bestselling book “Mind of Survivor” which has sold over 25,000 copies.

**“MY BEST FRIEND MEGAN IS THE MOST INCREDIBLE BUSHCRAFT, CLIMBING AND MOUNTAIN GUIDE YOU’LL EVER MEET. SHE’S STRONGER THAN 99 PERCENT OF THE MEN I KNOW, SHE’S INCREDIBLE”**

### BEAR GRYLLS – SURVIVAL EXPERT

This demonstrates the reach, influence and positive impact just one leader can have as an ambassador for the outdoors and inspirational female role model. But Megan is not alone – these pages are filled with similar examples of the extraordinary impact Mountain Training leaders can have.

<sup>6</sup> As per the 2018 Impact Survey

### The impact of training a single candidate

It is easy to assume that a candidate on the receiving end of skills training is at the end of the cascade, but this is not the case as the abovementioned case studies highlight. There are numerous hundreds of examples of candidates who have simply gained the training they need (to build their skills or develop their confidence) from Mountain Training, with no intention of going on for assessment. These individuals can have a huge impact on the lives of others.

The deployment of junior coaching staff at climbing walls is an excellent example of this. There is a clear benefit to a climbing centre up-skilling its staff through Climbing Wall Assistant and Foundation Coach Training. Not only do they gain a nationally-recognised level of competence, but they also return to the centre better able to inspire, engage and develop the climbing clientele. This often takes place over a number of sessions, helping to turn a taste of climbing into a sticky habit. It is conventional industry practice that many junior staff are signed off to work "in-house" by Mountain Training qualified Technical Experts, in order to be able to deliver sessions at their wall. In this way, there is no requirement (nor incentive) for completing the qualification, but still a tremendous value to undertaking the training.

The Mountain Training Coaching Award Scheme, administered by Mountain Training UK, was specifically designed to enable climbing coaches to gain access to training and skills development without placing the barriers of assessment or qualification in the pathway. 5 years into the scheme and 1546 people have completed the Foundation Coach Training, while only 258 have taken the assessment. Many more have continued on to further training and development at the next level.

The majority of the 1546 trainees will work in a climbing centre, under the responsibility of a technical expert or more senior/managerial staff who in turn will be fully qualified by Mountain Training, in order to undertake this level of responsibility. The 2018 impact survey indicates that of the 900 candidates surveyed, those working indoors typically run many more short-duration sessions, compared to those working outdoors. As a result, Climbing Wall Instructors and coaches typically work with circa 300-350 participants per year. Hence qualifying 450 candidates can have an overall impact on a further 135,000+ participants every year. Furthermore, the majority of these participants are new to climbing, and much of this takes place in inner-city climbing walls.

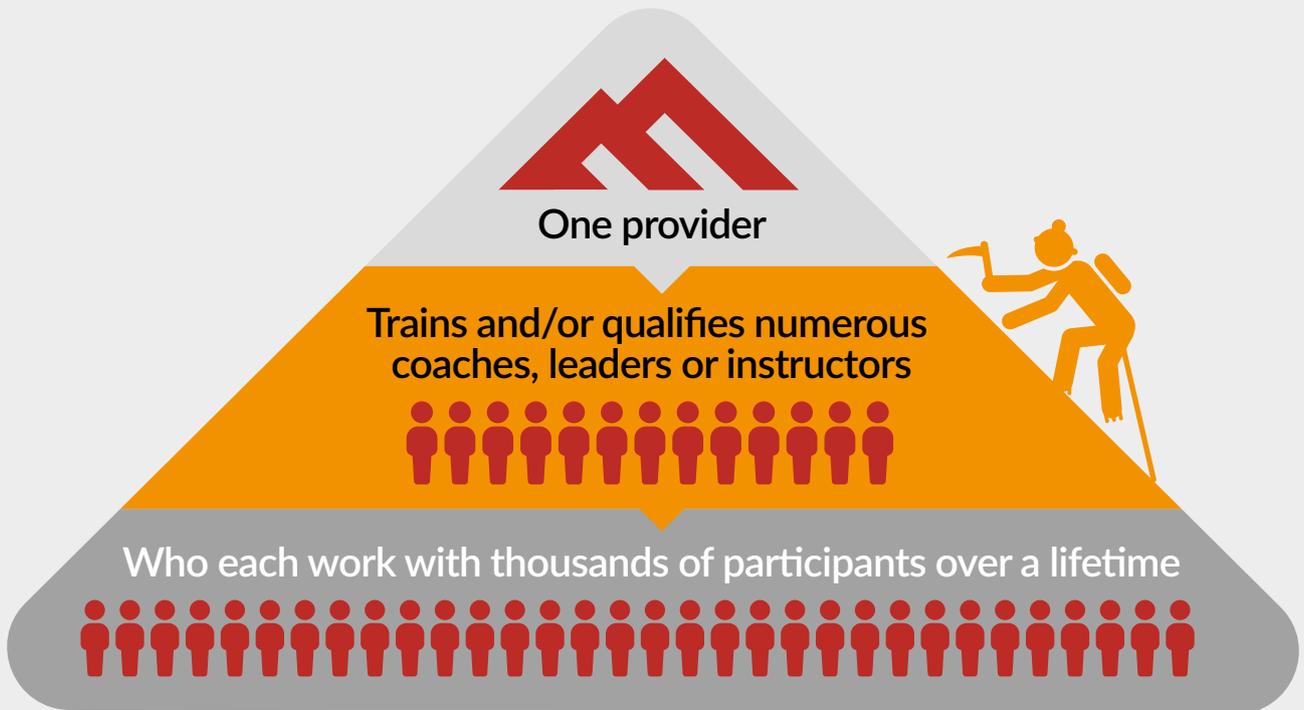
But indoor climbing is just one example of how a single trainee can deliver a huge impact.

Alex Staniforth is a Mental Health Activist and adventurer, endurance athlete, inspirational speaker, author and fundraiser from Cheshire. He is no stranger to overcoming adversity – suffering epilepsy, stammering, and bullying in early life. He survived the 2015 Nepal earthquake during his second attempt to climb Mount Everest. In July 2017 he became the fastest person ever to climb all 100 UK county tops, advocating his struggle with depression and eating disorders. He won the Pride of Britain Granada Reports Fundraiser of the Year, raising over £85,000 for charities so far.

Through his outdoor challenges Alex is committed to help others overcome their own challenges in life. He regularly delivers inspirational, keynote and after-dinner talks to corporate teams, conferences and awards presentations across the UK, as an ambassador for Westgrove Group, YHA England & Wales, PHASE Worldwide and Viewranger. In partnership with PHASE he organised the 'Walk4Nepal' fundraising walk on Snowdon, with over 120 people raising over £20,000 for the charity on the first anniversary of the Nepal earthquake. In May 2018 he organised his iconic Mind over mountains event which focuses on the connection between mental wellbeing and hillwalking. In summary, Alex has a huge impact, but (thus far) has completed his Mountain Leader Training.



The tangible cascade of Mountain Training impact can be demonstrated visually as such:



So to quantify this cascade effect as best we could, and to understand who MTE's participants are, in 2018 MTE commissioned its first Impact survey which endeavoured to obtain information about how MTE's providers, leaders and candidates use their qualifications and skills training for the benefit of others.

# 6. MOUNTAIN TRAINING ENGLAND IMPACT SURVEY 2018



## 6. MOUNTAIN TRAINING ENGLAND IMPACT SURVEY 2018

As outlined in the previous section, there are a number of ways MTE candidates use their Mountain Training skills and qualifications to reach, influence and positively impact individuals over many years. The MTE Impact survey endeavoured to quantify this cascade effect. The survey was set up to capture information about how MTE providers, leaders and candidates use their Mountain Training skills and qualifications for the benefit of others. Over the summer of 2018, a Survey Monkey questionnaire was sent via the Mountain Training Candidate Management System to all MTE candidates living in England. 919 candidates responded. This data was then combined with the data already held about each candidate on the system, to give an extraordinarily rich profile of respondents and how they use their qualifications and/or training.

The data was analysed by experts in the Sports Science, Health and Exercise Studies department of Bangor University. Key questions were asked of the survey data, for example cutting the data by key demographics and qualifications held. Statistically significant variations were revealed and explored, for example the variation between the clientele of British Mountain Guides compared to lower level qualification holders. Finally, the results were compared with other key studies and national indices, for example, a multiple deprivation decile<sup>7</sup> index to establish impact on key groups.

### Participation rates

The following questions were asked:

- How many people, on average, does a MTE candidate work with each year?
- In total, how many people were led, coached, instructed, inspired, advised and managed by MTE candidates in one year?
- How many participants per week (and for how many weeks of the year)?

### HIGHLIGHTS

- **ON AVERAGE, MTE CANDIDATES INSTRUCT 163 PARTICIPANTS EACH YEAR.**
- **IN TOTAL OVER 1.5MILLION PARTICIPANTS ARE TAUGHT BY MTE QUALIFIED LEADERS EACH YEAR.**
- **PARTICIPATION RATES ARE NO DIFFERENT IN ENGLAND COMPARED TO THE REST OF THE UK.**

	Number of candidates	Number of participants per year			Participants per week		Weeks per year	
		Mean	Median	Total	Mean	Median	Mean	Median
Overall	948	170	60	161576	20	10	25	25
England	684	163	60	111490	21	10	25	26

<sup>7</sup> <https://www.gov.uk/government/collections/english-indices-of-deprivation>

We then went on to explore participation rates according to different groups of MTE candidates

**Led participation rates by level of qualification:**

MTE schemes are an important gateway on the path to the higher level qualifications administered by Mountain Training UK, see section 1 for more information We wanted to know if participation levels changed the more highly qualified people became.

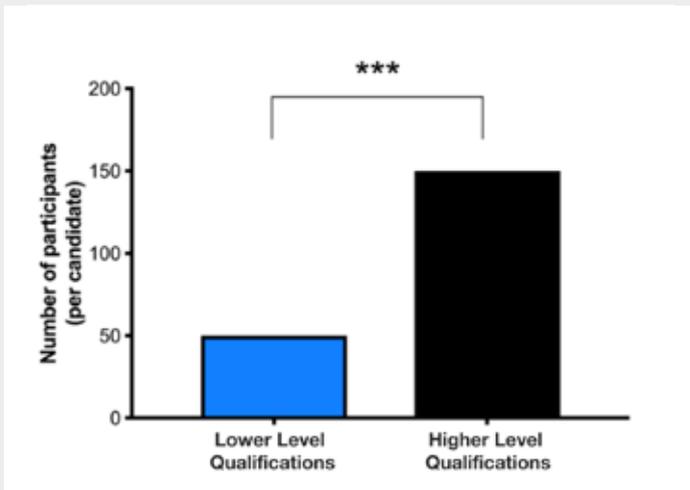
**HIGHLIGHTS**

- **ON AVERAGE, CANDIDATES WITH HIGHER LEVEL QUALIFICATIONS INSTRUCT THREE TIMES MORE PARTICIPANTS COMPARED TO CANDIDATES WITH LOWER LEVEL QUALIFICATIONS.**

We explored the average number of participants per year for each candidate separated according to whether they hold any higher awards. For this study higher awards are defined as those that have their own professional association. For this analysis participants with higher awards are only included in the higher award average. For example, if a candidate holds the ML and IML awards, they are only included in the higher awards group.

Qualification Level	Number of candidates	Number of participants per year			Participants per week		Weeks per year	
		Mean	Median	Total	Mean	Median	Mean	Median
Lower Level	792	144	50	113819	20	10	24	25
Higher Level	156	303	150	47315	19	12	28	30

**Average per candidate**

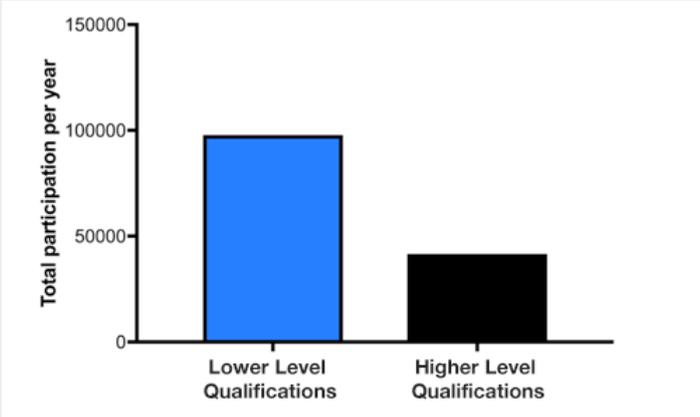


**EFFECT OF QUALIFICATION LEVEL**

On average, candidates with higher level qualifications instruct more participants per year compared to candidates who only have lower level qualifications. The \*\*\* indicates the difference is statistically meaningful to the  $p < 0.001$  level.

## Total across all candidates

However, there are many more candidates with lower level qualifications compared to candidates with higher level qualifications. Therefore, candidates with lower qualifications instruct a greater total number of participants compared to candidates with higher qualifications.



These figures are for the respondents to the survey. When we apply these averages to all active MTE candidates, they instruct over 1.5 million participants per year.

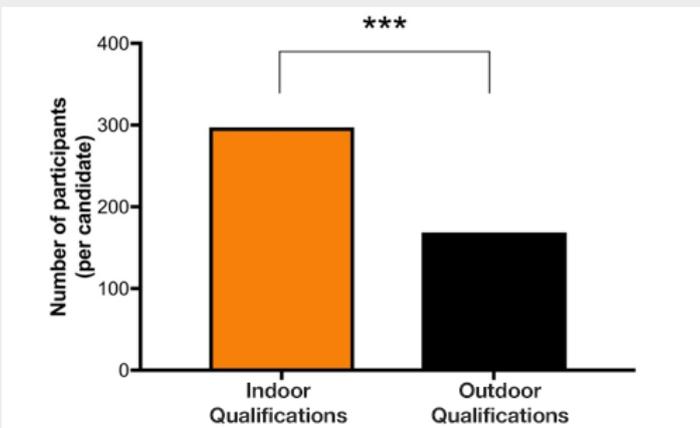
## Participation rates by indoor/outdoor

### HIGHLIGHTS

- **ON AVERAGE, CANDIDATES WITH INDOOR QUALIFICATIONS INSTRUCT MORE PARTICIPANTS PER YEAR COMPARED TO CANDIDATES WITH OUTDOOR QUALIFICATIONS.**

**Average number of participants per year for each candidate separated according to whether they hold indoor or outdoor qualifications.**

For this analysis candidates with multiple qualifications are included in the averages for all of the awards they hold. For example, if a candidate holds the Climbing Wall Instructor and Mountain Leader qualifications, they are included in the averages for both.



### EFFECT OF QUALIFICATION TYPE

On average, candidates with indoor qualifications instruct more participants per year compared to candidates with outdoor qualifications. The \*\*\* indicates the difference is statistically meaningful to the  $p < 0.001$  level.

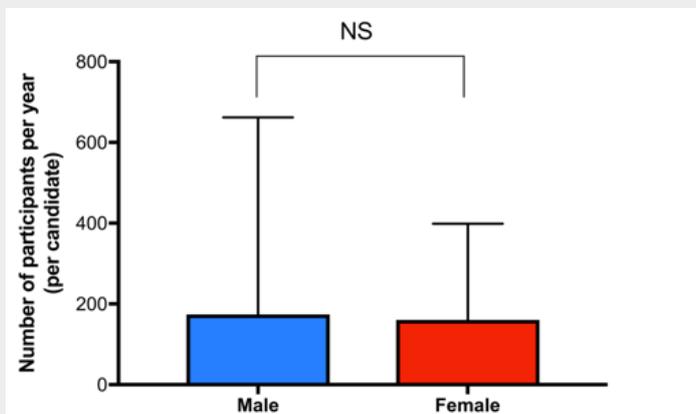
## Participation rates by gender

With a strategic aim to grow the proportion of female coaches, leaders and instructors, we wanted to know if gender had an impact on the number of participants a candidate works with.

### HIGHLIGHTS

- **23% OF SURVEYED CANDIDATES WERE FEMALE.**
- **28% OF ALL CANDIDATES ARE FEMALE**
- **GENDER HAD NO EFFECT ON LED PARTICIPATION RATES**

Average number of participants per year for each candidate separated according to candidate gender.



#### EFFECT OF GENDER

There was negligible difference between participation rates for male and female candidates (across the whole sample).

There was also negligible effect of gender on participation rates in candidates with lower level qualifications or candidates with higher level qualifications.

Neither was there any significant variation to participation or conclusions to be drawn when analysed by candidate ethnicity.

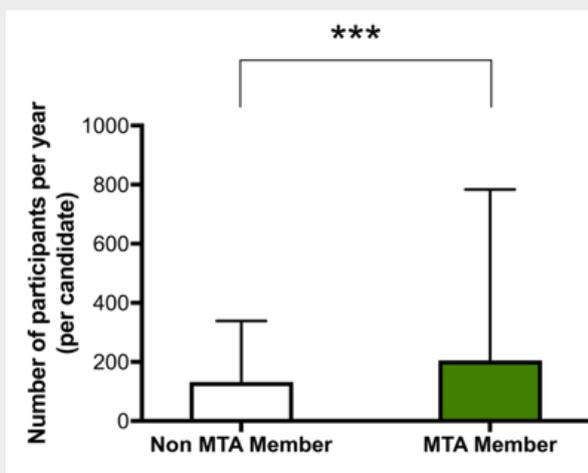
## Participation rates by MTA membership

We wanted to know if being part of our professional membership association, the Mountain Training Association (MTA) made any difference to the number of participants a candidate worked with.

### HIGHLIGHTS

- **53% OF SURVEYED CANDIDATES WERE MTA MEMBERS.**
- **CANDIDATES WITH MTA MEMBERSHIP INSTRUCT ALMOST TWICE AS MANY PARTICIPANTS PER YEAR COMPARED TO CANDIDATES WITHOUT MTA MEMBERSHIP.**

Average number of participants per year for each candidate separated according to whether the candidate is an MTA member or not.



**EFFECT OF MTA MEMBERSHIP**

On average, candidates with MTA membership instruct more participants per year compared to candidates without MTA membership.

The \*\*\* indicates the difference is statistically meaningful to the  $p < 0.001$  level.

## Age of participants

We wanted to know what age groups MTE candidates work with, and most frequently. We were especially keen to know how much work is done with under 18 year olds; and whether the higher level qualification holders tend to work with older clients (or not)?

## Age bands overall

### HIGHLIGHTS

- CANDIDATES WORK WITH 11-17-YEAR OLDS MORE OFTEN THAN ANY OTHER AGE GROUP.
- ABOUT 60% OF PARTICIPANTS ARE OVER 18, ABOUT 40% OF PARTICIPANTS ARE UNDER 18.

### How often do MTE candidates work with different age bands?

Median responses for frequency of working with different age bands.

	< 10	11-17	18-25	26-44	45-64	65+
<b>All</b>	Rarely	Frequently	Sometimes	Sometimes	Sometimes	Rarely
<b>England</b>	Rarely	Frequently	Sometimes	Sometimes	Sometimes	Rarely

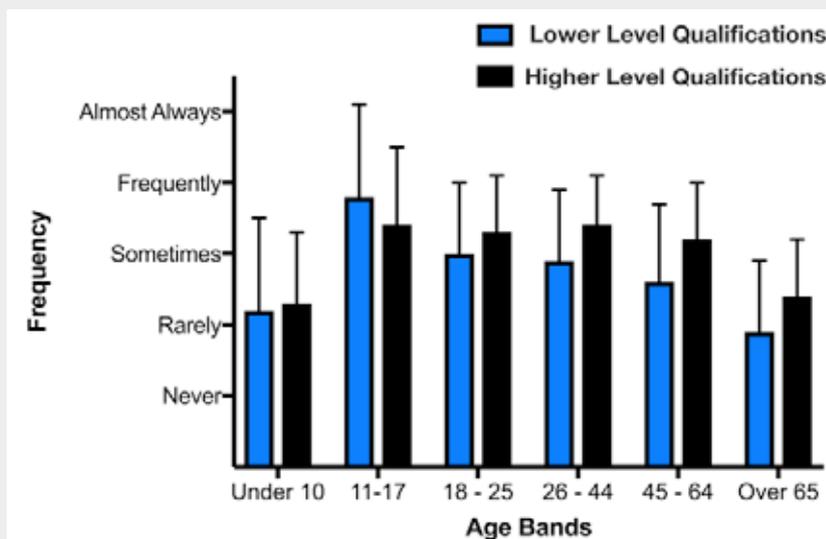
As a consequence, we are able to calculate a rough estimation of the number of participants from each age band a candidate will work with in a year. This is based on the candidate's reported frequency of working with different age bands as a proportion of their total number of participants

	Age Bands						Totals	
	< 10	11-17	18-25	26-44	45-64	65+	Under 18	Over 18
<b>All</b>	82	129	110	101	82	55	224	368
<b>England</b>	82	127	104	94	76	52	221	347

All candidates work with 11 to 17-year olds more often than they work with any other age group. This is true when all candidates are analysed together, and also true for each of the different candidate groupings (eg higher qualification holders). 40% of participants are under 18 and this represents roughly double the proportion of under 18's in the UK population.

## Age bands by level of qualification

We wanted to know how often MTE candidates work with different age bands, separated according to whether the candidate holds any higher qualifications. For this analysis participants with higher qualifications are only included in the higher qualification average.



### EFFECT OF QUALIFICATION LEVEL

On average, candidates with higher qualifications work with older age groups more often compared to candidates with only lower level qualifications.

For all age groups 18+, the difference between lower level qualification holders and higher level qualification holders is statistically meaningful.

### Under 18 vs Over 18 split by award type

A huge proportion of candidates work with under 18 year olds. We wanted to know whether certain qualification holders work with young people more often than older participants. We were able to calculate a rough estimation of the number of Under 18 participants and Over 18 participants each candidate will work with in a year. This is based on the candidate's reported frequency of working with different age bands as a proportion of their total number of participants.

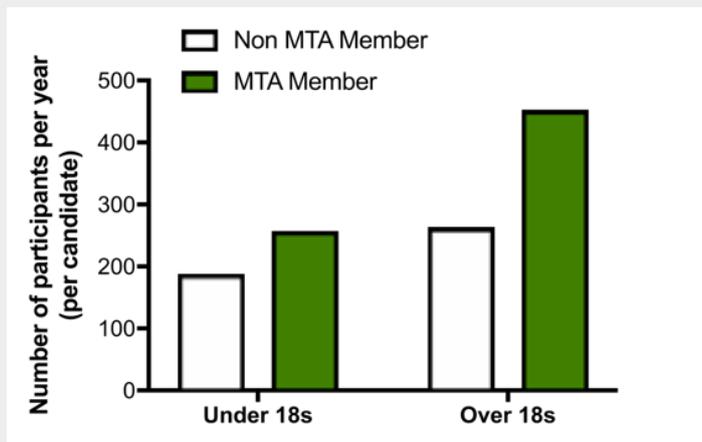
Qualification	Under18		Over18	
	Mean	Median	Mean	Median
Climbing Wall Award	446	150	546	175
Climbing Wall Award Abseil Module	331	125	414	163
Foundation Coach	550	375	752	438
Rock Climbing Instructor (formerly, Single Pitch Award)	368	184	612	338
Climbing Wall Leading Award	418	293	587	375
Development Coach	500	450	980	1013
Lowland Leader	53	30	77	35
Hill and Moorland Leader	174	50	346	79
Expedition skills Module	173	38	314	68
Mountain Leader	233	75	419	178
Winter Mountain Leader	223	100	440	263
International Mountain Leader	371	120	774	338
Mountaineering Instructor Award	315	188	529	338
Mountaineering Instructor Certificate	223	188	490	338
British Mountain Guide	54	38	222	225

## Age bands by gender

We wanted to know whether male or female candidates worked with more or less young people in a year: whether gender had any impact on this figure? It does not appear to.

## Age bands by MTA membership

We were also curious to know whether members of the MTA worked with more or less young people than other candidates. We asked how often MTE candidates work with different age bands, separated according to whether they are MTA members or not.



### EFFECT OF MTA MEMBERSHIP

On average, candidates with MTA membership instruct more Over 18s compared to candidates without MTA membership.

However, this is because candidates with MTA membership instruct more participants overall.

There is no statistical interaction between MTA membership and age group numbers.

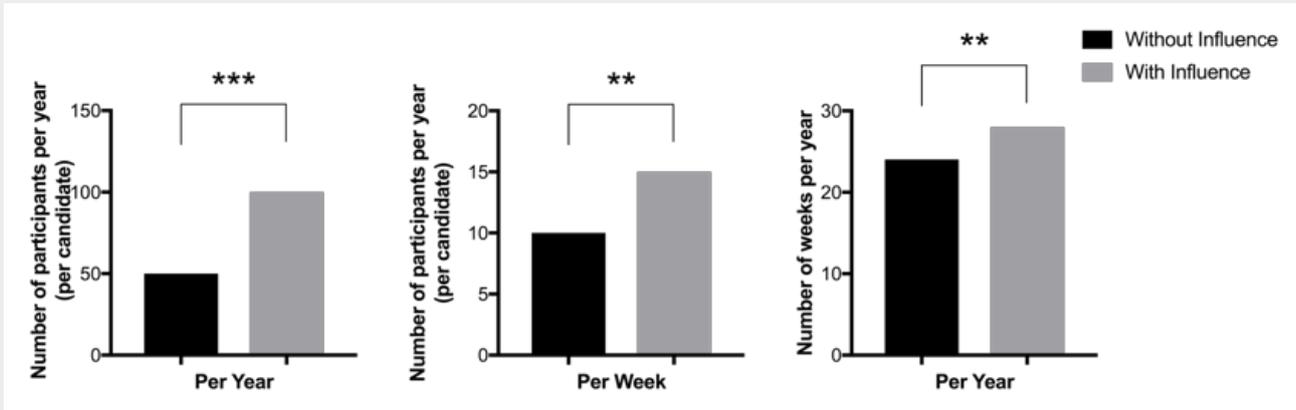
### Effect of position of influence

Many MTE candidates hold significant positions of influence over the operations of key outdoor organisations. We wanted to know what proportion of candidates this is, and whether this had any significant impact on the numbers of participants they reach and influence in a year.

36% of surveyed candidates reported having a “position of influence”, so we were keen to ascertain how many people those candidates reach and influence each year.

## HIGHLIGHTS

- **ON AVERAGE, CANDIDATES WITH POSITIONS OF INFLUENCE TEACH MORE PARTICIPANTS COMPARED TO CANDIDATES WITHOUT POSITIONS OF INFLUENCE.**
- **NOT ONLY DO THEY WORK WITH MORE PARTICIPANTS PER WEEK, BUT THEY DO SO FOR MORE WEEKS OF THE YEAR.**



**EFFECT OF POSITION OF INFLUENCE**

On average, candidates with positions of influence teach more participants compared to candidates without positions of influence.

The \*\* indicates the difference is statistically meaningful to the  $p < 0.01$  level.

However, since there are more candidates without positions of influence, the total number of participants taught by each group is similar.

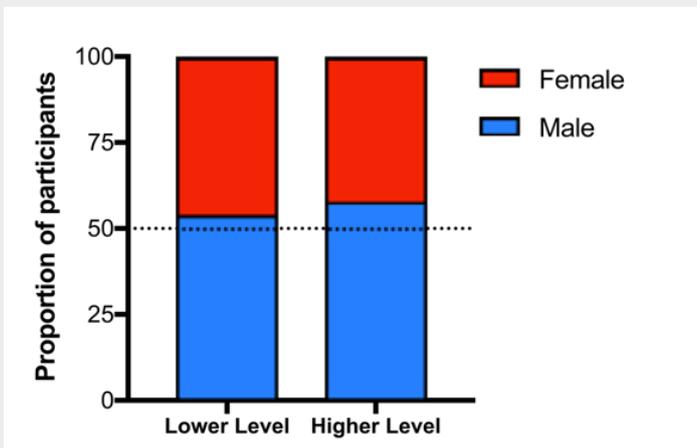
**Proportion of female participation**

As well as knowing whether male or female candidates worked with different numbers of participants we also wanted to know what other factors had an impact on the gender of the participants. In brief, we wanted to know the facts and figures that drive the male: female split in participation. What we found was highly positive and largely without variation, however we cut the data.

**HIGHLIGHTS**

- CANDIDATES WORK WITH 50% MALE AND 50% FEMALE PARTICIPANTS.
- THIS IS TRUE REGARDLESS OF CANDIDATE GENDER, QUALIFICATION TYPE, MTA MEMBERSHIP, INSTRUCTING ENVIRONMENT (INDOOR/OUTDOOR).

**Female participation by qualification level**

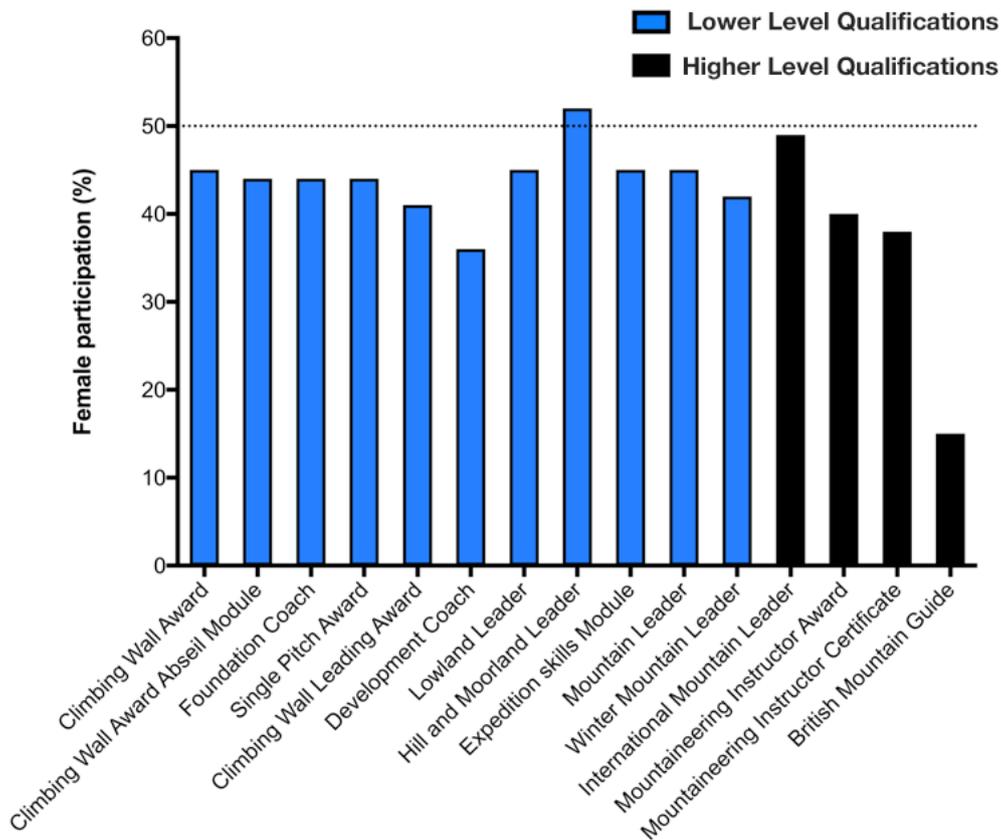


**EFFECT OF QUALIFICATION LEVEL**

On average, candidates with lower level qualifications instruct a higher proportion of females compared to candidates with higher level qualifications.

The difference is statistically meaningful to the  $p < 0.01$  level.

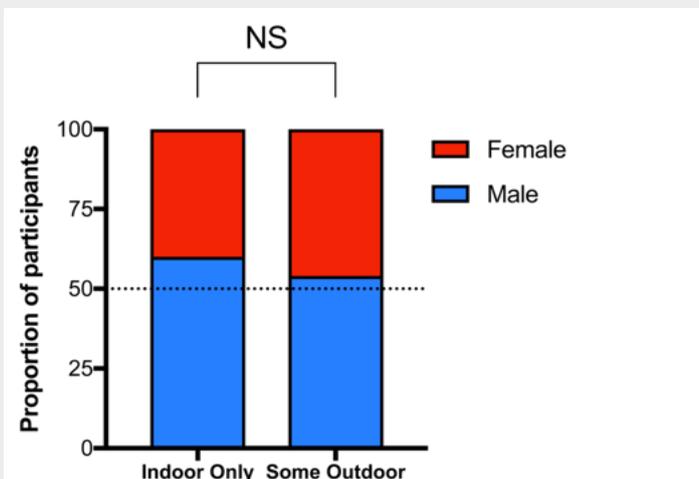
It appears this difference is primarily driven by the low proportion of female participants instructed by candidates who hold the British Mountain Guide Award.



### Female participation by environment (Indoor-Outdoor)

Knowing the equal balance of gender in indoor climbing schemes, we also explored whether candidates working predominantly indoors worked with more female participants than those candidates working outdoors. We asked surveyed candidates for their split of indoor/outdoor work; but then referenced this against the qualifications they hold. We found some unusual anomalies:

Although candidates with only indoor qualifications should report 0% outdoor participation, they actually report 58% outdoor participation (more outdoor than indoor). As this isn't a useful split for comparing the instructing environments, in the analysis "indoor only" reflects candidates who report 0% outdoor participation, and "some outdoor" reflects all other candidates. In the end, this made very little difference to participation.



**EFFECT OF INSTRUCTING ENVIRONMENT**

On average, candidates who teach outdoors have a higher proportion of female participation compared to candidates who only teach indoors.

However, this difference is not statistically meaningful.

## The proportion of outdoor-led participation

We wanted to know what the overall indoor/outdoor split in led participation might be as the indoor sector continues to grow. We discovered that:

### HIGHLIGHTS

- APPROXIMATELY THREE QUARTERS OF LED PARTICIPATION TAKES PLACE OUTDOORS.

## Socio-economic factors

We wanted to know all about the socio-economic factors in led participation: where the instructors live and work as well as the audience they reach. For the latter, we asked them about the percentages of participants from each target audience. We then analysed the percentage of ethnic minority, disabled and socially deprived in led participation. We discovered that:

### HIGHLIGHTS

- 15% OF PARTICIPANTS IN ENGLAND ARE FROM DISADVANTAGED BACKGROUNDS.
- 39% OF PARTICIPANTS IN ENGLAND ARE FROM INNER-CITY URBAN LOCATIONS.
- 10% OF PARTICIPANTS IN ENGLAND ARE FROM A BLACK, ASIAN, OR MINORITY ETHNIC (BAME) GROUP.
- 5% OF PARTICIPANTS IN ENGLAND HAVE PHYSICAL OR MENTAL DISABILITIES (THAT ARE KNOWN TO THE CANDIDATES).
- THERE IS NO DIFFERENCE IN MINORITY PARTICIPATION BETWEEN INDOORS/ OUTDOORS.

## Overall participation rates

Analysing overall proportion of minority participation led us to discover the following percentage of participants from each minority group:

	Disadvantaged (%)		Inner city (%)		BAME (%)		Disability (%)	
	Mean	Median	Mean	Median	Mean	Median	Mean	Median
<b>Overall</b>	22	15	37	33	15	10	12	6
<b>England</b>	23	15	38	39	15	10	12	5

## Comparison between indoor and outdoor provision on minority participation rates

Knowing that many climbing walls are in inner city areas, we wanted to know if there was any significant variation between indoor and outdoor participation. Hence we analysed the proportion of minority participation according to candidates who predominantly instruct indoors versus candidates who predominantly instruct outdoors.

Predominant Environment	Disadvantaged (%)		Inner city (%)		BAME (%)		Disability (%)	
	Mean	Median	Mean	Median	Mean	Median	Mean	Median
<b>Indoor</b>	25	16	36	27	15	10	15	6
<b>Outdoor</b>	21	15	36	33	15	10	11	5

There is negligible statistical difference between indoors and outdoors in the proportion of participants from deprived or inner-city backgrounds, BAME ethnicities, or disabilities.

## Affluence of MTE candidates

As well as asking candidates about their participants, we wanted to know where our candidates lived and about the environment in which they work. Combining the survey data with their records on the Mountain Training Candidate Management System, enabled us to link and analyse their responses by postcode. We wanted to know more about the distribution of our qualification holders by postcode - urban/non-urban, affluent/social depressed areas, and how this may vary across higher and lower qualifications.

## HIGHLIGHTS

- **A HIGHER PROPORTION OF CANDIDATES COME FROM AFFLUENT AREAS COMPARED TO THE GENERAL POPULATION OF ENGLAND.**
- **THIS WAS TRUE REGARDLESS OF CANDIDATE GENDER, QUALIFICATION LEVEL, OR INSTRUCTING ENVIRONMENT (INDOOR/OUTDOOR)**

## Overall distribution of affluence of MTE candidates

The distribution of MTE qualification holders by affluence of postcode was determined by using a multiple deprivation decile; a measure of affluence that combines income, employment, education and skills, health and disability, crime, barriers to housing and services, and living environment.

For example, a candidate with a Multiple Deprivation Decile score of 7 lives in an area ranked in the top 30% in England according to income, employment etc.

Only Mountain Training candidates living in England are included in any of the affluence analyses because deprivation indices are only available for England postcodes.

For the overall distribution, the distribution presented according to actual numbers of candidates in each decile (count).

	Proportion of candidates				
	Low affluence	Low-middle affluence	Middle affluence	Middle-high affluence	High affluence
<b>Overall</b>	7%	11%	24%	29%	29%

## Voluntary and professional instruction

We suspected that a great deal of voluntary work is conducted with MTE schemes. We wanted to know the split between volunteers/professionals in their main work with MTE qualifications; and how many days per year candidates use their qualifications on a voluntary basis.

### HIGHLIGHTS

- **OVERALL, ABOUT 25% OF INSTRUCTION IS VOLUNTARY**
- **CANDIDATES VOLUNTEER IN THE REGION OF 20 DAYS PER YEAR**
- **CANDIDATES WITH LOWER LEVEL QUALIFICATIONS DO VOLUNTARY WORK MORE COMPARED TO CANDIDATES WITH HIGHER LEVEL QUALIFICATIONS**
- **35% OF INSTRUCTION IN LOWER LEVEL CANDIDATES IS VOLUNTARY, COMPARED TO 12% IN CANDIDATES WITH HIGHER LEVEL QUALIFICATIONS**

## Coaching hours (voluntary contribution)

We wanted to know how many hours our coaches, leaders and instructors regularly work; and what the split between voluntary and paid activity might be. We wanted to compare these results with the YouGov UK Coaching report across all sports in the UK, so we refer to all led participation as coaching in this section.

### HIGHLIGHTS

- **MORE THAN HALF OF MTE COACHES DO NOT COACH ON A REGULAR BASIS AND MOST COACH IN BOTH A PAID AND VOLUNTARY CAPACITY.**
- **OVERALL, PAID COACHING ACCOUNTS FOR 75% OF ALL MTE COACHING ACTIVITY.**

Most coaches instruct 10 participants per week.

It is interesting to note that 56% of coaches reported no regular coaching activities in a typical week, suggesting that they coach on a more ad-hoc or sessional basis.

The active coaches in the survey (having completed a qualification in the last five years) coach 619 participants per week (32185 participants per year). of which:

- 37% coach in a voluntary capacity
- 6% coach in a paid capacity
- 58% coach in both a voluntary and paid capacity

**Overall, paid coaching accounts for 75% of all coaching activity and volunteer coaching accounts for 25%.**

## Contact span

We wanted to know more about the average contact span with participants. We were curious to know how much time MTE candidates spend with their participants each session; and how frequently they may run these sessions. This was challenging, as events may be short sessions in a climbing wall (measured in hours); or long expeditions to the other side of the globe (lasting many weeks).

### HIGHLIGHTS

- **MOST CANDIDATES (67%) REGULARLY RUN SESSIONS LAST ONE DAY OR LESS**
- **1 IN 5 (19%) OF CANDIDATES RUN 1-3 EXPEDITIONS PER YEAR**

39% of coaches regularly run short sessions (half a day or less, including evenings)

28% of coaches regularly run one day sessions or courses

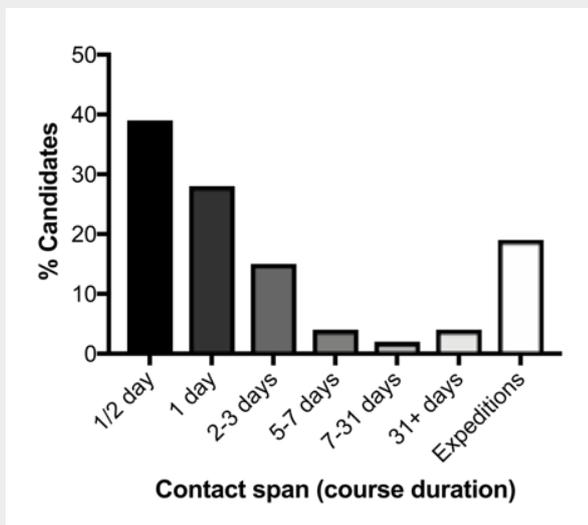
15% of coaches regularly run two or three day sessions or courses (mid-week or weekend)

4% of coaches regularly run week long (five to seven day) courses

2% of coaches regularly run one week to one month courses

4% of coaches regularly run longer term courses (more than a month) courses

19% of coaches regularly run expeditions (long term + travel)



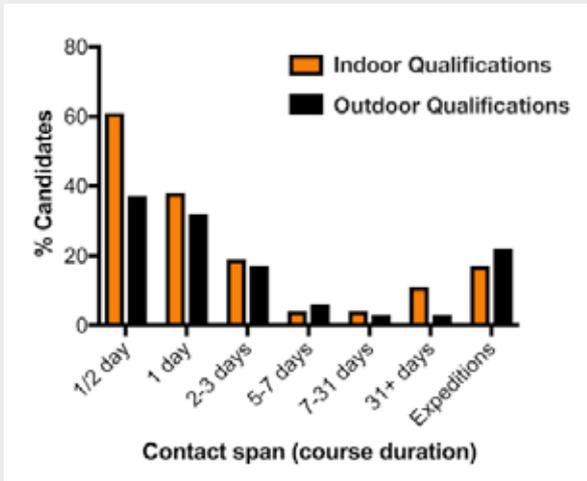
For courses lasting less than a month (short courses, one day sessions, two or three day courses, week long courses, and one week to one month courses) 'regularly' is defined as daily - monthly (12+ year).

For longer term courses (more than a month) 'regularly' is defined as daily - at least once every three months (4+ year).

For expeditions 'regularly' is defined as daily - less than once every three months (1-3 per year).

## The average contact span with participants. Indoor and outdoor comparisons.

Because many of the short sessions are typical in a climbing wall environment, we wanted to ascertain the proportion of candidates with indoor qualifications and proportion of candidates with outdoor qualifications who regularly run sessions of each length.



## Independent teachers and youth leaders

As evidenced from the desk-based research, many candidates work with young people: often working as teachers or leaders in youth organisations. We wanted to know how many 'independent' teachers and youth leaders are working with MTE qualifications (i.e. those not in a specific outdoor centre or role). 'Independent' teachers and youth leaders were defined according to the settings candidates use their MTE qualifications.

Candidates who reported working with schools, youth groups, or charities (sometimes, frequently, or almost always), but do not work with commercial organisations, private guiding/coaching/instruction, or in clubs (never or rarely), were included as 'independent' teachers and youth workers.

This turned out to be 20% of all surveyed candidates and is likely to be a similar proportion overall. This could mean that, of the overall 1.5 million participants per year MTE candidates work with; independent teachers and youth workers impact upon 300,000 participants per year.

## Duke of Edinburgh Award

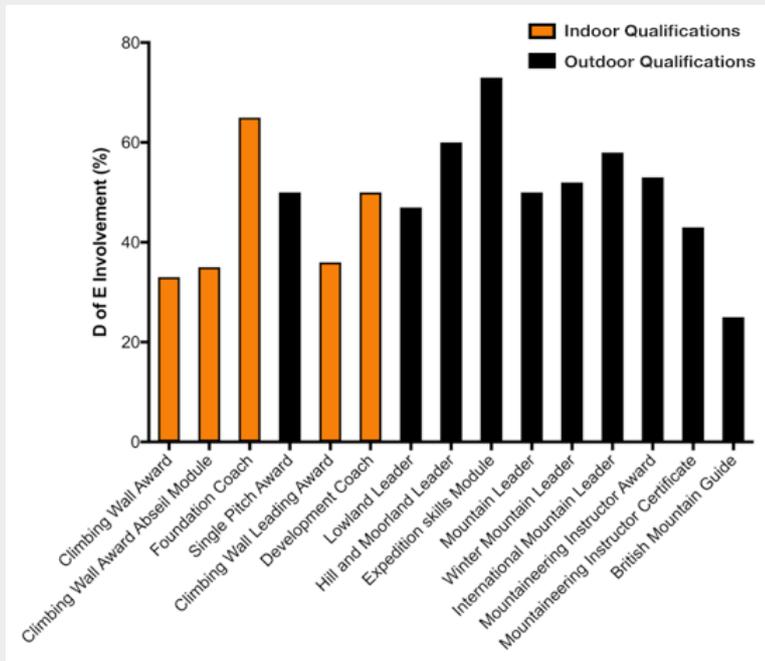
The Duke of Edinburgh (DofE) Award Scheme is a key stakeholder in MTE and more details can be found in section 7. We wanted to know more about the scale of delivery of DofE expeditions by MTE qualification holders. We also wanted to know if some award holders deliver more than others. By asking specific questions about this in the survey, we were able to ascertain the impact on DofE - participants and leaders in numbers.

## HIGHLIGHTS

- **45% OF CANDIDATES WORK WITH D OF E GROUPS/PARTICIPANTS.**
- **AS EXPECTED, MORE CANDIDATES WITH OUTDOOR QUALIFICATIONS INSTRUCT DOFE GROUPS, COMPARED TO CANDIDATES WITH ONLY INDOOR QUALIFICATIONS.**

## D of E involvement by qualification

As expected, involvement in DofE was lower in candidates with indoor qualifications compared to candidates with outdoor qualifications. DofE involvement was lowest in British Mountain Guides.



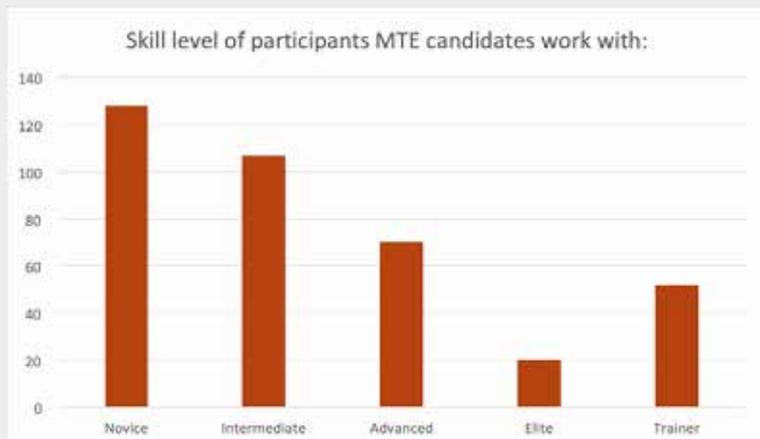
## Performance level of participants

We wanted to know the impact on novices by MTE candidates: how many people are introduced to an activity for the first time by MTE candidates. We then wanted to know how many participants subsequently become independent in these activities and continued to take part.

### HIGHLIGHTS

- 1/3 OF PARTICIPANTS INSTRUCTED BY MTE CANDIDATES ARE NOVICES.

Finding out approximately how many participants of different performance levels each MTE candidate works with each year gave us more detail on this. This has been calculated by multiplying the number of participants led by each candidate per year by the proportion of time they spend teaching each group.



We also wanted to know how many of those participants carry on taking part after their introduction.

## HIGHLIGHTS

- **59% OF CANDIDATES REPORT MOST OR ALL PARTICIPANTS CONTINUE TO PARTICIPATE.**
- **APPROXIMATELY 3/4 OF PARTICIPANTS CONTINUE WITH PARTICIPATION.**
- **ON AVERAGE, APPROXIMATELY 122 PARTICIPANTS PER CANDIDATE CONTINUE WITH PARTICIPATION EACH YEAR.**

## Participation rates in active members in England

In order to make comparisons with others sports and other National Governing or Awarding Bodies, we wanted to understand the impact of recently qualified or “active” candidates; rather than assuming that all candidates ever qualified were still active at the same levels. For this analysis candidates were defined as “active” if they had completed a qualification or skills course in the last 5 years (England only). This assumes that, on average, candidates are active leaders for 5 years after gaining their qualification.

## HIGHLIGHTS

- **35% OF SURVEYED CANDIDATES WERE CONSIDERED “ACTIVE” (DEFINED AS HAVING COMPLETED A QUALIFICATION OR SKILLS COURSE IN THE LAST 5 YEARS).**
- **SURVEYED CANDIDATES WHO QUALIFIED MORE THAN 5 YEARS AGO HAD THE SAME LED PARTICIPATION RATES.**

Average number of participants per year for each candidate filtered according to “active” candidates

Qualification Level	Number of candidates	Number of participants per year			Participants per week		Weeks per year	
		Mean	Median	Total	Mean	Median	Mean	Median
Active Candidates	264	157	60	41448	20	10	25	25
Non-active Candidates	422	166	65	70052	21	10	26	26

## Participation rates by level of qualification (in active candidates)

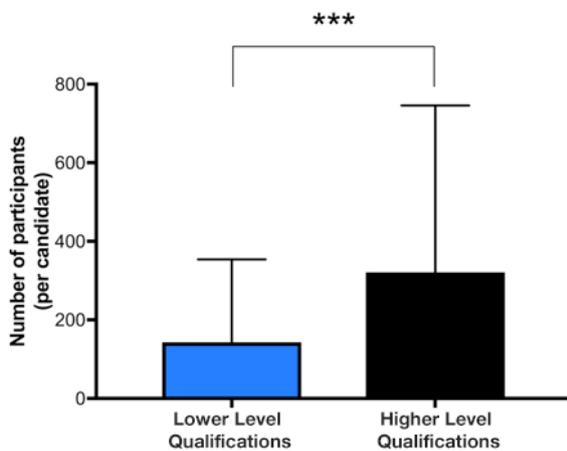
We wanted to know if this measure of active candidates varied from the overall figures for participation for all candidates. We also wanted to know whether, if this were the case, it varied between different levels of qualification. Hence we explored how participation figures for higher level qualification holders differ from lower level qualification holders; and for the highest level of qualification, what were the numbers of participants per year.

### SUMMARY:

- Whether candidates were counted as “active” had no effect on the higher-lower qualification splits.
- In both “active” and “non-active” groups, candidates with higher level qualifications instruct more participants per year compared to candidates who only have lower level qualifications.
- There was no difference between “active” candidates with higher qualifications and “non-active” candidates with higher qualifications.
- There was no difference between “active” candidates with lower qualifications and “non-active” candidates with lower qualifications.

We explored the average number of participants per year for each candidate separated according to whether they hold any higher qualifications. For this analysis participants with higher qualifications are only included in the higher qualification average. For example, if a candidate holds the Mountain Leader and International Mountain Leader qualifications, they are only included in the higher qualifications group.

## Average participants per candidate



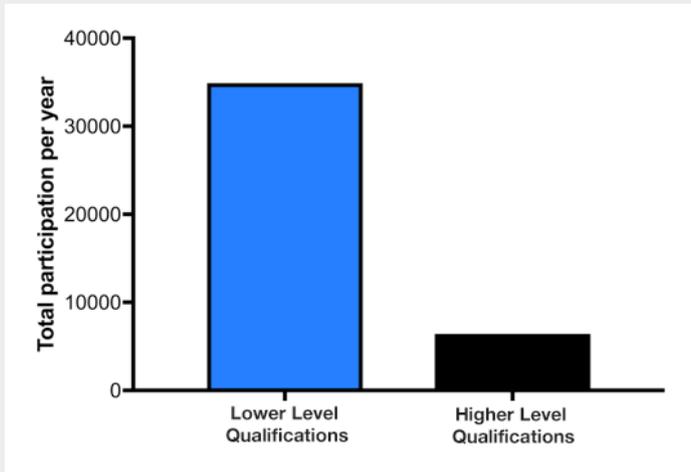
### EFFECT OF QUALIFICATION LEVEL

On average, candidates with higher level qualifications instruct more participants per year compared to candidates who only have lower level qualifications.

The \*\*\* indicates the difference is statistically meaningful to the  $p < 0.001$  level.

## Total across all candidates

However, there are many more candidates with lower level qualifications compared to candidates with higher level qualifications. Therefore, candidates with lower qualifications instruct a greater total number of participants compared to candidates with higher qualifications.



Being the first survey of this kind, we learned a great many lessons this time around that will be helpful for subsequent years. As always, the climate changes and different KPIs come in to common use. For example, as it is a challenge to ask candidates detailed questions about their participants' future behaviours and actions; it would be beneficial to add participant survey and data into the mix for subsequent impact reports.



# 7. MOUNTAIN TRAINING ENGLAND AND ITS STAKEHOLDERS

## 7. MOUNTAIN TRAINING ENGLAND AND ITS STAKEHOLDERS

Mountain Training is effectively a network, rather than a single entity. It represents five national organisations who are officially the awarding bodies of MT qualifications: Mountain Training Cymru, Mountain Training England, Mountain Training Scotland, Mountain Training UK, and the Mountain Training Board of Ireland

Each national Mountain Training organisation is governed by its members and its non-executive directors.

The members are representatives from numerous stakeholder organisations and their role is to help set the overall strategic direction of the organisations. The members meet three times a year in what are best described as 'council meetings' and part of their role is to appoint the non-executive directors. In total, Mountain Training has 25 stakeholder organisations. 15 of these make up the members of Mountain Training England (MTE) and their aims, relationship and impact are outlined in turn in the following section:

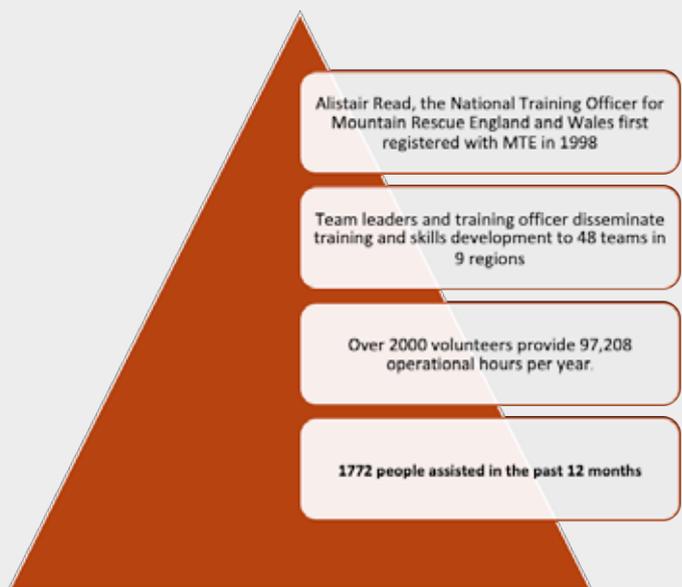


### 7.1 MOUNTAIN RESCUE ENGLAND AND WALES

Mountain Rescue England and Wales (MREW) is the direct descendant of the Joint Stretcher Committee set up in 1936 to support the work of mountain rescue in general. MREW is a charity that comprises the 48 mountain rescue teams and 9 regions and acts as a coordinating body, representing the interests of mountain rescue with the statutory bodies, the Coastguard and at government level.

There are 48 mountain rescue teams in total (37 in England and 11 in Wales) with over 2,000 volunteers across the teams. Mountain rescuers are unpaid volunteers, on call 24/7/365, with local family and work commitments. A huge proportion of these are (or have been) trained and or qualified by Mountain Training in their past. Prospective members must complete a night navigation and hill craft assessment, similar to the skills required for the Mountain Leader micro navigation assessment. This is almost always delivered, trained and assessed by Mountain Training qualified individuals within the rescue teams.

Alistair Read, MREW's National Training Officer first registered as a candidate with MTE in 1998. As National Training Officer, Alistair acts as a link between Mountain Rescue's regional teams and key responders at a UK national level. The role draws upon the skills and experience Alistair gained during his Mountain Leader training to promote key connections between volunteers and the professional emergency service community.



In the past 12 months alone there were:

- 2396 callouts from 35 statutory agencies of which 2110 resulted in mountain rescue deployment and 1722 persons assisted.
- 97,208 total volunteer hours (operational hours, not including training or administration).
- Mountain Rescue volunteers devoted approximately 59,915 hours to mountain incidents defined as activities that are 'mountain or wilderness-related'.

## 7.2 SCOUTS

Scouts are the UK's biggest mixed youth organisation. Scouts change lives by offering 6 to 25-year-olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others to make a positive impact in communities.

The purpose of Scouts is to promote the development of young people in achieving their full physical, intellectual, social and spiritual potential as individuals and responsible citizens.

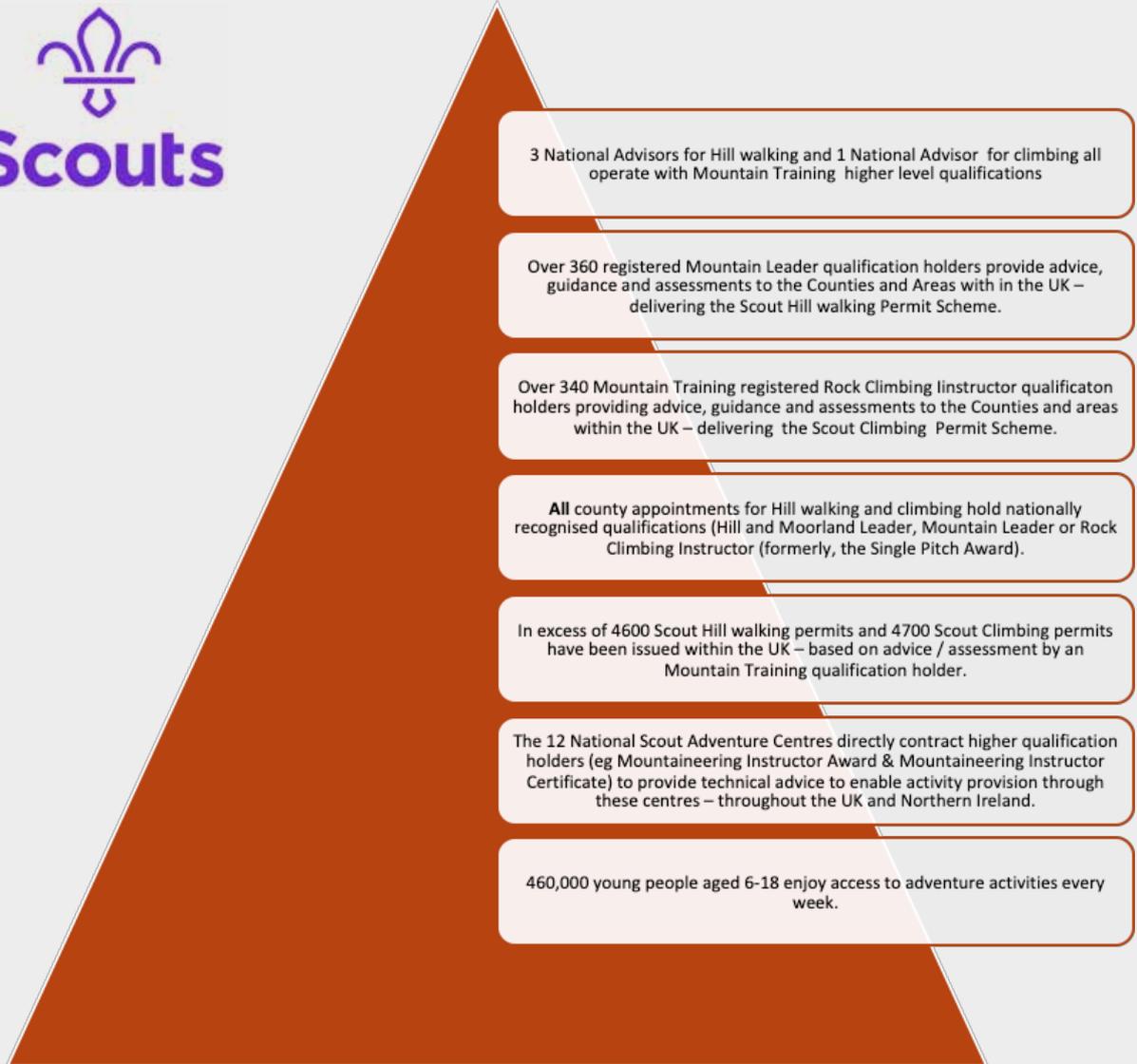
Who benefits:

- Scouts have over 640,000 members within the UK, which includes more than 460,000 members aged 6 – 18 years, supported by 160,000 adult volunteers.
- Scouts deliver activities such as Canoeing, Caving, Kayaking, Rock Climbing, Hill walking, mountaineering to name but a few; to young people through the use of a "Managed" activity scheme - the Scout Adventurous Activity Permit scheme.
- Scout Adventure Centres offer over 60 different activities across the 12 national centres.
- Two of the national Adventure Centres currently offer Mountain Training Awards: Hill and Moorland Leader, Mountain Leader and Rock Climbing Instructor qualifications.

Young people in the Scouts taking part in this exciting programme of activities develop character skills like resilience, initiative and tenacity; employability skills such as leadership, teamwork and problem solving; and practical skills like cooking and first aid. And research proves it really works. The Scout Association's 2017 impact report says Scouts are 17% more likely to show leadership skills and work well in teams. They're a third more likely to support their communities too.

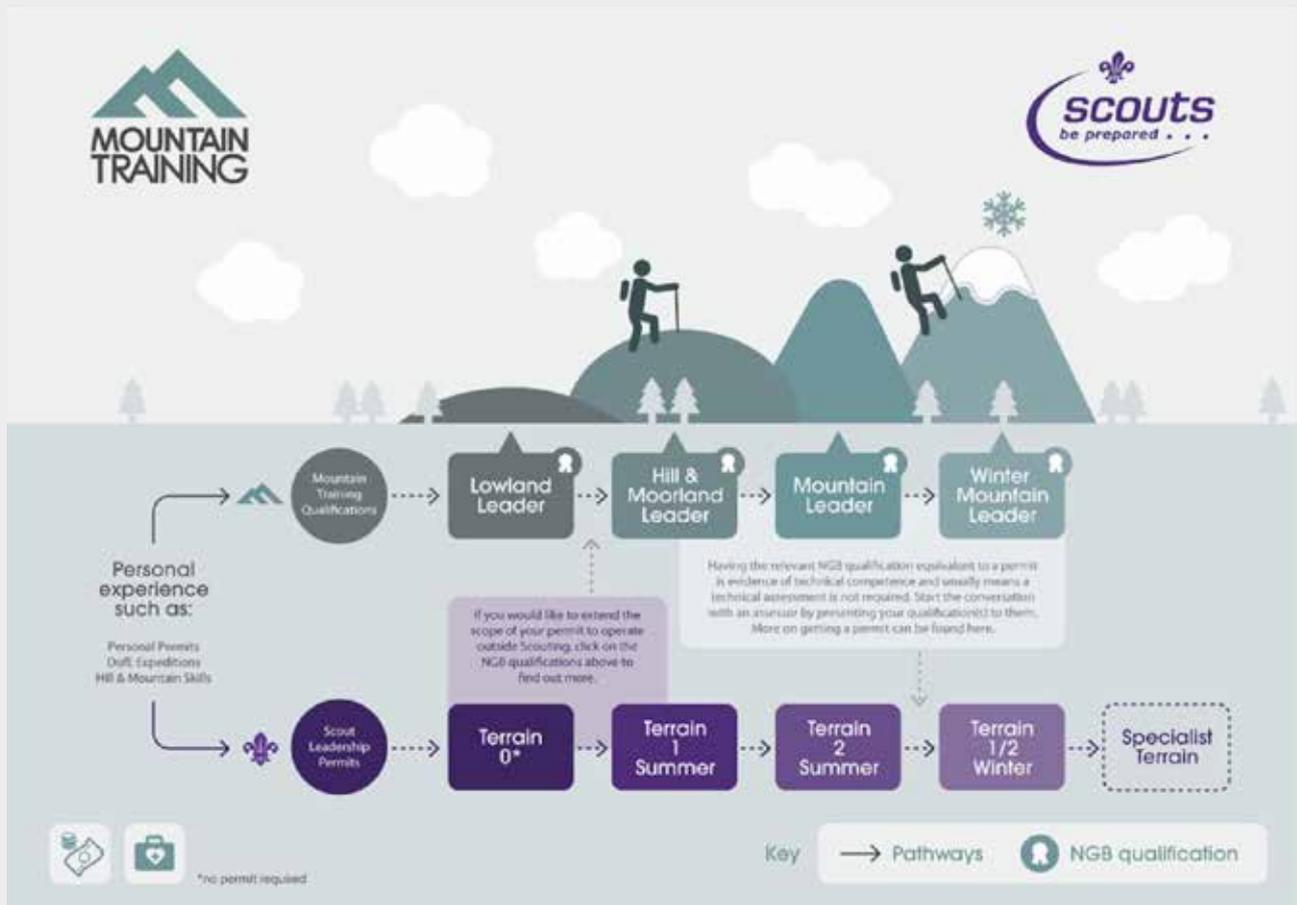
The Scouts and Mountain Training

- Mountain Training qualifications give Scout leaders and staff the skills and confidence to deliver safe and fun activities at the Wall, Crag, Hill or Mountain
- Use of the Mountain Training nationally- recognised qualifications is an integral part of delivering the Scouts "Managed" activity scheme (Adventurous Activity Permits)
- Operating within a managed activity scheme gives confidence and reassurance to young people, their parents and Scout leaders.
- Some Scout Adventure Centres operate under AALA and Adventure Mark – giving confidence to visiting groups, other youth organisations and their teachers and leaders.



Scouts prepare young people with skills for life. They encourage young people to do more, learn more and be more. Each week, they help over 460,000 young people aged 6 – 18 enjoy fun and adventure while developing the skills they need to succeed, now and in the future.

## The Mountain Training and Scouts pathway



### 7.3 BRITISH ASSOCIATION OF INTERNATIONAL MOUNTAIN LEADERS

The British Association of International Mountain Leaders (BAIML) internationally represents the UK at UIMLA, the Union of International Mountain Leader Associations, which is the international governing body for International Mountain Leaders. BAIML works closely with UIMLA to develop and promote a worldwide standard for training and assessment.

In Britain, BAIML represents over 400 members who either hold the full IML carnet or are working towards it, and the number continues to grow each year. From the 2018 impact survey, we can see that IML holders work with a higher than average number of participants – reporting a mean of 333 participants per leader per year. By that average, the BAIML members will lead circa 133,200 participants every year.

Like all professional bodies, BAIML expects its members to undertake Continuing Professional Development (CPD) and meet high standards of personal and professional behaviour. To be full members, and issued with the prestigious UIMLA carnet, members must have suitable insurance and first aid qualifications appropriate to the environments where they choose to work.

BAIML maintains a register of members. This can be used to find a qualified leader or check the credentials of anyone offering services as an International Mountain Leader.

## 7.4 PLAS Y BRENIN

Plas y Brenin is Sport England's National Mountain Sports Centre in the heart of Snowdonia. It is a centre of excellence and a resource for expertise in all aspects of adventure sports coaching, training and delivery of qualifications, across a wide range of activities.

Plas y Brenin aims to make the outdoors accessible and enjoyable for everyone by providing inspirational leadership and training in the outdoor sector through innovation, creativity and the use of iconic locations to ensure customers receive the best possible experience.

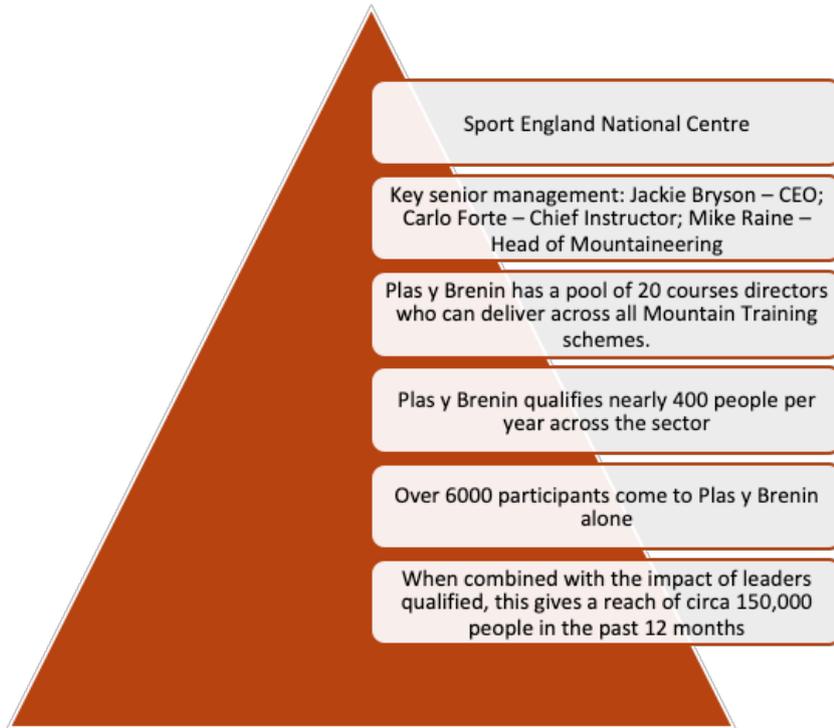
Mountain Training are a shareholder along with the BMC in Mountain Training Trust – the educational charity that runs Plas y Brenin on behalf of Sport England. "We value Mountain Training as a National Governing Body setting the standards for land-based leader awards both within the UK and beyond. The syllabuses and assessment criteria provided by Mountain Training set the standard for the outdoor sector." Carlo Forte – Chief Instructor

Plas y Brenin benefits from working closely with Mountain Training to provide training and assessment courses for the entire qualification portfolio using their experience and unique location. The Plas y Brenin instructional team work closely with Mountain Training to help support the delivery and development of courses.

Mountain Training enables Plas y Brenin to fulfil their National Centre role through the providership of courses and opportunities to help inform the development and testing of syllabi and initiatives. Plas y Brenin has a key international role in the mountaineering and expedition community. A close association with Mountain Training and other key National Governing bodies in adventure sport allows them to share knowledge from a range of disciplines and activities to the benefit of all.

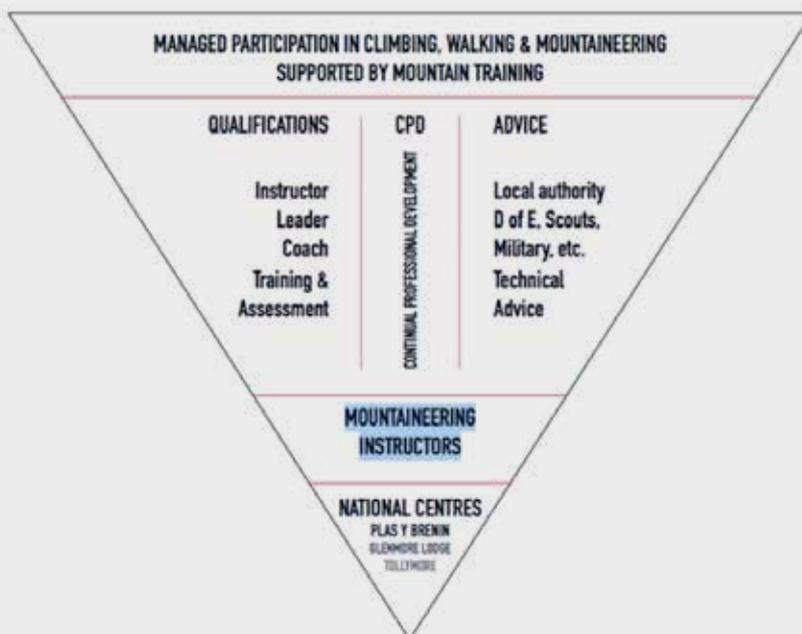
More than this, Plas y Brenin (as the National Centre) has employed and developed (through staff training and apprenticeship type experience) the majority of influential leaders across the outdoor sector. From Marcus Baillie - the current head of Adventurous Activity Licensing (AALA); to John Cousins – CEO of mountain Training UK; to the author of this report, Plas y Brenin has shaped and developed the workforce that enable Mountain Training to function, for decades.





Working closely with the British Mountaineering Council (Stakeholder 7.7) Plas y Brenin also delivers a range of courses for young people, subsidised by the Jonathan Conville Memorial Trust. While the BMC contributed £4660 to the Trust this year, the courses were delivered by Plas y Brenin instructors in both Scotland and the Alps.

Working predominantly in a “train the trainer” role, Plas y Brenin (along with the other National Centres) is essential to developing the top-end “Mountaineering Instructors” that underpin the delivery of Mountain Training impact:



2 The role of National Centres underpinning managed participation

## 7.5 ASSOCIATION OF MOUNTAINEERING INSTRUCTORS

The Association of Mountaineering Instructors (AMI) is the representative body for professionally qualified Mountaineering Instructors in the UK and Ireland. AMI was formed in 1990 to represent the interests of the highly experienced mountaineers that have undergone rigorous training and assessment to qualify under the Mountain Training UK (MTUK) administered Mountaineering Instructor Scheme.

In addition to mountaineering instruction members may offer other services such as gorge scrambling, sea-level traversing and general adventurous activities. Many AMI members are also qualified and/or experienced in other outdoor pursuits: caving, canoeing and sailing to name but a few.

The Mountaineering Instructor Scheme is MTUK's highest level of qualification. The Mountaineering Instructor Award (MIA) and Mountaineering Instructor Certificate (MIC) qualifications are recognised by MTUK as the appropriate qualifications for technical advisors in the field of mountaineering. An important part of the remit of qualification holders is the training and assessment of candidates for the Mountaineering Instructor award schemes. MIA and MIC holders also provide technical consultancy and training for a wide range of outdoor activity centres, training schemes and voluntary organisations.

As such, in the 2018 impact survey, higher level qualification holders reported working with a higher number of participants than those with entry or lower level qualifications – up to three times as many per year. The mean number of led participants per qualification holder is 303 per year.

## 7.6 BRITISH MOUNTAIN GUIDES

British Mountain Guides (BMG) members work as Mountain Guides in climbing and high mountain areas of the UK, Europe and further afield. Every BMG Guide has a solid base of experience, knowledge and skill. Collectively they share a common passion for climbing, mountaineering and skiing, and a professionalism for leading groups in often challenging and hazardous terrain. Beyond this, they are a diverse group of individuals, with a wide range of achievements and interests.

The BMG is the national association that:

- Trains and assesses Mountain Guides in all forms of climbing, mountaineering and ski mountaineering.
- Sets professional standards for services offered by BMG members.
- Promotes safety, enjoyment, and good practice in climbing and mountaineering.

BMG is a member of the International Federation of Mountain Guide Associations (IFMGA), which is the body that coordinates the standards and mutual recognition of the 26 national Mountain Guide associations. A BMG is an IFMGA Guide, which put simply, means an internationally-qualified Guide with the knowledge and skills to lead parties in the world's most challenging environments.

From the survey, those MTE candidates who were also qualified BMGs, worked with fewer participants per Guide (around 100 per year) than other qualification holders, but at a higher performance level. They work with older participants than other qualification holders; and almost all of their participants continue to be active. This demonstrates how the BMG helps to support the pathway for lifelong participation in mountain activity.

## 7.7 BRITISH MOUNTAINEERING COUNCIL

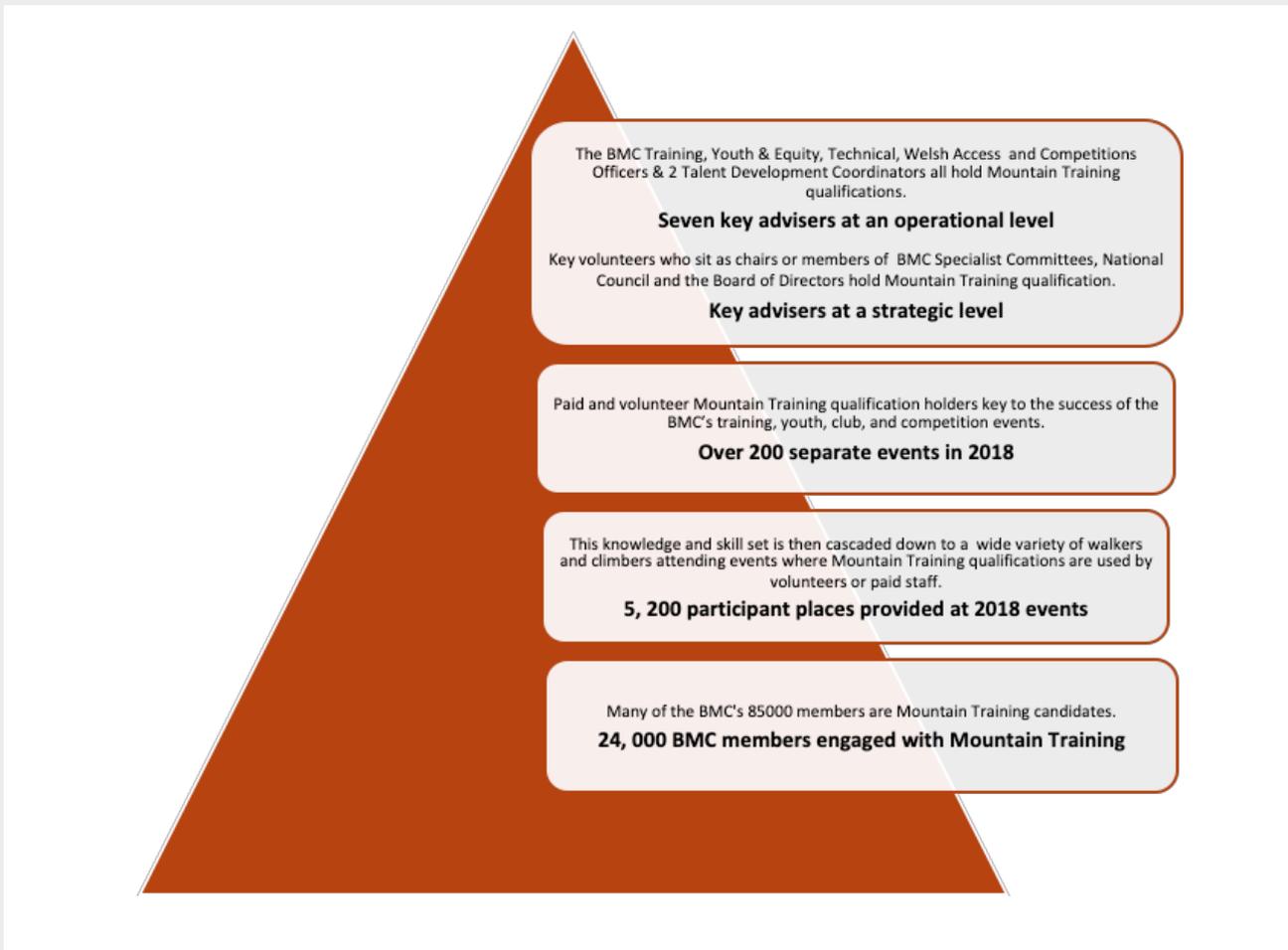
The British Mountaineering Council (BMC) is the representative body that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers, including ski-mountaineers. The BMC has over 85,000 members and some 5200 children and adults attended over 200 events in 2018 where Mountain Training qualification holders were involved with delivering training and supervision. These include:

Event name	No. events	No. participant places (i)	Reach
Student Seminar weekend	1	72	1,300 (ii)
Mend Our Mountains Great Ridge Walk	1	30	30
Weekend Youth Meets	4	55	55
Coaching training weekend for 16–19 yr olds	1	10	10
Winter Lectures	7	1347	1,347
Alpine Lectures	4	742	742
Ready to Rock course for 18+	24	96	96
Indoor to outdoor courses for under 18s	26	84	84
Development Squad training weekends	4	42	42
Youth Climbing Series regional rounds plus National Final	22	1009	1,009
National climbing competitions	6	839	839
Coach Education workshops	92	800	150,000 (iii)
Club training courses (iv)	8	54	1,100
<b>Total</b>	<b>200</b>	<b>5180</b>	<b>156,654 per year</b>

- i. Some participants may attend more than one BMC event
- ii. Two club reps typically attend each student seminar, suggesting that 36 clubs attended in 2018. The average student club size is 75. If half a club's membership were influenced by the club reps at the seminar, then approximately 1300 students would be influenced per annum.
- iii. BMC Coach Education Courses form an essential part of the pathway to Mountain Training UK's Coaching scheme. As the average (mean) number of participants per Foundation Coach award holder is 348, this gives a maximum potential reach of 278,400 participants. As most coaches will complete more than one course or workshop, it is fair to assume that educating this number of coaches represents a reach of about 150,000 participants.
- iv. Far fewer courses than normal were delivered in 2018 due to lack of Sport England funding. The programme for 2019 onward is much bigger.

Of course, as the national representative body, the BMC works for everyone, including those who are not members.

Mountain Training qualifications allow the BMC to demonstrate that its paid staff and volunteers are competent to deliver the activities they are responsible for. Key volunteers who advise the BMC on how to deliver many of their events are also Mountain Training qualification holders, facilitating the dissemination of their knowledge and expertise.



With so many BMC events underpinned by Mountain Training qualification holders and with a significant proportion of members being MTE candidates, the majority of BMC members will in some way receive the good practice messages disseminated by Mountain Training.

## 7.8 ASSOCIATION OF HEADS OF OUTDOOR EDUCATION CENTRES

Originally founded in 1963 as the Association of Wardens of Mountain Centres, The Association of Heads of Outdoor Education Centres (AHOEC) is an association of leaders in outdoor learning – most of these leaders hold senior positions in outdoor learning provisions across the UK. Members come from a variety of backgrounds and organisations in outdoor education, from statutory, private and charity sectors through to the wider educational community.

The AHOEC is committed to championing high quality outdoor learning at all levels, from influencing decision makers to introducing young people and their families to new outdoor activities. They strive to create and develop a healthy culture intelligently balancing education, fun, safety, risk, inclusion, challenge and adventure.

AHOEC represents over 170 outdoor learning organisations, centres and providers focused on quality and learning. They work in some of the most inspirational and beautiful parts of the UK employing gifted staff who disseminate the AHOEC's core values of quality, challenge and learning.

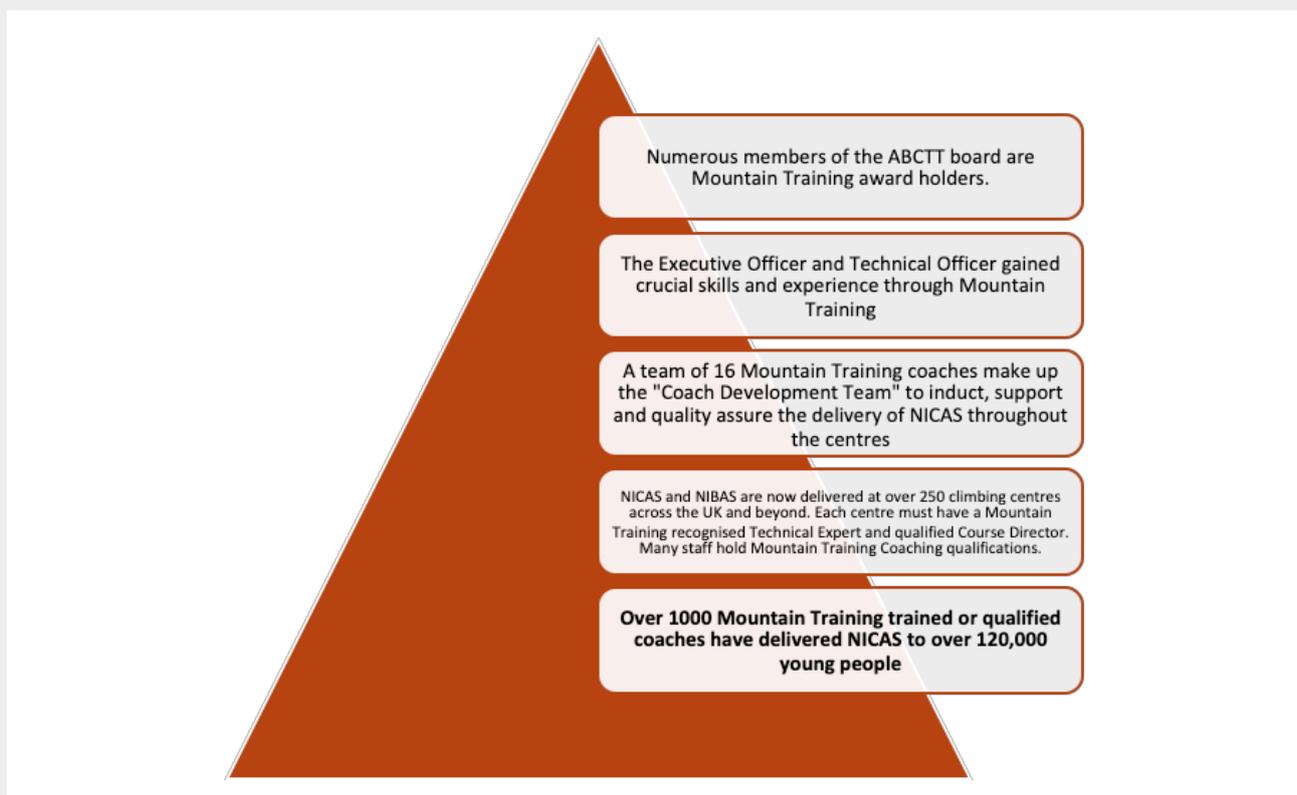
## 7.9 ASSOCIATION OF BRITISH CLIMBING WALLS TRAINING TRUST

The Association of British Climbing Walls Training Trust (ABCTT) is a charity established in 2008 to predominantly administer the National Indoor Climbing Award Schemes (NICAS). Two schemes offer a progressive and structured introduction to roped climbing (NICAS) and bouldering (NIBAS) for young people. Designed by climbing wall managers with Mountain Training qualifications and experience, the schemes were built on a Mountain Training model, with providers, course directors, and candidates across the climbing walls that deliver the schemes.

Mountain Training qualifications are held by all the organisation's technical staff responsible for the development of the NICAS schemes: from the Executive Officer, central technical staff and experts at each climbing centre through to the training, validation and quality assurance of climbing coaches who deliver the schemes. NICAS provides a pathway for the young participating climbers to become coaches in the future.

The aim of the ABCTT is to help develop a taste of climbing into a habit for life, for as many young people as possible. Over 120,000 young people have now taken part in its schemes, with some 13,000 new climbers being introduced to the sport every year. As well as providing a structured beginning, the schemes provide young people with the skills to safely enjoy climbing as a healthy recreation activity for the rest of their lives. There are now leading (and inspirational) competition climbers reaching the highest standards who began their journey through NICAS.

None of this would be possible without the Mountain Training delivery system as adopted by the ABCTT; and the skills (and quality assurance) of deploying Mountain Training trained and qualified people at every level of the schemes and organisation.



## 7.10 INSTITUTE FOR OUTDOOR LEARNING

The Institute for Outdoor Learning (IOL) is the professional body for organisations and individuals who use the outdoors to make a difference for others. The vision for IOL is that outdoor learning is a highly valued form of development, education and employment in UK society.

IOL aims to increase participation in outdoor learning in the UK; and to recognise and improve the quality of outdoor learning provision. They do this through developing their network of both individual (practitioner) members and organisational members.

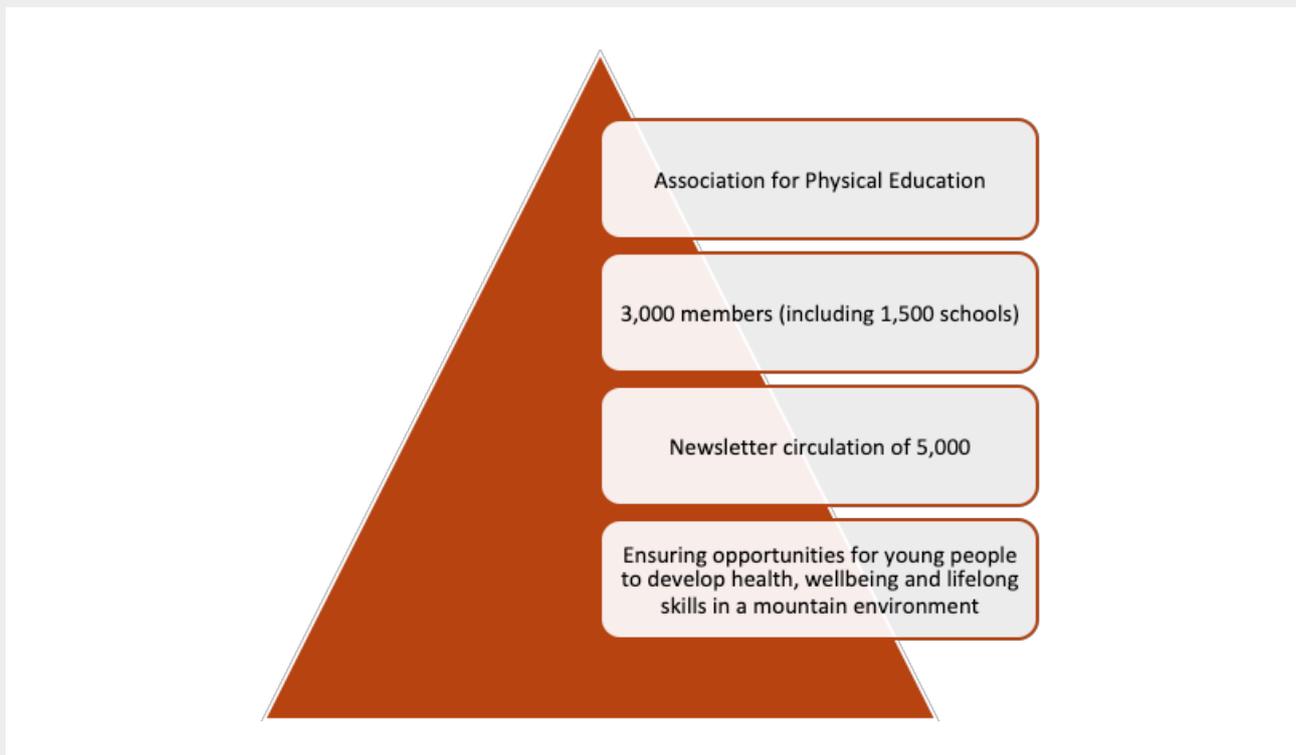
IOL have individual members: teachers, leaders and instructors of outdoor learning can choose to be assessed through their accreditation scheme in order to recognise the depth of their experience, approach and professional attitude.

IOL accreditation recognises the core components of a well-rounded and professional practitioner of Outdoor Learning, no matter which field that they operate in. It demonstrates their effective skills, knowledge and experience as well as a commitment to professionalism in the sector. Nearly 1000 people have achieved accreditation with IOL since its introduction in 2005.

IOL have over 600 organisational members, which may be outdoor centres, activity providers, youth and adult charities, environmental organisations, land managers, expedition organisations, schools, colleges, universities, corporate development companies and training companies. All IOL organisational members have agreed to uphold the IOL Code of Conduct, Environmental Sustainability and Managing Diversity policy.

## 7.11 ASSOCIATION FOR PHYSICAL EDUCATION

The Association for Physical Education (AfPE) is the only representative Physical Education subject association in the UK. Its purpose is to promote and maintain high standards and safe practice in all aspects and at all levels of physical education, school sport and physical activity.



The AfPE works with Mountain Training to provide sustainable services for members and partners. AfPE recognise Mountain Training England as a high quality provider that supports individuals to achieve the best outcomes for young people. This is organised through nationally recognised schemes, qualifications and training opportunities.

The AfPE benefits from working alongside a collection of awarding bodies who deliver skills courses and qualifications in climbing and walking and leadership. Participation in these activities contributes to health and wellbeing and increases opportunities for young people to develop lifelong skills in a mountain environment.

Through representation at MTE stakeholder meetings AfPE is able to gain knowledge and expertise in specific areas of activity and work collaboratively to promote high quality engagement and ensure they are contributing to safe practice guidance around leadership qualifications.

The AfPE has 3000 members of which 1500 are schools, for whom it provides:

- Accredited professional learning opportunities and vocational qualifications
- Journals (Physical Education Matters & Physical Education and Sport Pedagogy)
- Advice, support & employment opportunities
- Monthly e-newsletter (with a circulation of 5000)

## 7.12 DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh's Award Scheme is the world's leading youth achievement award. Their balanced programme develops the whole person – mind, body and soul, in an environment of social interaction and team working.

The 2018 impact survey revealed that surveyed candidates work with 11-17 year olds more often than with any other age group. More specifically, 45% of surveyed candidates work with DofE groups and the award scheme in some capacity.

DofE awards are recognition of a young person's successful journey of development and self-discovery renowned by employers and universities alike for the qualities young people have gained.

But it is not only the young people involved who benefit:

- Since 1956 (in the UK) 2,860,419 young people have achieved the award.
  - o Gold – 288,208 achieved
  - o Silver – 690,278 achieved
  - o Bronze – 1,881,933 achieved
- Over 40,000 adult volunteers and leaders have taken part



### DofE and Mountain Training

- Mountain Training qualifications allow DofE leaders to achieve the skills and experience required to deliver enjoyable and safe activities throughout the countryside in the UK.
- Mountain Training offers nationally and internationally-recognised skills training and leadership qualifications. The schemes support teachers, parents, friends and guardians in knowing that risks are identified and activities well managed.
- Since becoming an MTE provider, DofE North of England has run 75 Lowland Leader courses, trained over 600 candidates and passed 529 Lowland Leaders.

In order to support the adults who perform a variety of DofE delivery roles, the DofE has developed a comprehensive training programme. The DofE Modular Training Framework is a comprehensive training programme of e-learning modules, training courses and practical assessments. This wide range of flexible, relevant and high quality training opportunities are approved and designed by experienced Mountain Training qualified staff including Technical Advisor, Adge Last who holds the Mountaineering Instructor Certificate and is a member of MTUK's executive body.

A large number of DofE staff, leaders and volunteers hold Mountain Training walking qualifications and partake in regular Continual Professional Development in order to remain current and up to date with best practice.

In this way, in addition to the large scale delivery by qualified Mountain Training qualification holders, Mountain Training enables the training and development pathway for almost all DofE leaders and those involved in delivery of its awards.

## 7.13 OUTDOOR EDUCATION ADVISERS' PANEL

The Outdoor Education Advisers' Panel (OEAP) supports local authorities, schools and academy groups in England, Wales and Northern Ireland. It provides a forum for sharing and developing good practice in off site visits, outdoor learning and learning outside the classroom.

OEAP exists to ensure the effective leadership and management of high quality outdoor education, off site visits and adventurous activities, for the benefit of the children and young people of England, Wales and Northern Ireland.

Their members are professional and knowledgeable experts who promote best practice by providing guidance, support and training for schools and establishments.

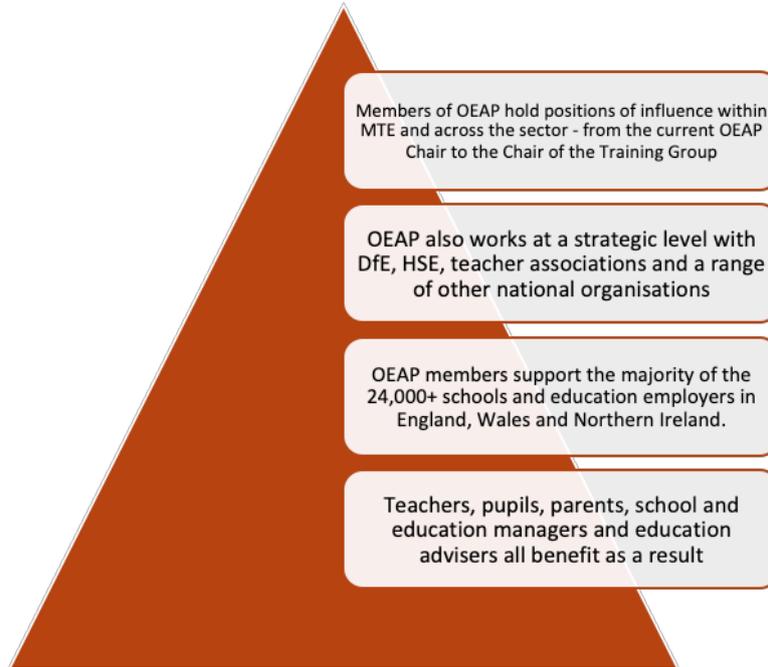
Every school in England, Wales and Northern Ireland will have a comprehensive programme of high quality outdoor education, offsite visits and adventurous activities for all its young people.

Many members of the OEAP hold Mountain Training qualifications and advise the teachers they support to gain them helping to increase the quantity, range and quality of participation in mountain activities for young people. Mountain Training qualified leaders help reassure OEAP and the sector that the leaders of young people are of a high standard and that safety matters are addressed in a sensible and proportionate manner.

Teachers, pupils, parents, school and education managers and education advisers all benefit for many of the reasons given above – increased participation, high quality leadership, sensible risk management, up to date safety systems, professionalism, knowledge of mountain activities and mountain environments, motivation and enthusiasm. Schools' DofE expedition activities may form the largest use of Mountain Training qualifications in terms of staffing and participant numbers.

For many pupils of all ages and abilities (and school staff) taking part in mountain activities led by Mountain Training qualified staff has numerous benefits: the development of life long interests; the ability to deal with risk and decision making which has real consequences; personal development; understanding of the natural environment; independence; confidence to take on new challenges; the development of healthy lifestyles and the value of physical fitness; experiencing and travelling to new places; understanding and valuing multiple land use issues; and respect for others.

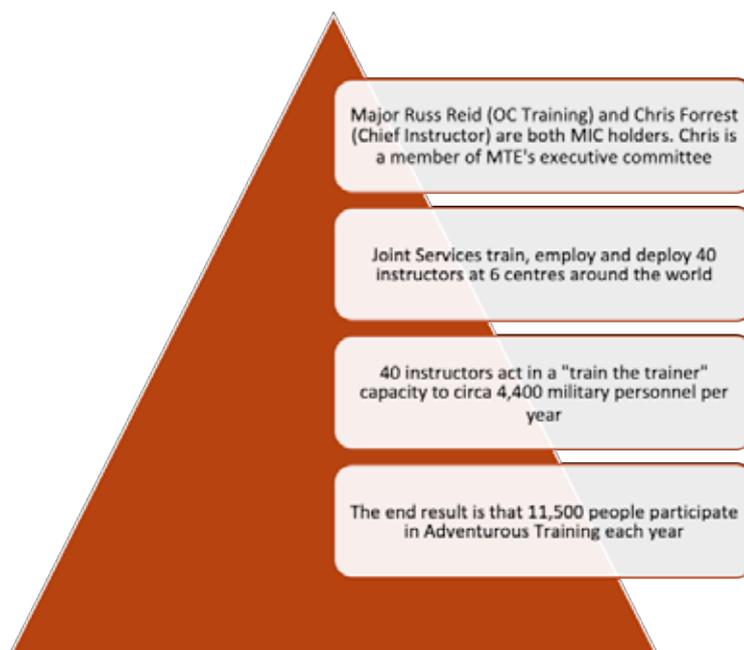
OEAP members support and advise the majority of the 24,000+ schools across England, Wales and Northern Ireland.



## 7.14 JOINT SERVICES

The Aim of Joint Service Adventurous Training (JSAT) is to provide challenging outdoor training for service personnel in specified adventurous activities incorporating controlled exposure to risk, in order to develop: leadership; teamwork; physical fitness; moral and physical courage; as well as other personal attributes and skills that are vital to the delivery of operational capability.

JSAT cascades down through all ranks to the benefit of both men and women from a range of ethnic and socio-economic backgrounds.



Those 11,500 people every year gain teamwork and leadership skills, build confidence and resilience and may gain qualifications. For many, this is an introduction to activities which they may enjoy for the rest of their lives, long beyond their services career.

In addition, there is the impact of high-profile charities like Help for Heroes and Battle Back – relying on Mountain Training qualified staff to raise awareness, funds and deliver rehabilitation programmes for injured personnel.

A further 130,000 cadets take part in activities led by 28,000 adult volunteers in clubs and 275 schools across 4 cadet forces every year. In this way, the Joint Services rely on Mountain Training qualified and trained personnel to deliver a lifelong pathway of activity. For more details of how Mountain Training supports and enables this pathway, see section 11, “Mountain Training and the Military”.

## 7.15 GIRL GUIDING

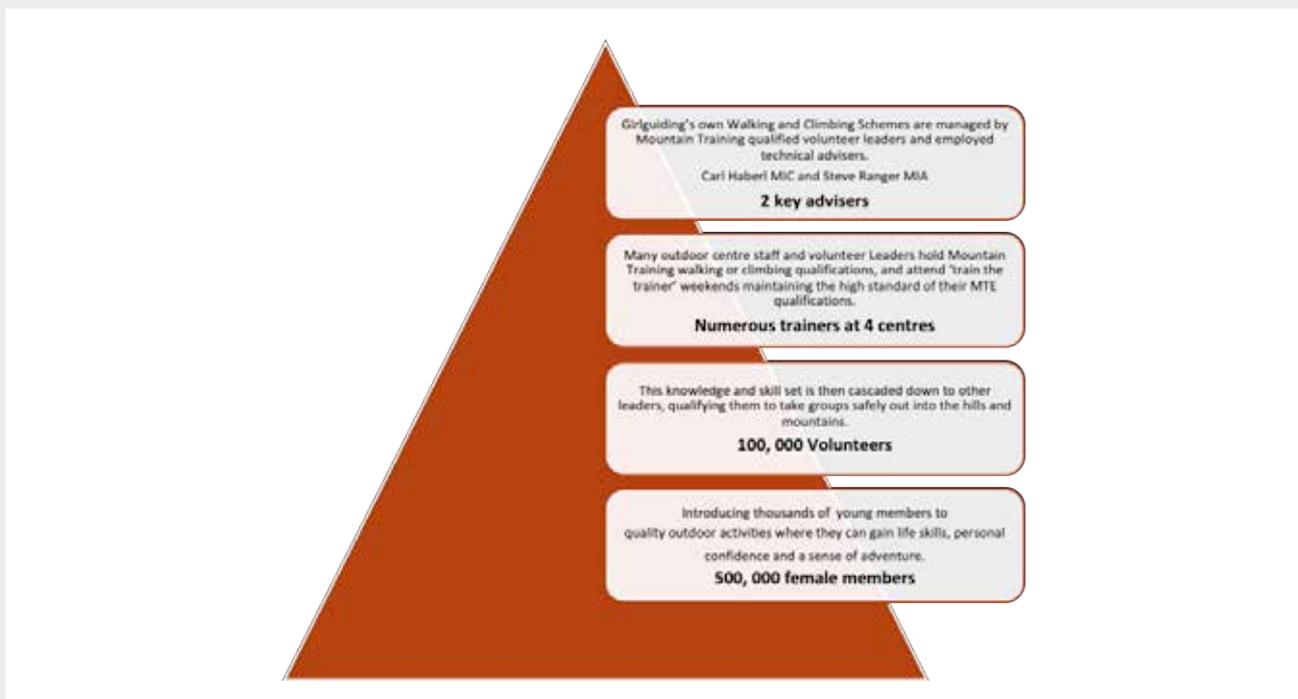
Girlguiding is the leading charity for girls and young women in the UK. It gives its members a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and communities. Girlguiding’s wide-ranging programme is packed full of opportunities to lead, learn and discover in the outdoors.

Girlguiding has more than 100,000 adult volunteers active in every part of the UK, and over 500,000 female members.

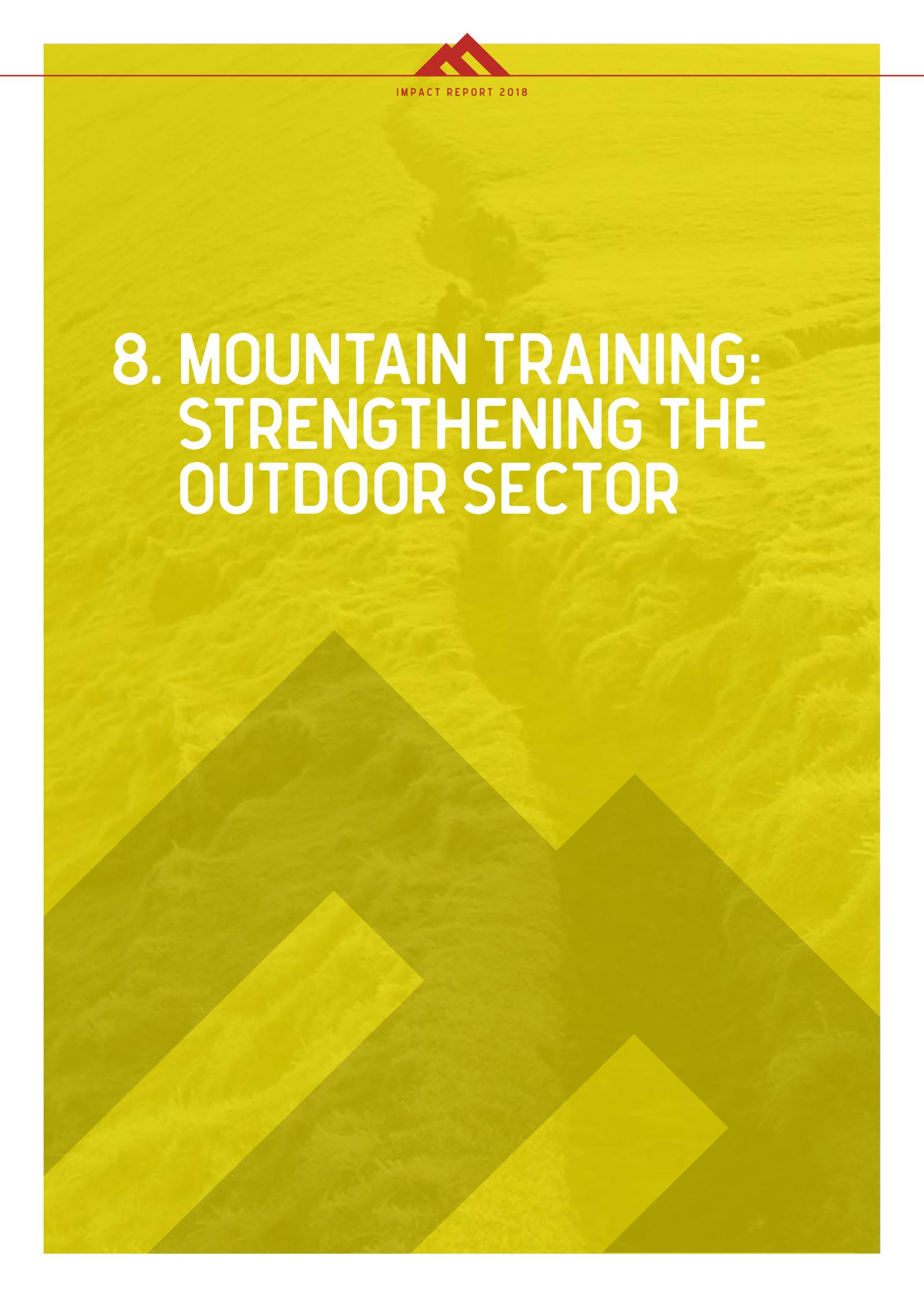
### Why Mountain Training qualifications

- Mountain Training qualifications give Girlguiding leaders and staff the confidence and skills to provide safe and fun moorland, hill and mountain activities for their groups.
- Girlguiding outdoor centres offer more than 30 activities that support outdoor learning.
- The use of Mountain Training nationally-recognised qualifications reassures teachers, parents and Girlguiding Leaders of the quality and safety of Girlguiding provision.

“Girls take what they do in Guiding with them as they grow up. They develop the skills and confidence that they need to reach their potential - as students, colleagues, parents, friends and citizens – and become the young women that they want to be.” <https://www.girlguiding.org.uk/about-us/our-impact/our-impact-in-2017/>



# 8. MOUNTAIN TRAINING: STRENGTHENING THE OUTDOOR SECTOR



## 8. MOUNTAIN TRAINING: STRENGTHENING THE OUTDOOR SECTOR

Mountain Training is a collection of national awarding bodies for skills courses and qualifications in walking, climbing and mountaineering in the UK and Ireland. It provides some of the longest established schemes for the training and qualification of leaders in the outdoor sector. Its impact is felt across the sector, and has been demonstrated to reach other leadership and award schemes.

Mountain Training staff and expertise have contributed to sector standards and guidance from the outset. As such there are numerous examples below, where Mountain Training has been involved in driving standards for best practice across the outdoor sector: from government strategy and national guidance through to enabling codes of practice in the commercial activity sector.

The Mountain Training model is used as an exemplar for subsequent qualification and award schemes. These can be found both within climbing and mountaineering (eg the National Navigation Award Schemes and the National Indoor Climbing Award Schemes) as well as across the outdoor sector (eg British Cycling using the Mountain Training example as a model for their Mountain Bike Leadership scheme).

In addition, Mountain Training has had a huge impact on the outdoor retail sector over the years. From product testing and development, through to staff training and customer engagement, it is Mountain Training qualified people who enable the retail industry to get outdoors into the environment for which their products are designed and sold.

### **MOUNTAIN TRAINING: DRIVING STANDARDS OF BEST PRACTICE ACROSS THE OUTDOOR SECTOR**

With the longest track record for excellence in the sector, Mountain Training is often seen as the go-to resource for such expertise.

Mountain Training staff are regularly approached to advise, consult on, and contribute to key industry initiatives and issues across the outdoor sector such as the Adventure Activities Licensing Authority licensing, the Adventure Activities Advisory Committee and the Sport and Recreation Alliance "Outdoors Group". In these ways, Mountain Training strengthens the entire sector, beyond simply standards for training in the mountains.

Adventure activities can provide exciting, motivating and very real contexts for people to develop their skills, awareness and understanding. Society has to balance the risks that people face in these activities with the very real benefits of their experiences. Mountain Training believes that properly managed risk activities help to teach people to manage risk, and when guided by competent leaders, young people and adults can achieve a great deal both personally and socially in the group experience. However, the mountaineering community recognises that hill walking, climbing and mountaineering carry a danger of personal injury or death. Participants in these activities should therefore be aware of and accept these risks and be responsible for their own actions and involvement.

Mountain Training have therefore produced exemplary guidance for the sector, in the form of National Guidelines for Climbing and Walking Leaders. Now in its 5th edition, these guidelines provide advice on good practice for anyone with a responsibility for climbing, walking and mountaineering related activities, and encompassing the principles of safety management for the whole sector.

For this reason, the guides do not exclusively refer to the mountains. The other area that often requires additional support is the border between land and water-based activities, or "The water margin". Mountain Training has worked closely with the Adventure Activities Licensing Authority, the British Canoe Union, the Department for Education and Skills and the Health and Safety Executive to produce various guidance notes for coasteering and gorge walking.<sup>8</sup>

As well as core roles in mountain safety organisations, as outlined above, numerous Mountain Training people are involved in driving the standards of safety across the outdoor sector – beyond the mountains.

Numerous key organisational leaders and those in positions of national strategic influence, draw on their mountain training experience and skills to advise and steer numerous national organisations and policies across all disciplines within the outdoor sector.

<sup>8</sup> [www.mountain-training.org/walking/other/downloads](http://www.mountain-training.org/walking/other/downloads)

As a prime example, The British Activity Providers Association (BAPA) is the trade association for private sector providers of activity holidays and courses in the UK. Member centres have all agreed to abide by the BAPA Code of Practice and are committed to high standards of safety, value for money and customer service. The BAPA mission statement is “Assuring Quality and Safety in the Activity Industry” by:

- adopting appropriate safety standards
- opening centres to independent inspection
- promoting a commitment to ongoing staff training
- sharing pertinent information with members
- representation on appropriate national bodies
- acting as the voice of the private activity sector

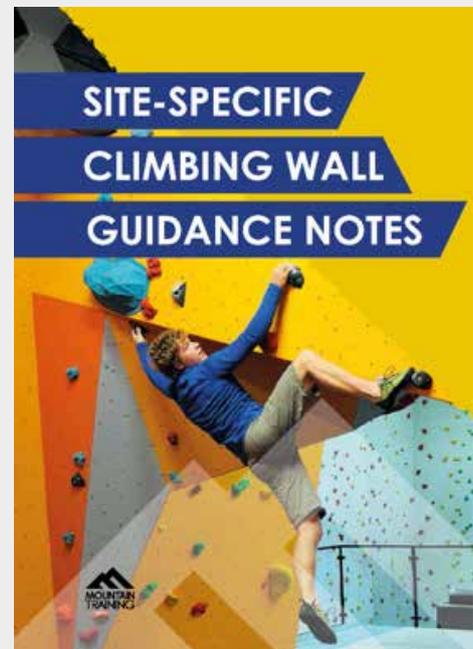
The current National Director of BAPA, Pete Stacey, first registered with Mountain Training England in 1978. He completed the Mountain Leader qualification in 1979 and, since gaining his higher level qualifications, has been a prolific provider of Mountain Training courses; as well as a technical advisor across the sector ever since.

On an individual organisational level, this report is full of examples where key personnel use their Mountain Training qualifications to facilitate strategic objectives and enable huge organisational impact. PGL, for example, have adopted a system of training and accreditation that relies on advice and expertise from a team of seven Mountain Training qualified technical experts. PGL instructors provide taster sessions for approximately 250,000 young people a year. Every time one of these people pick up a rope or don a harness, it is Mountain Training expertise that enables that to happen.

Within the broad remit of Climbing, walking and mountaineering, numerous people rely on Mountain Training qualifications and experience to enable organisations to function.

As an example, there is a Mountain Training qualified Technical Advisor (TA) linked to most climbing walls across the country; and a TA linked to every AALA licensed centre. These Technical Advisors take responsibility for staff training and “in-house” sign off of for less experienced staff to work in a “site-specific” capacity. Joby Davis is just one Mountain Training qualified course provider who is a Technical Advisor to some 67 climbing centres across the country. In this way, he uses his Mountain Training qualifications and experience to share best practice and enable less experienced climbing coaches to deliver and develop. Mountain Training qualifications are recognised as evidence of suitable experience and quality to deliver this vital role to enable the facilitators and activators of such wide-scale activity programmes in schools, climbing centres, youth groups, clubs and outdoor activity providers.

Where qualified personnel are not feasible, or not the answer to a specific need, Mountain Training have led the way in developing guidance to ensure safe delivery and best practice across the sector. Coaches, instructors and leaders who are trained and approved through in-house schemes that are backed up by Technical Advisors are the ‘dark matter’ of Mountain Training’s influence. We know from our climbing awards review of 2017 that these make up nearly half the coaching workforce of the organisations we surveyed – all enabled by Mountain Training, but who are not our qualified candidates.



## MOUNTAIN TRAINING: A MODEL FOR NATIONAL TRAINING SCHEMES

Established in 1964, the Mountain Leadership scheme was one of the first national accredited training and qualification schemes in the outdoors. As such, it has been used as a model of best practice for leadership schemes in other sports and disciplines; as well as motivational training and award schemes across climbing and mountaineering.

Internationally, the Mountain Training model has been used as an exemplar for training standards across the globe, see section 18, The International Impact of Mountain Training.

The success of this model has crossed sporting, as well as geographical, boundaries. When British Cycling established their Mountain Bike Leadership scheme, the system was built on the model of Mountain Training as an exemplar of best practice for leadership training and assessment.

This is a fairly typical pattern across a number of key schemes and initiatives right across the sector: with key Mountain Training qualified staff at a senior/strategic level; deploying Mountain Training qualified instructors, coaches and leaders to deliver the impact. Two of the better known examples include the National Indoor Climbing Award Schemes (NICAS) and the National Navigation Award Scheme (NNAS). These schemes were built on a Mountain Training model; have Mountain Training qualified people at a senior/strategic level; and deploy Mountain Training qualified staff to deliver those schemes.

### Case Study: The National Navigation Award Scheme (NNAS)

The National Navigation Award Scheme (NNAS) is a great example of how Mountain Training qualified people can be found at every level of the scheme in order for it to function. NNAS was formally launched in 1994 at the Royal Institute of Navigation in London, and since then over 50,000 people of all ages have gained awards.

The NNAS was originally developed in the 1990s by orienteering coaches led by Peter Palmer who were also teachers supporting DofE and which used OS scale maps etc. Licensing came in at this time as well so the requirement for “qualified” leaders became necessary.

The Tutor handbook was produced by Pat and Brian Mee (Mountain Training qualification holders from the Peak District, who gained their Mountain Leader qualifications in the 1970s) in around 2000 which laid out the NNAS schemes, skill levels etc. The NNAS schemes are similar to, and based on, the highly successful Mountain Training schemes.

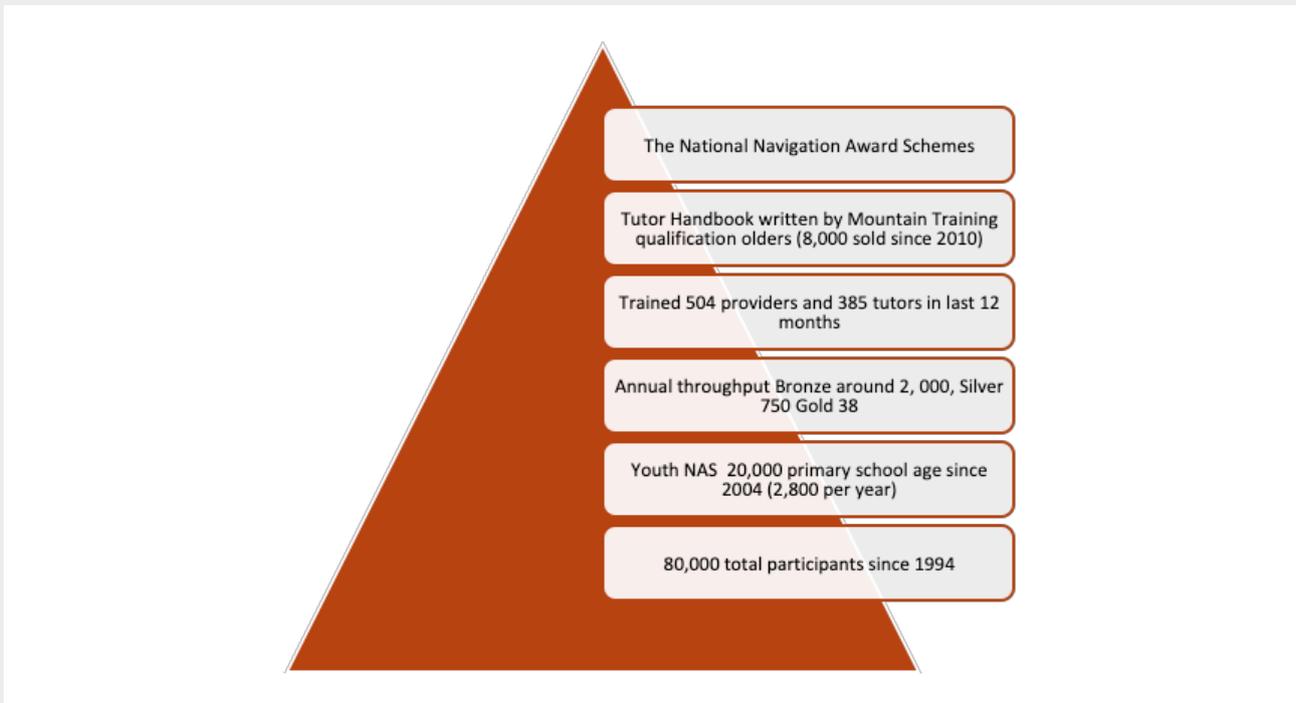
NNAS is a training organisation that utilises Mountain Training qualification to deliver their courses; yet reciprocates and actually supports Mountain Training in the delivery of a core element of their awards. The mandatory Tutor Training course is CPD accredited by the Mountain Training Association (MTA) and is starting to impact many other organisations that use Mountain Training qualifications. The NNAS schemes establish a training methodology and progressions, creating a universal measurable benchmark of competence for beginners upwards. Many NNAS candidates will later feed into Mountain Training schemes as well as other NGB schemes.

In this way, not only does Mountain Training facilitate and enable the quality delivery of the NNAS schemes, it benefits through raising the standards of best practice in teaching navigation across the sector.



The National Navigation Award Scheme have an Mountaineering Instructor Certificate holder as a Technical Officer (James Woodhouse) who is driving the development of scheme delivery and forging partnerships with a number of key national organisations, including:

- DofE Award
- Ten Tors Challenge
- Skill Force (and the Prince William Award). As an example, Skill Force purchased 953 Bronze & 82 Silver certificates in last 12 months

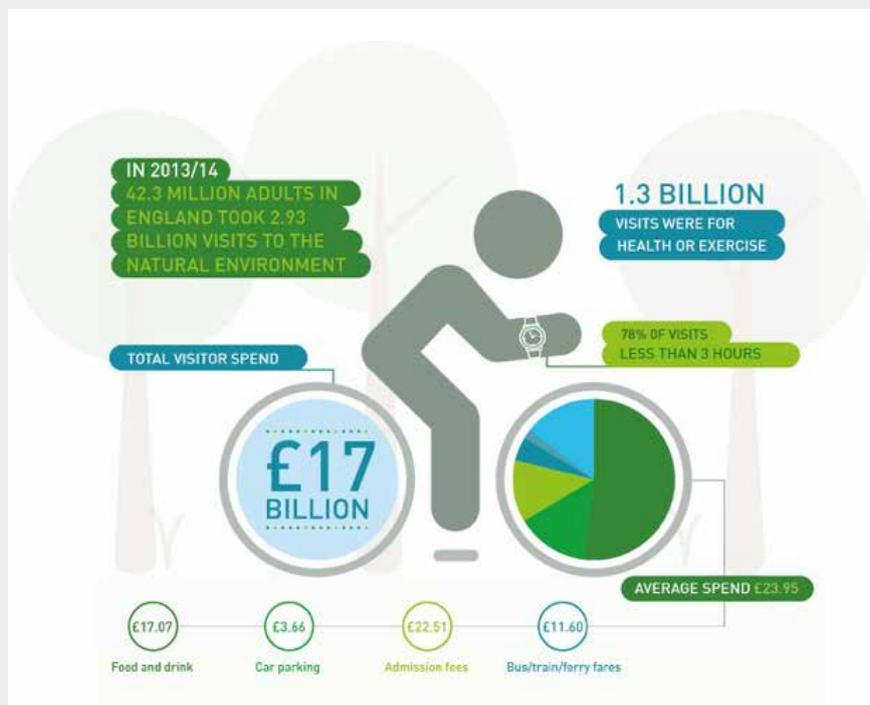


The scheme continues to be a great success, and with over 500 registered providers of courses. Thousands of people of all ages have benefited from the skills learnt on an NNAS course.

### MOUNTAIN TRAINING IMPACT ON THE OUTDOOR RETAIL SECTOR

Outdoor recreation makes a significant contribution to the national and local economies. For example, people may holiday in areas where they know there are opportunities to be active outdoors. People spend money on equipment as well as on food and drink. People are also employed in the outdoor recreation sector which offers a wide range of development opportunities. According to the Sport and Recreation Alliance “Reconomics Plus” report<sup>9</sup>, **the UK Outdoor sector is worth £17 billion per year to the UK economy.**

In 2013, a report produced by National Parks England<sup>10</sup> stated that 90 million visitors to national parks spend more than £4 billion per year. In a 2015 Visit Britain report, walking, hiking and rambling were identified as the most popular activities undertaken when visiting the outdoors.



<sup>9</sup> <https://www.sportandrecreation.org.uk/pages/reconomics-plus>

<sup>10</sup> <http://www.nationalparksengland.org.uk/>

In a 2015 survey of members<sup>11</sup>, the British Mountaineering Council identified that the BMC membership alone spends on average £72 million a year on outdoor gear, accommodation, food and travel costs in the UK.

According to the recent IBIS World market research report of June 2018<sup>12</sup>, the Sporting and Outdoor Equipment Retail market in the UK is currently worth £9.1bn in revenue per year; has shown consistent growth over the past five years (5.6% over the period); employs 75,688 people and supports 5,450 businesses.

**Case Study: Mountain Equipment**

Mountain Equipment is an established British outdoor brand, manufacturing equipment since 1961. While they would never see their role as “trainers” in the outdoors; they recognise the need to drive engagement with retail staff; and that the best way to understand outdoor products is to use them in their intended environment. It is a part of their company ethos that “people in the outdoor industry should get out there and do it”. As such, they put a huge value on taking retailers into the real environment and giving them real world experience.



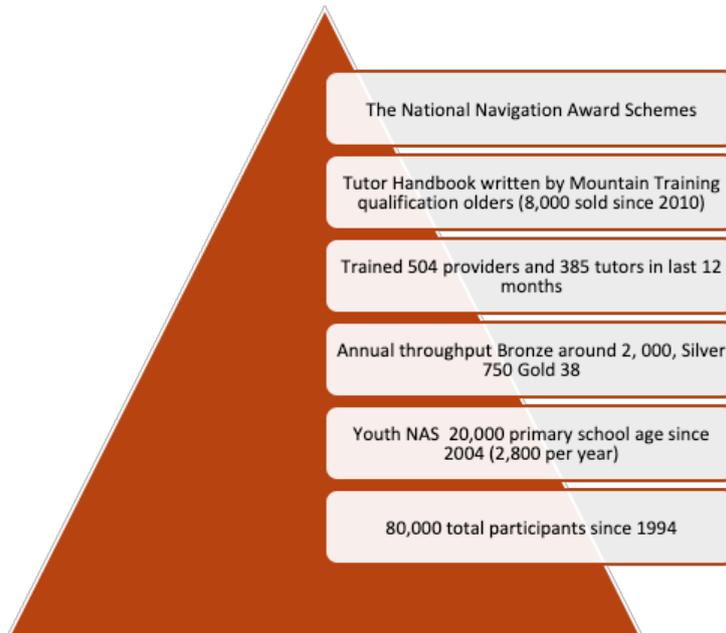
As a manufacturing and retail brand, they rely on Mountain Training skilled and qualified people to enable them to take retail staff and customers safely into the mountains. They do this both by employing Mountain Training qualified people within their team; as well as buying in and deploying the skills of external Mountain Training qualified instructors and leaders across their retail training programme.

Over the past decade, Mountain Equipment have run training initiatives for 10-35 stores every year. Ordinarily, outdoor training and experiences are provided by Mountain Training qualified leaders, to key personnel and people of influence from each store. Inspired and empowered by their experience, this knowledge cascades down to staff training within the retail team of each and every store.

In addition to retail staff training programmes, Mountain Equipment regularly holds key product launch events. Working with organisations like Plas y Brenin (Sport England’s National Mountain Centre) Mountain Equipment have access to a Mountain Training qualified team of instructors that can take people from all over the world, in all aspects of the outdoor retail industry, into the mountains to experience their products in action.

<sup>11</sup> <https://www.thebmcircaco.uk/bmc-outdoor-survey-2015-december-update>

<sup>12</sup> <https://www.ibisworld.co.uk/industry-trends/market-research-reports/wholesale-retail-trade/except-of-motor-vehicles-motorcycles/sporting-outdoor-equipment-retailers.html>



**“WE (MOUNTAIN EQUIPMENT) WOULD NOT BE ABLE TO DRIVE ENGAGEMENT WITH RETAIL STAFF AND DELIVER OUR BUSINESS OBJECTIVES, WITHOUT THE USE OF MOUNTAIN TRAINING QUALIFIED PEOPLE”**

**RICHARD TALBOT, PRODUCT & MARKETING DIRECTOR, MOUNTAIN EQUIPMENT**



# 9. MOUNTAIN TRAINING INFLUENCING GOVERNMENT STRATEGY

## 9. MOUNTAIN TRAINING INFLUENCING GOVERNMENT STRATEGY

Mountain Training plays an important role in ensuring that government legislation and safe industrial practices for work support and permit the sporting interests of participants to take part in climbing, walking and mountaineering as a recreational activity.

Mountain Training also takes a strategic lead in representing these sports at a national level, both across the outdoor sector, and in representing the benefits and interests more broadly.

There are times when the lines are blurred between activity for recreation or in the workplace. For example, a serving soldier taking part in the Joint Services Adventurous Training, is very much “at work” in the same way that a professional Mountain Leader is. The professional provision of climbing wall facilities can be seen as a commercial arrangement, where the norms for Health and Safety in the workplace should apply. Yet in all these situations it is important that the participants are able to indulge in the sport and learn how to manage the risks with the equipment and standard best practice of the sport, not of the industrial workplace.

Key officers in Mountain Training, and numerous others with Mountain training qualifications and positions of influence, have been able to advise and steer government policy in a number of ways, over many years.

### European Working at Height Regulations

When the European Union created the temporary working at height directive in 2001, Mountain Training were concerned that industrial rope protection practices would be universally applied to the sports of climbing, walking and mountaineering. The modus operandi (to use a rope by choice) is typically the worst case or last resort in industrial practice for working safely at height.

By working within its existing UIAA network, it was possible for Mountain Training to establish a range of responses from other member countries, from “this clearly doesn’t apply to climbing”; to the recognition of the national body for the sport as the competent authority on best practice.

John Cousins, the Chief Executive Officer for Mountain Training UK, then took part in three rounds of draft written consultation (including directing visits from HSE officials to the mountain environment) to the Health and Safety Executive in the UK in order to explain how anomalous the directive was to normal safe practice in the mountains.

The challenge was helping the Health and Safety Executive see that applying one set of rules for all, was far from helpful in this scenario. By providing evidence of risk levels in climbing, walking and mountaineering; along with constant lobbying at parliament to explain the need to train and develop skills within the context of the sport and recreation activities; a barrister even gave opinion to the government that climbing instruction was in the public interest.

The result was an exemption to the 2005 Work at Height Regulations<sup>13</sup> for those taking part in climbing, caving or related activities. This important addition clearly distinguishes between sporting activity (climbing or caving) and industrial “roped positioning” activity (of film safety, or roped access work).

As such, Mountain Training successfully led the outdoor sector in changing the law to protect the sporting interests of participants.

### Getting Active Outdoors and the Government Sport Strategy

In 2005, Sport England set out to better understand the outdoor sector, and the potential contribution to the strategic aims of getting more people, more active, more often. Sport England commissioned the Outdoor Industries Association to explore the outdoors sport, activity and recreation market in England.

<sup>13</sup> [http://www.legislation.gov.uk/ukxi/2007/114/pdfs/ukxiem\\_20070114\\_en.pdf](http://www.legislation.gov.uk/ukxi/2007/114/pdfs/ukxiem_20070114_en.pdf)

The report was co-authored by Kelly Gordon (strategic lead) and Martin Chester (Mountain Training Coaching Development Officer and author of this report). The result is a comprehensive report “Getting Active Outdoors: A Study of Demography, Motivation, Participation and Provision in Outdoor Sport and Recreation in England” which examines the demand and supply of outdoor provision and takes an in-depth look at the profile of the outdoor consumer. The Getting Active Outdoors insight was launched in June 2015 and the report is available to download on the Sport England website. A series of workshops were delivered by the Outdoor Industries Association, supported by Sport England, and shared the outdoors insight in more detail with over 400 delegates from 150 organisations across the outdoors sector.

Jennie Price, CEO of Sport England, announced that “she was now convinced” of the scale and potential opportunity of the outdoors in the Sport England portfolio. Since this report was published, climbing, hillwalking and mountaineering now explicitly feature in the Active Lives Survey and the report added further evidence for Sport England to invest in children and young people from the age of five, to build positive attitudes to sport and activity as the foundations of an active life.

The current Government sport strategy “Sporting Future: A New Strategy for an Active Nation” makes direct reference to this report and both this document and “Towards an Active Nation” (Sport England’s response) are punctuated by outdoor imagery and reference as a result.

### Adventure Activities Licensing

Since the Activity Centres (Young Persons’ Safety) Act of 1995, Mountain Training has been involved in the development of the Adventure Activities Licensing Regulations. Since 2004 these make it a legal requirement for providers of certain adventure activities for young people to undergo an inspection of their safety management systems and hold a licence.

In support of participation in climbing, walking and mountaineering activities, Mountain Training has been instrumental in establishing the concept of trusted “Technical Experts” as inspectors for the scheme and endorsing NGB qualifications once and for all.

Licensing only applies to those who offer classical adventure activities to young people under the age of 18 years and who operate in a commercial manner. Generally, licensing only applies to these activities when they are done outside and more often in remote or isolated places. For example, climbing on natural terrain requires a licence but climbing on a purpose-built climbing wall does not.

A licence is not required for: voluntary associations offering activities to their members (eg scout groups, local climbing clubs etc.), schools and colleges offering activities only to their own pupils or students, or activities where youngsters are each accompanied by their parent or legally appointed guardian (this does not include teacher or youth leader). As a consequence, licensing is inconsistent across the stakeholders and key organisations in this report.

In Lord Young’s “Common Sense, Common safety” report of 2015, the safety record of outdoor activities was reviewed and Lord Young recognised that there was no real need for AALA licensing.

Since the licensing regulations were established, the UK has been through a process of devolution, which could lead to different licensing requirements in each home nation. As Mountain Training prizes mobility, it would be very limiting if leaders made decisions about venue choice based on politics rather than conditions and aspirations of those in their care. Hence, Mountain Training continues to be involved in shaping the next evolution of licensing; and continues to play an important role in ensuring legislation supports the needs of the participants.

### National Guidelines

Mountain Training has published a set of guidelines which is useful for anyone with a responsibility for climbing, walking and mountaineering related activities. The document offers advice and guidance on the full spectrum of considerations including operational guidelines, the ‘four ways to competence’ and the responsibilities of the provider, leader and participant.

The National Guidelines were written by Mountain Training staff with considerable input from volunteers. Advice and guidance is given with various user and provider groups in mind including the voluntary sector, outdoor centres, sole traders and schools. Aimed at supporting all levels of responsibility, whether those running a Scout group, working as a freelancer or the head of an outdoor centre, all leaders should be familiar with the National Guidelines.



# 10. MOUNTAIN TRAINING PROVIDING YOUNG PEOPLE WITH SKILLS AND OPPORTUNITIES FOR LIFE

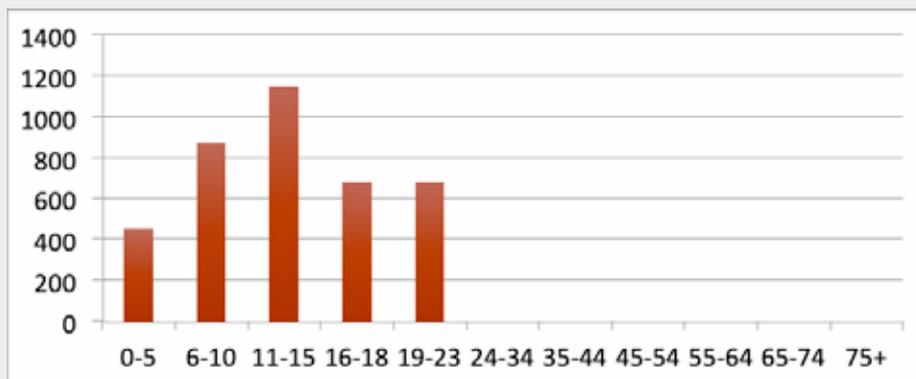
## 10. MOUNTAIN TRAINING PROVIDING YOUNG PEOPLE WITH SKILLS AND OPPORTUNITIES FOR LIFE

The 2018 impact survey overwhelmingly demonstrates how many Mountain Training candidates use their skills and qualifications to improve the lives of young people.

Of the surveyed candidates, more work with 11 to 17-year olds more often than any other age group. This is true for all levels of candidate, regardless of how highly qualified and experienced they may be. In addition, 45% of all surveyed candidates work with DofE groups in a variety of settings.

From the Getting Active Outdoors report<sup>16</sup>, family and friends were the biggest influencer in motivating outdoor activity. Families are attracted to the outdoors for the 'emotional connection' opportunities, choosing activities that allow them to have a meaningful experience as a family unit. Young people are attracted to the outdoors for the 'social connection' opportunities, choosing activities that allow them to have fun and express their identity.

Getting Active Outdoors revealed that 11–15 years was the most common age for young people to start engaging in outdoor activity. 43% started before the age of 16 (23% of which started before the age of 10). 100% started before the age of 23:



### 3 Getting Active Outdoors: Age started outdoor activity

70% of all children who participate in outdoors activity do so with adult from their household, whether informally or on activity holidays. Activity providers give thousands of young people a taste of new activities. For example, PGL's multi-activity instructors provide taster sessions for approximately 250,000 young people a year. All of this is enabled by a training, validation and quality assurance scheme made possible by Mountain Training qualified people.

The way in which Mountain Training candidates deliver this impact is as diverse as the environment in which it takes place, from youth groups to sporting clubs; daily school to activity holidays and once in a lifetime expeditions or experiences.

<sup>16</sup> <https://www.sportengland.org/research/understanding-audiences/getting-active-outdoors/>

### Mountain Training enabling active education

Training and qualifying teachers has been at the heart of the Mountain Training ethos and purpose since the beginning in 1964. The schemes are recognised by the Department for Education and the Adventure Activity Licensing Authority and are regulated by Ofqual.

Data from the 2018 impact survey demonstrates just how many Mountain Training candidates use their skills and qualifications for the benefit of young people. But this is not just limited to teachers and outdoor education providers. There are numerous people in important roles of influence across the outdoor education sector. The impact can be clearly demonstrated in a wide variety of ways and settings, which include:

- Working at a strategic level to influence policy and quality assurance
- Working at a national/organisational level to produce resources and opportunities for teachers
- Providing technical expertise to offer guidance, quality assurance and take responsibility for good safe practice
- Training and qualifying lead teachers
- Cascade of information down to train and develop new teaching staff

There are a number of ways that Mountain Training enables an active education beyond the classroom, at all levels, from strategic governance and national advisory bodies, right down to individual teachers by empowering (and qualifying) them to get outdoors with their class. This impact is illustrated by, but not limited to, the following four main strands: national guidance and resources; learning outside the classroom, recruitment of external Mountain Training expertise; the impact of Mountain Training qualified teachers.

### National Guidance and resource development

Throughout this report there has been evidence of how influential Mountain Training qualified people have been at the highest levels of developing national guidance and resources for teachers. With so many of the key stakeholders (see section 7) involved in education and providing outdoor opportunities for young people, it is clear that this is a fundamental priority. It is also clear to see how Mountain Training delivers an enormous impact in enabling all this to happen.

Through collaboration with stakeholders, Mountain Training qualified staff play an enormous part in enabling residential to happen. But at an organisational level, they are also involved in developing resources that allow teachers to maximise the potential of their time spent learning outside the classroom. As well as contributing to national guidelines and policy, there are numerous tangible examples of Mountain Training impact on practical delivery.

Jim Langley is a Mountain Leader who runs Natures Work<sup>17</sup> which aims to bring to life the natural world through a range of guided walks, training courses and outdoor learning. See section 17. Jim and his team provide training and educational resources for teachers, as well as a range of outdoor learning courses in science and geography for school groups. Their teacher training programmes develop the use of the outdoor classroom and enable outdoor learning. Nature's Work were also instrumental in the development of the OEAP Environmental Learning Cards<sup>18</sup> as a resource for teachers.

There have been numerous examples of Mountain Training expertise being deployed in developing national guidance and enabling outdoor education for young people. The Association of British Climbing Walls Training trust (ABCTT), another key MTE stakeholder, has used Mountain Training qualified people to develop learning cards with the Youth Sport Trust, to enable primary school teachers to develop physical literacy through the medium of climbing. In addition, the ABCTT has been involved in mapping their NICAS framework against GCSE Physical Education, to enable teachers to use climbing as a sport to demonstrate attainment of the GCSE syllabus. All of this activity is enabled and delivered by Mountain Training candidates.

<sup>17</sup> <https://www.natureswork.co.uk/>

<sup>18</sup> <https://oeapng.info/>

## Learning Outside the Classroom

The majority of the Council for Learning Outside the Classroom board members are registered with Mountain Training.

Paul Airey first registered with MTE in 1974. His career in the outdoors varied from handyman in the 1970s to his last full time post as Outdoor Education & LOtC Adviser for Cheshire West & Chester Children's Services and Halton Children's Services. In the intervening years of teaching, Paul has, at various times, been Chair of the Outdoor Education Advisers' Panel (OEAP), Chair of Mountain Training Cymru, and the North Wales chair of the Association of Heads of Outdoor Education Centres (AHOEC).

### External: Recruitment of Mountain Training technical expertise

In the National Guidelines, Mountain Training report the four ways to demonstrate competence, as according to the Health and Safety Executive. These are:

1. To hold the relevant (Mountain Training in this case) qualification
2. To hold an equivalent qualification
3. To have received appropriate in-house training
4. To be competent through experience

For many schools, the opportunity does not exist to train up existing teachers to the point of nationally-recognised qualifications in the outdoors. The solution for many is to bring in external expertise, either to train and develop the staff in-house in a "site-specific" manner or to sign off the existing experience of staff and take responsibility for their deployment without recourse to national qualifications, as per the second to fourth method of demonstrating competence above. In this way, Mountain Training is able to have an impact that reaches way beyond its network of qualifications. Numerous highly experienced and qualified industry experts cascade their knowledge and skills down in this way, to enable those without qualifications to deliver activity in the climbing walls, crags and mountains to young people in significant volume.

Joby Davis is just one of these Mountain Training qualified "Technical Advisors" (TAs) to the outdoor sector and climbing industry. He also extends this work to supporting schools, in enabling them to deliver an outdoor programme. From providing technical skills himself, to training staff and driving the sustainable continuation of outdoor programmes, Joby has a direct impact on every level of school outdoor provision, over a long period.



One such example is Joby's work with Hamstead Hall Academy, an inner city school in Birmingham. The following timeline demonstrates how modest first steps can lead to a long-term impact at all levels in the school.

Without qualified teachers, Joby worked with a team of qualified Mountain Training staff to deliver in-house training for school staff to enable and empower them to run safe and engaging sessions.

Before long, the popularity in climbing participation is very encouraging, therefore four staff register with Mountain Training and are sent to complete their Climbing Wall Instructor (CWI) training.

Two staff pass their CWI assessment and become qualified. This enables the school to become accredited to deliver Level 1 of the National Indoor Climbing Award Scheme (NICAS).

Participation increases and provision extends to holiday programmes. With an outstanding OFSTED result, provision of activities for young people during school holidays increases for up to 200 participants a day.

As activities become increasingly popular, the participation diversifies with the inclusion of local primary schools, engaging up to 50 participants (and 100% BAME origin) per day during term time.

The potential is recognised and the local inclusion team using climbing and outdoor activities on site as part of West Midlands Police Knife and Gun Crime Initiative.

Subsequently, the school receives support from Mountain Training England to allow BAME Sixth Form students to receive CWI training and Mountain Craft training.

As Technical Advisor, Joby still visits the site once a month, monitoring and managing health and safety, as well as staffing.

Now committed climbers (and connected to the climbing community via their involvement with Joby) pupils regularly have the opportunity to attend local climbing centres to act as climbers for CWI and Foundation Coach assessment courses.

While a simple case study, this admirably demonstrates how just one Mountain Training qualified Technical Adviser can have a valuable, long term and wide reaching impact to develop a sustainable activity programme for underrepresented groups in an inner-city environment.

#### **Internal: The impact of Mountain Training qualified teachers.**

Another common route for Mountain Training to deliver an impact within schools is the direct training and qualification to give the existing workforce the skills to deliver outside the classroom. In many cases, the impact of a single passionate teacher, once trained, will be wide reaching and long lasting for the school, their fellow teachers, and especially the students. There are so many examples of this happening at schools up and down the country, but here is one such example:



In 2000, Ed Brodhurst was working as a Geography teacher at The George Ward School in Melksham, Wiltshire. He registered with MTE when the school was in the process of organising expeditions to the Himalayas for sixth form students. As part of the quality assurance process, the school judged that the best training the expedition leaders could be offered was the Mountain Leader qualification; this training would also hopefully ensure that students were given life-changing opportunities for enrichment. Ed completed his training and assessment, to become a qualified Mountain Leader in May of 2001. As a result, he co-led the expedition to Annapurna Sanctuary in 2001, the next expedition to Langtang in 2003 and, as a direct result of his qualification, has also led expeditions to Morocco, Scotland, India and Greece over the past 17 years.

Ed Brodhurst continues to work in outdoor education, currently as a gold Duke of Edinburgh Award leader, and as the Assistant Headteacher of Carterton Community College, in Oxfordshire. Following his initial qualification, he also registered on the Single Pitch Award (now, the Rock Climbing Instructor) and Climbing Wall Award, and now manages the school climbing wall as a result. Ed explains how this came about:

“I have been able to use my Mountain Training qualifications to benefit students and staff in a multitude of ways. On a smaller scale, for many years I’ve taken students to the mountains of Wales and Scotland for weekend camping and hillwalking trips; run week-long multi-activity outdoor education visits to South Wales as part of our enrichment curriculum; provided expertise for charity challenge events such as our Walk the Ridgeway in a day fundraiser; organised staff wellbeing trips to Snowdonia and the Brecon Beacons; run climbing wall sessions for body-conscious primary school students to boost self-esteem; led two to three week trekking expeditions to the greater ranges; but possibly the greatest impact has been my influence as my school’s educational visit coordinator, which requires me to encourage and quality assure all our off-site learning which has had real and significant impact on almost the whole school community across my 13 years at my current school. All this started with my involvement with Mountain Training as it fostered a love of outdoor learning and developed my skills to be able to deliver experiences for students that were extremely hard to provide in a school-based environment.”

For Ed, the outcomes of Mountain Training qualifications have been significant, tangible and lasting: “I have a balance to my personal life as I can recharge my batteries in the great outdoors; I have actively and successfully developed other staff to deliver outdoor experiences (I now have a team of four or five staff at school who work on outdoor education); some staff have also moved to other schools, spreading the impact wider. But the major outcome of this has been that students that pass the expedition have developed the skills of resilience, independence, leadership and teamwork.

I can honestly say that the MTE schemes have provided my students with a multitude of life-changing activities and I would wholeheartedly recommend them to anyone interested in developing life skills in today’s young adults.”

## Mountain Training enabling Growth in Participation (Tackling Inactivity)

**These figures: 50:50 male: female participation in young people; and young people staying active for the rest of their lives, are exceptional for any sport.**

Climbing, hillwalking and mountaineering provide an important gateway activity to an active life – at this crucial early age: 43% of regularly active outdoors participants started participating before 15 years (100% before 23yrs). Similarly, ABCTT survey insight states 43% of current regular climbers started climbing before adulthood (age 18). This research, along with Natural England’s Monitor of Engagement with the Natural Environment (MENE) insight, clearly demonstrate that connection to nature at a young age can make a lasting impression. Those who are introduced to outdoors activities as children and adolescents grow up to choose an active lifestyle.

As outlined throughout this report, Mountain Training provides the skills training and qualifications that empower, qualify and enable the activators, including:

- AHOEC, outdoor learning and the important impact of outdoor centres.
- Youth groups and development schemes.
- Motivational award schemes like the National Indoor Climbing Award Schemes in Climbing Walls.
- Commercial activity and holiday providers like Center Parcs, PGL, etc.
- Clubs (see the BMC figures in section 7.7).

## Case Study: PGL using Mountain Training expertise to get young people active

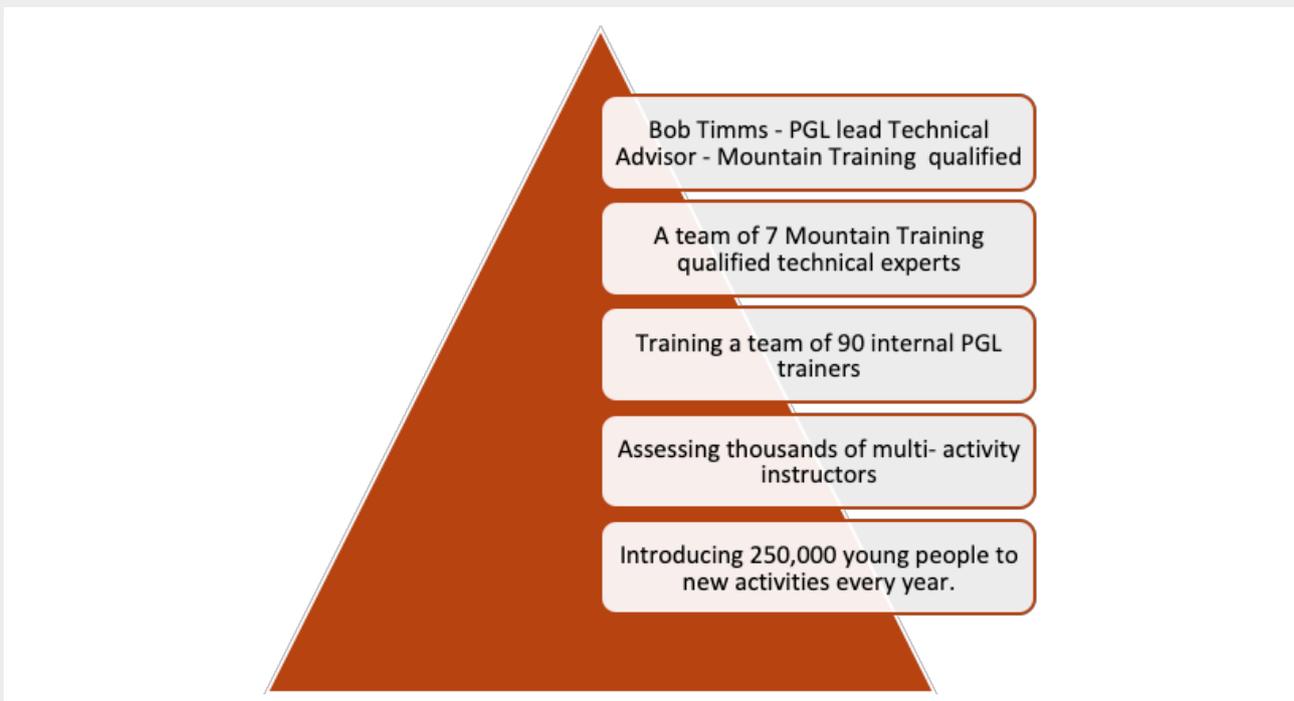
For young people, teachers, group leaders and parents, PGL is the UK’s leading outdoor education provider, delivering inspirational learning through adventure. They specialise in educational activity courses, school trips, language courses, children’s activity holidays, summer camps and ski trips, with centres in the UK and France. In terms of driving participation, PGL’s multi-activity instructors provide taster sessions for approximately 250,000 young people a year. All of this is enabled, supported and delivered by a team of Mountain Training qualified experts.

PGL’s Lead Technical Advisor is a Mountain Training qualified person and has established a robust organisational safety framework. One aspect of this is the PGL Off-Ground Scheme which relies on the competence and expertise of a small team of seven technical experts (or “rope assessors”) all individually holding Mountain Training qualifications.

The Mountain Training qualification held by these individuals is one of the measures PGL use to establish their competence in assessing candidates, their technical knowledge and their experience of ropes systems etc.

This team is responsible for:

- Developing and assessing PGL's internal trainers, which currently number approximately 90
- Assessing in excess of 1,000 multi-activity instructors in activities such as climbing, abseiling, zip wires and high ropes courses every year
- They also by their nature and experience, provide in some case opportunity but in all cases enthusiasm for Mountain Training qualification and or Overseas Expeditions



As a direct consequence, they enable PGL's multi-activity Instructors to provide taster sessions for approximately 250, 000 young people a year.

In addition, PGL use a Mountain Training qualified Technical Advisor for the operation of the climbing holidays it offers (which include the delivery of NICAS Awards). NST, PGL's sister company, employs a number of qualified Mountain Leaders (30 registered, and deemed competent for work with NST by the lead Technical Advisor) to accompany schools on tours to Iceland and The Alps.

## Case Study: ESCAPE – Every Sheffield Child a Peak Experience

ESCAPE is a scheme that aims to provide sustainable access to outdoor activity for kids and their families.

Emma, from Sheffield City Council, explains why the project is so important. "This is a health, safety and wellbeing project – to engage young people with their local environment. 30% of Sheffield is within the National Park, and we want Sheffield children to know how easy it is to get out into the Peak on public transport. At the moment many pupils in Sheffield are aware that they can get the bus to Meadowhall and walk around the shops for free. We want the children to have the same awareness about the Peak District, and by getting the bus in the opposite direction they can go on free adventures. The aim is to support those who would not otherwise access these opportunities, and to do it in a way that helps them to repeat the experiences themselves.

“Our goal is for this to eventually become a Sheffield entitlement for all children. Our target audience will be hard to reach and vulnerable young people – although we will help others who can self-fund to complete the same programme.”

The beauty of the ESCAPE project is that access to healthy activity will be replicable and scalable. This enables families to continue to participate long after the project is over. Almost everyone involved in the concept to delivery of this exciting new project is qualified by Mountain Training England.

## Case Study: The Youth Hostel Association

In the Getting Active Outdoors report, engaging with the natural environment and spending time with friends and family were identified as the number one motivators to encourage participation in healthy outdoor activity. When young people are subjected to a “high quality deep immersion in nature” in their formative years, they are likely to continue to participate in outdoor activity for the rest of their lives.

Families are a key driver for this. But access to outdoor activity is not so easy for all families. There are 3.9 million children and 2.1 million young adults (16-24 years) living in low income households. Evidence shows that these young people have poorer physical and mental health, compared to those from average and high income families.

Participation in sport for children in low income families is more difficult because their parents are more likely to suffer from ill health. In addition, there tend to be fewer extra-curricular activities offered at school and children lack access to sports facilities and safe places to play.

All young people should have the opportunity to be active in a safe environment. YHA residentials offer a wide range of quality, outdoor activities such as climbing, orienteering, bushcraft, weaselling, high ropes, abseiling and gorge scrambling.

In 2016, the YHA accommodated 95,446 families 433,284 individuals and hosted 1,190,335 overnight stays. (YHA Impact report)

***As with the majority of activity providers, every time a young person on an activity residential takes part in a walking or rope based activity, there is a Mountain Training qualified instructor leading the sessions; or involved in training and approving the site specific staff to deliver the sessions***

### Mountain Training enables Youth Development schemes

There are a whole range of youth development organisations, initiatives and schemes that rely on Mountain Training qualified people to deliver their activities and, as a consequence, deliver their strategic aims. It is easy to think of the reactive and remedial schemes, but many of these are proactive youth groups and clubs, providing important activity and a sense of belonging for young people from all walks of life.



Perhaps the biggest consortium of these is the Youth United Foundation (or YUF). Their 11 member organisations all offer an opportunity for young people to volunteer and learn skills in diverse environments, from public service to armed forces, to seas, skies, the wilderness and beyond. Many of these are already MTE stakeholder organisations (see section 7).

Their purpose is simple – to ensure that every young person, regardless of background or location, has the opportunity to become a member of a uniformed youth group.

Uniformed youth organisations offer young people a plethora of skills and experiences, laying the building blocks for young people to overcome a number of barriers in order to be the best that they can be. Together, the members of the YUF provide countless opportunities to take part in climbing, abseiling, walking and mountaineering based activities. Almost all of this is delivered by Mountain Training qualified leaders or approved by qualified technical experts.

The National Citizen Service (NCS) is a government-backed youth programme that runs across England and Northern Ireland. NCS was initially founded in 2009 to help young people achieve their potential and build bridges between communities. The four phase programme begins with an adventure phase:



#### 4 NCS programme structure

This adventure phase takes the form of a four or five-day residential programme (at least one hour away from home). NCS is led by 10 prime organisations spread over 19 regions. The prime organisations work with local delivery partners, who deliver NCS at a local level. All of these prime organisations and local delivery partners rely on Mountain Training expertise or qualified staff, at some level, to deliver the range of activities. Nearly 500,000 young people have taken part since 2009.

The Prince's Trust was established in 1976 to improve the lives of disadvantaged young people in the UK. In the past 40 years, the Trust has supported more than 825,000 young people across the UK through a range of eight programmes.

At the core of this work is the 12-week team programme for unemployed young people between 16 and 25 years of age. Week two is all about trying new experiences on a week-long outdoor activity residential trip.

In 2011, The Trust merged with another youth charity, Fairbridge, extending the reach of its programmes through a network of centres. The Fairbridge programme offers a mix of group activities and one-to-one support to develop the skills and confidence young people need to move forward. Starting with a five-day Access course, participants get the chance to do outdoor adventurous activities, as well as take part in a residential trip.

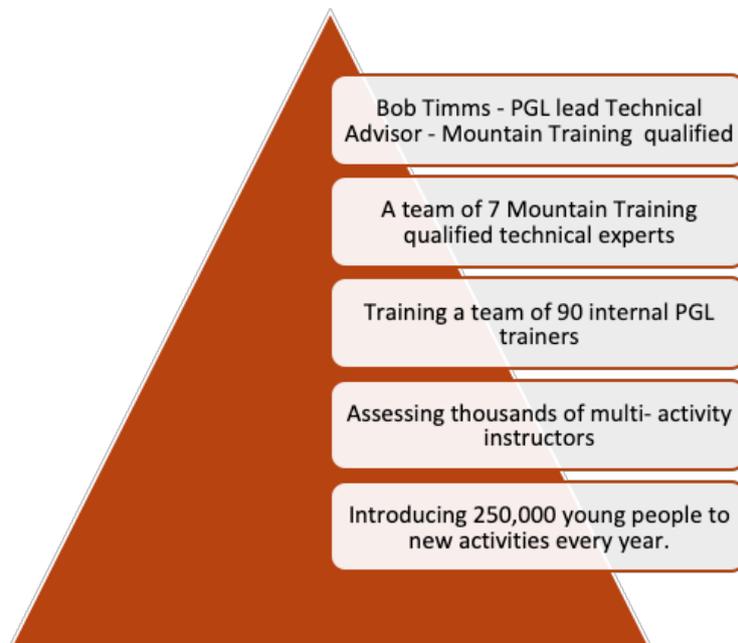
Outdoor activity as a vehicle for personal development, has been at the heart of both the Prince's Trust and Fairbridge throughout their existence. Every time a young person takes part in a roped, climbing, or walking adventure, there is either a Mountain Training qualified leader in charge; or a Mountain Training qualified technical expert behind the scenes, however far from the mountains the activity takes place.

## Case Study: Ten Tors Challenge

Ten Tors is a Youth Development event that aims to encourage young people from South West England to take part in a planned challenge within the Dartmoor National Park to enhance their self-confidence and aspirations through the development of leadership, problem solving, team work and hillwalking and camping skills in a wild country context.

The Ten Tors Challenge is organised by the Army, assisted by the Royal Navy, the Royal Air Force and the Dartmoor Rescue Group (see section 11: "Mountain Training and the Military") for the impact Mountain Training has on enabling adventure training for the Joint Services.

The Ten Tors Challenge is limited to 2,400 individuals (four hundred teams of six teenagers) each year but up to 4,000 young people train each year. Each team will have a dedicated team manager and a team of training providers, the majority of whom will be trained or qualified by Mountain Training. In addition, Mountain Training are involved in the team manager briefing every year in ensuring the highest standards of quality and safety are met.



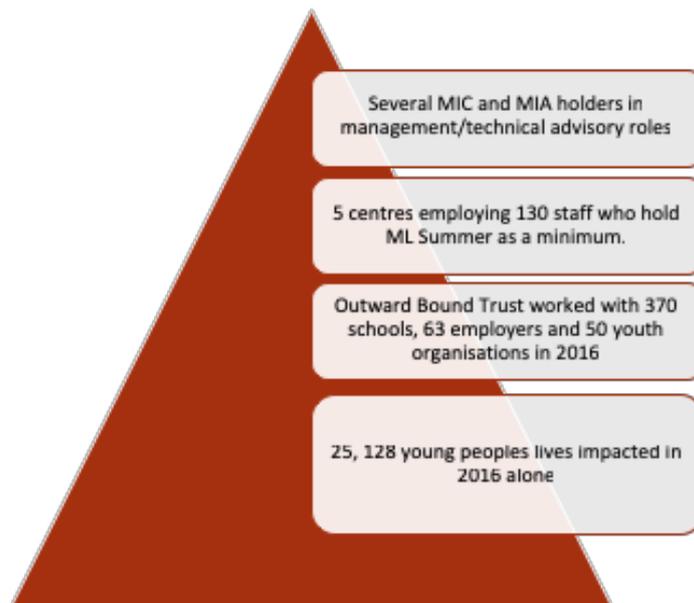
## Mountain Training facilitating life-changing experiences for young people

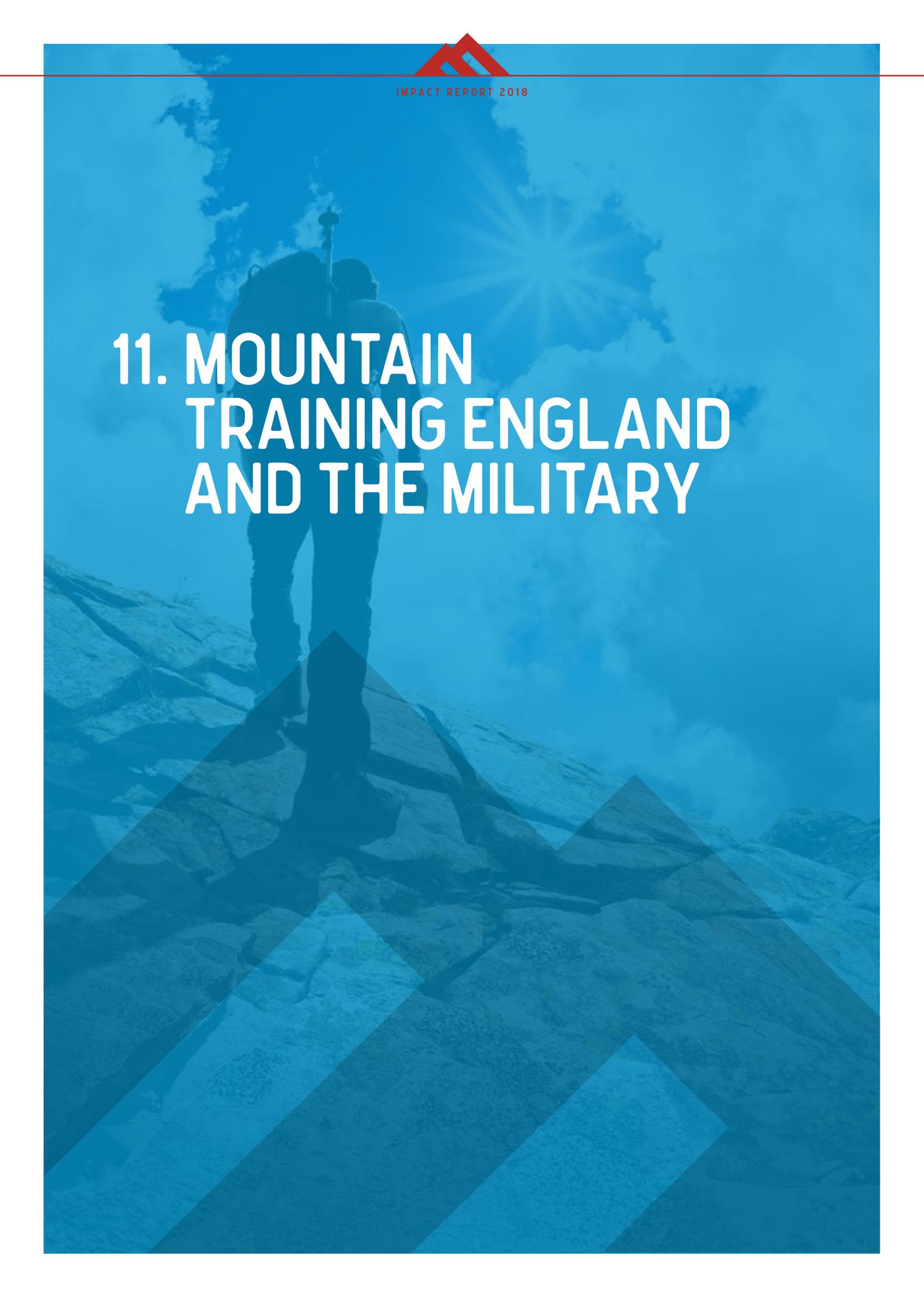
Well-established organisations like Raleigh International and World Challenge have delivered opportunities for huge numbers of young people to take part in life-changing overseas expeditions for many years. In fact, over 40,000 young people have taken part in Raleigh expeditions since 1984. None of this would be possible without reliance on Mountain Training qualified staff at almost every level of the organisation: from senior management and central staff involved in training expedition leaders, to the individual leaders themselves. The Mountain Training skills of leadership, client care and dynamic risk assessment in challenging environments are at the heart of these well-established organisations and their impact on young people.

Perhaps the best known example of an organisation that regularly changes the lives of young people, is the Outward Bound Trust. The Outward Bound Trust was founded in 1941. Since then they have helped over 1.2 million young people unlock their full potential through their unique approach to learning and adventure in the wild. All of this is made possible by the employment and deployment of staff who are trained and qualified through Mountain Training schemes.

- Mountain Training provides an essential training and assessment framework for Outward Bound Trust instructors, enabling staff to learn and progress their skills to work in a variety of environments and terrain. This means they can safely lead young people into the kinds of places that evoke real personal development to take place. It is currently developing a mentoring scheme for trainee leaders in partnership with MTE.

“If you look beyond the top two senior management, you are unlikely to find a member of staff without a Mountain Training qualification” Iain Peter, Executive Director, Outward Bound International





# 11. MOUNTAIN TRAINING ENGLAND AND THE MILITARY

## 11. MOUNTAIN TRAINING ENGLAND AND THE MILITARY

The tangible benefits of Adventurous Training are well documented and well respected. As such, the Joint Services are a key stakeholder in Mountain Training England. As outlined in section 7.14 Joint Services, 11,500 people every year, gain leadership, resilience and teamwork skills; as well as build confidence and perhaps gain a qualification. For many, this is an introduction to activities which they may enjoy for the rest of their lives, long beyond their service career.

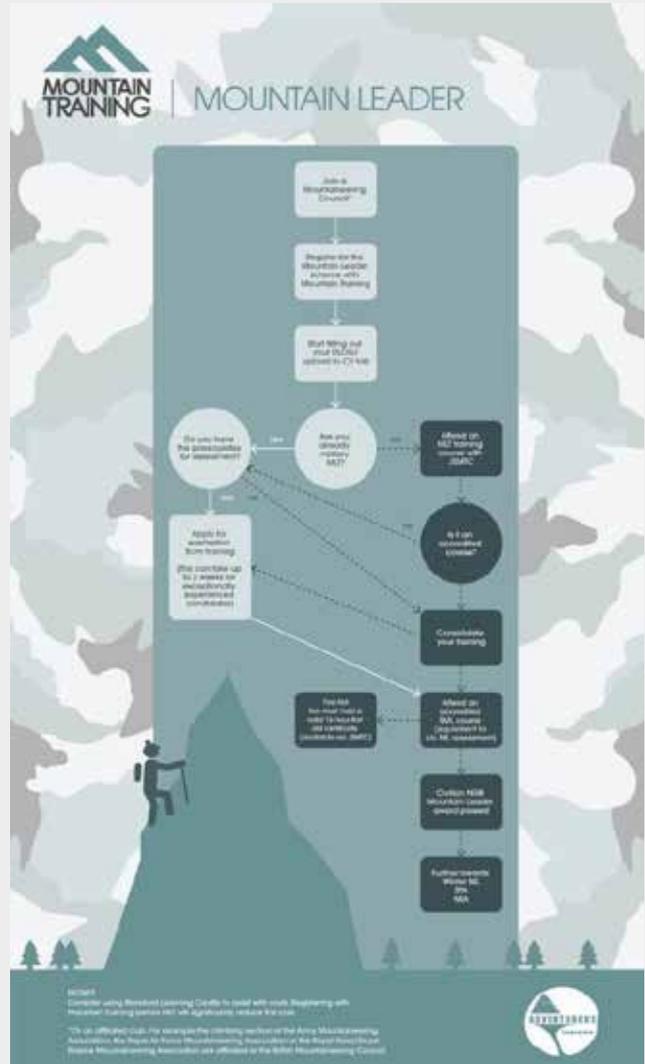
For that reason, Mountain Training England has worked closely with the Joint Services to map the pathway through the military qualifications; against the civilian equivalents.

In this way, service personnel are able to gain qualifications to give them a trade when they leave the forces; or to enable them to continue to lead and inspire others beyond their military career.

The scale of the Joint Services ski programme, for example, would make the Joint Service Adventurous Training (JSAT) programme, the largest single provider of introductory ski courses in the country. So the impact is impressive enough, before enabling them to lead others.

It is also important to recognise that those in the services are not restricted to their life at work, many are parents; many volunteer their spare time to supporting youth and cadet groups.

As well as the large numbers taking part in adventurous training, there are a further 130,000 cadets taking part in activities led by 28,000 adult volunteers in clubs and 275 schools across the four cadet forces.



### Case Study: Battle Back

Battle Back is an adaptive sport and adventurous training programme for wounded, injured and sick (WIS) personnel from across the Armed Forces, including mobilised reservists. It is a Ministry Of Defence (MOD) initiative delivered in partnership with Help for Heroes and The Royal British Legion.

Physical development is a key component in recovery and Battle Back programmes are designed to promote confidence and independence and help accelerate physical, psychological and social recovery throughout the duration of recovery – inspiring the wounded, injured and sick to focus on what they can do rather than what they cannot.

Coaching expertise is provided by the Carnegie School of Sport and Carnegie Great Outdoors. The majority of their coaches are highly qualified by Mountain Training and there is even an example of an ex Battle Backer who (post Battle Back) is now MIA qualified (and ML Winter trained). He is now an established Battle Back coach.

Battle Back value Mountain Training as a nationally-recognised and respected benchmark of standards in adventure leadership, instruction, coaching and current information.

When asked how Battle Back benefits from this involvement, the responses include:

- Funding partly due to NGB qualifications
- Accelerated personal development for students via:
  - o Broadly experienced and qualified instruction
  - o Tried and tested instructional progression
  - o Flexible and adaptable instruction



There is no doubt of the value of this programme to all those involved. It is only through the use and deployment of Mountain Training qualified staff and leaders that Battle Back are able to deliver such an impact. To date over 1,500 people have participated in Help for Heroes-funded grass-roots elective activities. In the past year, 507 people attended the Battle Back Centre at Lilleshall, and they also ran the first Battle Back courses for veterans. In addition, 7,837 individuals attended a Legion Break Centre or participated in a child's Adventure Break in 2017. All made possible by Mountain Training qualified staff.



# 12. MOUNTAIN TRAINING ENGLAND DRIVING SAFETY IN THE MOUNTAINS

## 12. MOUNTAIN TRAINING ENGLAND DRIVING SAFETY IN THE MOUNTAINS

Mountain Training England was born out of a need for leaders to safely take others out into the mountains. Today, there are several key ways in which Mountain Training England drives safety in the mountains:

1. Training and qualifying leaders
2. Developing national guidelines and sharing best practice
3. Supporting and enabling other organisations to share best practice
4. Providing skills courses to enable individuals to participate more safely

### 1) Training and qualifying leaders

This report has demonstrated the enormous impact trained, assessed and qualified Mountain Training people in order to lead others in the mountains. While there is no need to duplicate or replicate this information in this part of the report, it should not be overlooked as a fundamental driver for improving the standards for safe participation in the mountains.

### 2) Developing national guidelines and sharing best practice

The National Guidelines for climbing and walking leaders aim to introduce individuals and organisations to the outdoors in a safe and enjoyable way. Previous estimates by the Adventure Activities Licensing Authority help put the real risks into context by estimating that each year schoolchildren take part in seven to ten million days of adventure activities and the Scouts estimate that they have half a million members participating in these same activities. From June 1996 to July 2013 49 pupils died while on school visits. That's an average of less than 3 pupils a year, but includes natural causes, road traffic accidents and a number of lesser accidents and incidents.

Clear standards have been set in this document to ensure that risks are identified and activities well managed. The ability to involve participants in these activities and so develop their level of responsibility, communication and awareness of others forms part of these standards. Leaders may also be able to develop positive attitudes and values, help the group reflect on experiences and so maximise any learning opportunities. Mountain Training defines minimum safety and environmental standards but is equally committed to the development of best practice for leaders i.e. raising standards where these need to be raised and sharing new ideas.

### 3) Supporting and enabling other organisations to share best practice

Mountain Training (and Mountain Training candidates and qualified people) have been pivotal in the development of numerous mountain safety initiatives and resources over the years. Behind the majority of the British Mountaineering Council mountain safety messages and publications is the BMC/MTE Training Officer. This is a joint post ensuring up to date best practice is shared between the organisations. As well as booklets (like "Safety on Mountains") the BMC produces a range of safety posters, educational DVDs, and a whole host of media posts (from articles to video clips) to promote safe practice. In addition, they host a series of meets and seminars (like the annual Student Safety Seminars for University Clubs). See section 7.7 for details of the BMC impact as an MTE stakeholder.



In addition, there are a whole number of organisations and initiatives that make use of Mountain Training expertise - from the Snow and Avalanche Foundation of Scotland to Dartmoor.gov.uk<sup>19</sup> advice from Dartmoor National Park.

Whether national initiatives like the National Trust mountain safety advice<sup>20</sup>, or independent web pages, such as MountainSafety.co.uk, many of these have Mountain Training qualified expertise behind them.

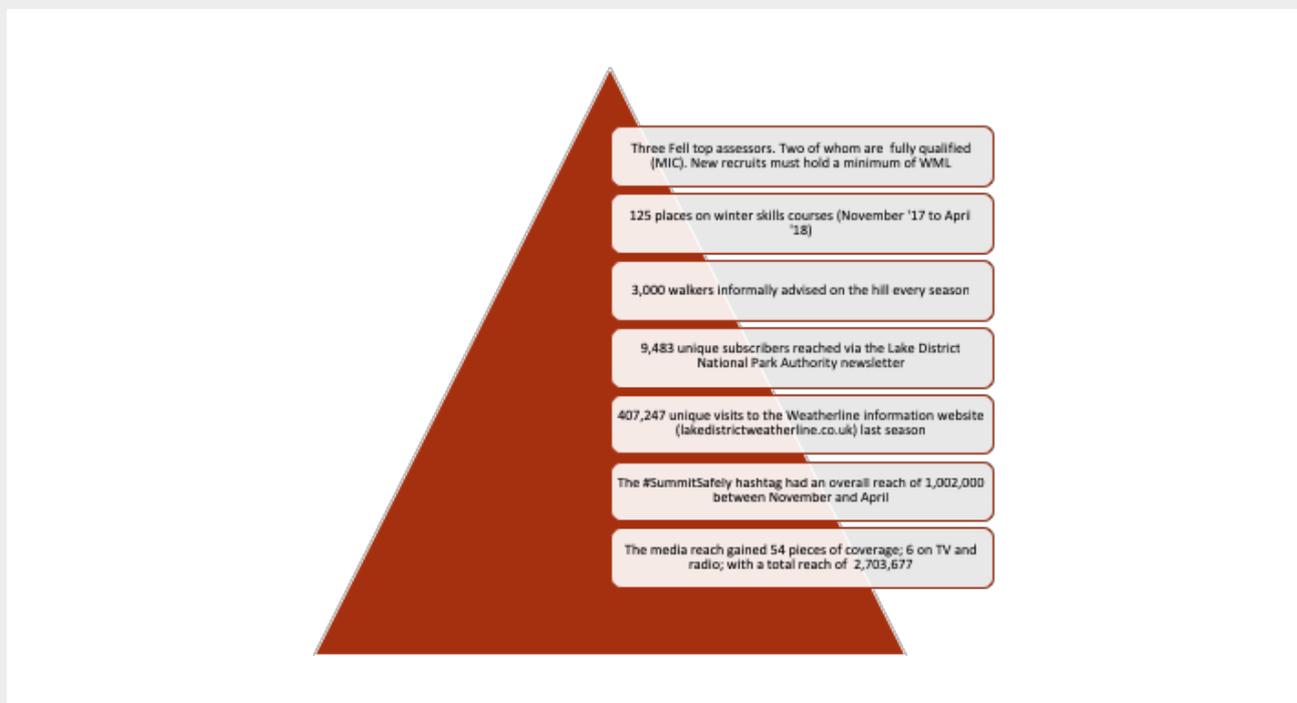
MountainSafety.co.uk is the project of Andy Luke, a qualified Mountain Leader. It was born in 2012 out of Andy's desire to provide free resources to help educate and prepare people for their trip to the hills and mountains of the UK.

## Case Study: Weatherline - The Lake District National Park Fell Top Assessment Service

Weatherline is a joint venture between the Met Office and the Lake District National Park Authority. It provides a coordinated suite of public information services, aimed at driving safety in the hills and mountains of the Lake District. Each winter, usually from December to March, their Fell top assessors walk up Helvellyn to check conditions, take photos and supply a report to add to the Met Office weather forecast that appears 365 days a year. They have a team of three Fell top assessors and, as well as reaching a huge audience through the media, these assessors bump into (and advise) numerous walkers every day. Two of the team are fully qualified by Mountain Training (MIC holders) and as such, you can also join them for a day on a winter skills course, to learn the basics of how to use an ice axe and crampons for winter walking. They now require a minimum of the Winter Mountain Leader (WML) from any new candidates interested in the role.

"We spend a lot of time chatting with folk up there (who are not on our winter skills courses), and on busy days the number we interact with can be in the hundreds - On a reasonable day on Helvellyn I reckon we advise around 30-40 people per day, and on a bad weather day probably about 4-5. So, as an educated guess, this figure is probably around 3000 people per winter season.". Graham Uney - Full time Fell top assessor

The diverse reach of Weatherline:



This Mountain Safety and information service, that relies on Mountain Training qualified people to enable delivery, multiplies from 3 Fell top assessors to a reach (and impact upon) nearly 3 million people.

<sup>19</sup> <http://www.dartmoor.gov.uk/enjoy-dartmoor/planning-your-visit/safety-advice-for-outdoor-activities>

<sup>20</sup> <https://www.nationaltrust.org.uk/borrowdale-and-derwent-water/features/mountain-safety-advice>

#### 4) Providing skills courses to enable individuals to participate more safely

As well as delivering qualifications and training to lead others, Mountain Training added a range of skills courses: **Hill and Mountain Skills** (in 2014) and **Rock Skills** (in 2019)

To stay safe and enjoy time on the hill, participants will benefit from some basic skills and expertise to support them on their way. The Hill & Mountain Skills courses aim to equip walkers with basic knowledge and safety skills, increasing their confidence to participate in more hill and mountain walking in their own time.

The Hill & Mountain Skills courses are nationally- accredited and developed by Mountain Training. The courses are widely available through its network of course providers. The courses are delivered by approved course tutors, who are all experienced Mountain Training award holders and work on behalf of the course provider. There are two courses as part of the scheme: Hill Skills and Mountain Skills. Both are open to anyone aged 12 or over.

The Rock Skills courses are designed to provide structured training opportunities for people who want to become independent climbers. There are three different levels so that complete beginners and those with more experience can choose the most appropriate starting point. Mountain Training Rock Skills courses provide a progressive introduction to the basic skills and techniques of rock climbing, which will help people stay safe, enjoy climbing to the full and provide the foundations required for participation and development of their own rock climbing activities.

# 13. MOUNTAIN TRAINING BEYOND THE MOUNTAINS (IN THE COMMUNITY)



## 13. MOUNTAIN TRAINING BEYOND THE MOUNTAINS (IN THE COMMUNITY)

It is easy to assume that, with the name “Mountain Training” that the impact is restricted to the national parks and mountainous areas of England, the UK and further afield. In reality, the leadership, technical and risk assessment skills of people trained and qualified through Mountain Training have an impact throughout the UK.

### Mountain Training impact on Lowland Rescue

As well as staffing the Mountain Rescue teams of the UK, Mountain Rescue volunteers devoted approximately 37,293 hours to non-mountain incidents defined as activities that are ‘lowland, urban or roadside’ in the past 12 months. See section 7.1 Mountain Rescue England and Wales for more detail.

Numerous lowland rescue teams and organisations use Mountain Training technical experts to deliver specific training to their teams. The RSPCA have been clients of Plas y Brenin (Sport England’s National Mountain Centre) for many years. Mountain Training qualified staff train their teams in the ropework for rescuing animals and livestock from crags, cliffs, trees and any situations requiring a rope. There are numerous organisations, from the police to the coastguard, who have made use of this bespoke training in roped rescue.

As well as rope skills, navigation and search techniques are key areas of training where Mountain Training instructors are used to deliver skills in a lowland or urban setting. As an example, Alan Halewood is an MIC (originally registered with MTE) who is the Navigation Lead Officer for Hampshire search and rescue dog team.

### Case Study: Lowland Search and Rescue

Paul Lewis, a Mountain Leader, from Herne Bay in Kent, is the Chairman of the Association of Lowland Search & Rescue, the UK’s governing body for Lowland Rescue. The Association is a charity comprised of Trustees elected from its member teams, and Operational Officers who develop standards and governance.



### Case Study: Will Legon of Will4Adventure

Will4Adventure was established in April 2003 and specialises in the provision of high quality adventure experiences both in and out of the UK. They have expertise in all aspects of mountaineering, UK/ Worldwide trekking, wilderness first aid, expedition health, and charity event organisation. Will4Adventure have been using the outdoors to help people overcome their fear of heights, engaging 342 participants since 2006 and raising about £230k for charity.



### Mountain Training enabling charity events

Behind many a Charity abseil, mountain challenge, or sponsored expedition; you can find Mountain Training expertise making it possible:

- *Mountain Training train the leaders with the skills to lead, manage and facilitate such events across the globe. Look behind the scenes and you will find technical experts taking responsibility; skilled technicians supervising safety; and skilled leaders motivating and enabling their team.*

**The “Gregathlon: Pedal to the Peaks”**

The three highest peaks, combined with 500 miles of cycling, raised £1m for Sport Relief and raised awareness of mental health issues in young people.



**Greg James – Radio 1 presenter**

**Ross Worthington and Simon Verspeak: two Mountain Training International Mountain Leaders**

**Greg James has 1.59m Twitter followers alone (3.07m for Radio 1)**

**All to raise awareness for mental health as well as £1,045,000 and counting, for Sport Relief**

**Case Study: Dave Talbot Adventure Events**

Dave Talbot, an MIA holder in the South West of England, demonstrates how training one key individual can have a huge impact on many people, far from the mountains, by using a team of Mountain Training qualified staff. His company, Dave Talbot Adventure Events, are based out of Bristol, and create bespoke events and expeditions around the world that can be used to promote a brand, raise money for charities and be enjoyed on both an individual and team level. All of the events are designed to be inclusive for a mass audience. Almost all events are filmed and photographed - these then can be used by the client for brand marketing. In most cases, the impact is increased through press coverage whose rewards greatly exceed the cost of an event.



Dave Talbot - Adventure Events uses a pool of around 40 freelance staff (qualified through Mountain Training) who are based all over the UK and who enable the adventure events to happen. These staff are all highly experienced with great interpersonal skills. “Mountain Training has created a great base from which people understand the learning process and are keen to develop their skills through many facets including the Mountain Training hierarchy of learning.”

Last year Dave Talbot - Adventure Events helped raise over £500,000 for charities across the UK with around 8000 participants getting involved in activities. Large brands employ Dave Talbot to create events for their internal staffing network - the most recent being Airbus. The BBC, Suzuki, Hyundai, Channel 4, Blink Films, Landrover and others have employed Dave Talbot - Adventure Events to create possibilities for projects that have been televised at peak viewing hours.

Dave Talbot - Adventure Events organise the Malvern Hills Trail Half Marathon which has a licence for 700 participants. The delivery of the event promotes safe use of the hills and they work in partnership with the landowners and locals to make sure it has a community focus.

Mountain Training enables Inner City Events

Case Study: DWS Exeter

DWS (or Deep Water Soloing) Exeter, hosted every year since 2014 by The Quay Climbing Centre is possibly the most unusual climbing events in the UK climbing calendar. Entre-Prises UK build a high spec competition wall over the River Exe in the heart of the city centre. The event is carefully designed to appeal to a wide audience (the 'hanging ball' and 'jump to the bell' feature to speed tests in the final round) attracting competitors from all over the world and a rolling audience of 2000 people spectating. The whole event is staffed by Mountain Training qualified climbing coaches from The Quay.



- Penny Farthing (MIA) as technical expert
- 10 Mountain Training qualified staff from The Quay climbing centre
- 500 Competitors from around the world
- 2000 spectators at any one time, with over 4000 overall, per day.





# 14. MOUNTAIN TRAINING AND THE HEALTH OF THE NATION

## 14. MOUNTAIN TRAINING AND THE HEALTH OF THE NATION

The ability of the outdoors to deliver against a range of health, social and economic outcomes is well documented and hence has the ability to make a positive contribution to Sport England's strategy Towards an Active Nation and the aspirations as set out in the Government's Sporting Future. The impact of the outdoors can be felt on:

- Mental wellbeing;
- Physical wellbeing;
- Individual development;
- Economic development;
- Social and community development.

These are well documented and hillwalking, climbing and mountaineering are the most popular activities in this environment. The Benefits of Outdoor Sports to Society (BOSS) project<sup>21</sup>, for example, is currently looking at studies that have shown a clear link between outdoor sports and social benefits for individuals and society. To date, over 17,000 studies were screened by a range of partner organisations in 7 EU countries to illustrate the value of outdoor sports.



Figure 5 The benefits of outdoor sports for society

Since 1964, Mountain Training England has been training leaders to enable, encourage and facilitate people from all walks of life to get active in the great outdoors. Walking is now widely recognised as one of the most popular activities in the UK (Sport England). It is a free form of exercise, beneficial for both physical and mental health and the wellbeing of the population.

<sup>21</sup> <http://outdoorsportsbenefits.eu/>

The latest “Active Lives Survey” shows how adults achieving 150+ minutes of activity a week do so through a blend of activities. Analysis of numbers engaging in activities at least twice per 28 days helps us understand the contribution of different activities, with 18.6 million people walking for leisure; and 2.7 million actively taking part in adventure sports (including hillwalking, mountaineering and climbing).

To put that in perspective, walking for leisure and walking for travel come top of the table; while 2.58 million people participate regularly in climbing and mountaineering, putting it ahead of football (commonly considered the nation’s favourite game) with 2.1 million regular participants.

Walking, hillwalking, mountaineering and climbing must not be considered fringe activities. They are essential to the physical and mental health and wellbeing of an active nation.

With specific regards to hillwalking, climbing and mountaineering, the benefits are again well documented and include:

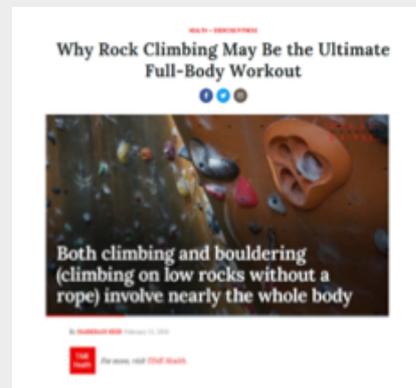
**Benefits of hill walking:**

- Physical health: walking is one of the easiest and cheapest ways of exercising, and an effective way of managing weight. Regular brisk walking will improve performance of the heart, lungs and circulation, as well as lower blood pressure.
- Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.
- Mental health and wellbeing: walking may be more powerful than we realise; a brief walk can help us cope with periods of stress, at work for example; it helps us concentrate, makes us more creative and can help treat depression.

The [Walking Works](#) report<sup>22</sup> laid out that if more people met the physical activity guidelines by walking it could save 37,000 lives and slash the risk of getting heart disease, type 2 diabetes, Alzheimer’s, stroke and cancer by 20-50%.

**Benefits of climbing:**

- Physical health: climbing uses lots of muscle groups, both in the upper and lower body. Your back, abdominal and leg muscles all get exercised as well as your fingers, shoulders and arms.
- Regular climbing can improve stamina and endurance as well as muscle strength. In addition, all the reaching and stretching for holds improves flexibility and agility. Getting out and about in the outdoors, walking to reach the crag you wish to climb on, is also good aerobic exercise.
- Mental health and wellbeing: climbing offers a wealth of health benefits that are not just physical. It improves your self-esteem, mental agility and self-awareness. It’s a great stress-buster and a full body workout, so it’s good for general wellbeing.
- Climbing requires a lot of problem solving, mental concentration and focus, so it helps sharpen your brain. A lot of people like it as it allows you to escape everyday worries and just focus on the climb. It also can give a great sense of achievement.
- Climbing can be a very sociable activity. You develop strong friendships with your climbing partners due to the level of trust involved and through sharing challenges and experiences.



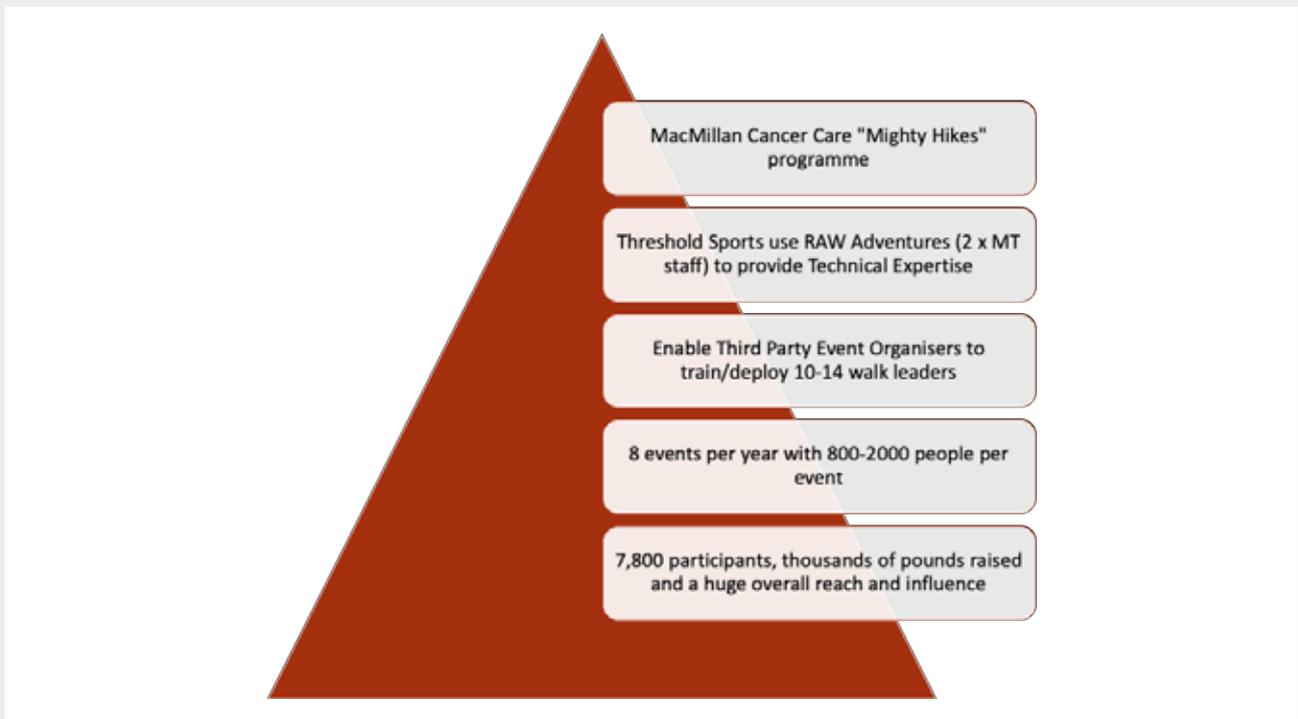
<sup>22</sup> Ramblers and Macmillan Cancer Support, 2013

**How Mountain Training enable health interventions**

The 2018 impact survey flagged up a host of Mountain Training qualified people in key positions of influence: Educational Visits Coordinators in a pupil referral (mental health) unit, qualified counsellors using the outdoors for mental health, the head of a sight loss charity. People put their Mountain Training skills and experience to extraordinary use to help others.

Great examples of practical initiatives include the high-profile MacMillan Cancer Care “Mighty Hikes”. MacMillan uses Threshold Sports to deliver the contract to provide this series of fund-raising challenge walks across the UK. Threshold Sports recognise the attributes that trained Mountain Leaders bring and value their skills as a result. In order to reach and recruit these skilled professionals, they use the services of RAW Adventures: over the last two years they have provided technical expertise, event safety staff and walk management to facilitate and support the walks. Each of these events have between 800 and 2,000 participants, with eight dates in a summer series. Typically, the RAW Adventures team risk assess the route; offer advice on route support and participant safety; deploy a dynamic marshalling team to physically support walkers on the day; and support the event communications from both the control room and with controllers on the ground.

The following diagram clearly demonstrates how the influence of two MTE people (at RAW Adventures) cascades to have an impact on a number of events and a large number of participants:



Devon Public Health commissioned a consortium of organisations to develop and grow the Walking for Health network between August 2014 and December 2016. The aim was to support and develop Walking for Health for people in Devon, in order to sustainably:

- Improve health and wellbeing of walkers, principally through increased levels of physical activity
- Develop and provide opportunities for volunteers
- Establish an effective network for Walking for Health

Walking for Health in Devon<sup>23</sup> is part of a national programme, managed by Ramblers and Macmillan Cancer Support. The network has been developing for over 12 years, helping people across the country to lead a more active lifestyle. A Health Walk is free, short and led by trained volunteer walk leaders. The walks are graded by time, terrain and gradient eg a grade one walk is 10 - 30 minutes, on flat terrain, with no stiles or steps. Walk leader training is provided by people holding Mountain Training qualifications.



In June 2018, Edward Mills became the youngest person to climb the Old Man of Hoy, a climb which, to date, has raised over £30,000 for Climbers Against Cancer. It's a cause close to Edward's heart: his Mum, Bekki had breast cancer. Bekki watched Edward reach the summit from a ferry, but sadly died before he went to London with his Dad and brother George to meet the Prime Minister and receive a Pride of Britain award on 6 November 2018.

In reports, Edward's success is credited to Alex Shaw – his climbing coach from Undercover Rock, who introduced him to the sport at an early age. Edward climbed the route with Ben West, another Mountain Training qualified climbing instructor.

## Case Study: The Castle Climbing Centre wins SRA Innovation Award

The Castle Climbing Centre in London won the 2017 Innovation Award from the Sports and Recreation Alliance for their Inclusive Climbing programme.

The Castle Climbing Centre has been offering inclusive rock climbing sessions for the past four years to children and adults with physical and/or learning difficulties with reduced rates for block bookings to encourage weekly attendance. The sessions are delivered as part of the centres desire to offer climbing to anyone, regardless of whether they have a disability.

<sup>23</sup> <http://activedevon.org/wp-content/uploads/2017/12/wfh-in-devon-spotlight-report.pdf>



# 15. MOUNTAIN TRAINING TACKLING EQUALITY – GENDER AND DIVERSITY

## 15. MOUNTAIN TRAINING TACKLING EQUALITY – GENDER AND DIVERSITY

The activities of climbing, hillwalking and mountaineering are enjoyed by a wide and diverse cross section of society. But this positive range of participation does not fully translate to the coaching workforce. The leaders, coaches and instructors are largely white, middle class, and male. Mountain Training England is committed to increasing the number of women and the diversity of candidates on all its courses. These are key strategic goals as outlined in MTE Strategic Development Plan for 2017-2021.

The story of age, gender and diversity is already relatively positive across MTE schemes but MTE aspire to break down barriers and strengthen lifelong pathways to encourage the full range of participation in its schemes. In the past year, the impact of MTE has been delivered in a number of ways:

- Strategic collaboration and partnership working at an organisational level.
- Initiatives to increase appeal and better support participants from minority or target demographic groups.
- Key organisations using Mountain Training qualifications and candidates to deliver their own inclusion aims.
- The reach and influence of key Mountain Training qualified leaders, coaches and instructors through their work.

There have been a number of exciting partnerships and targeted collaborative projects across both gender and diversity.

Our strategy is working. A key target from the strategic development plan was to increase the percentage of female registrants from 27% to 33% by 2021 and this has already been achieved in both 2017 and 2018. Currently, participation in walking, climbing and mountaineering is unusually well balanced, with 50:50 male: female participation in certain activities at key ages.

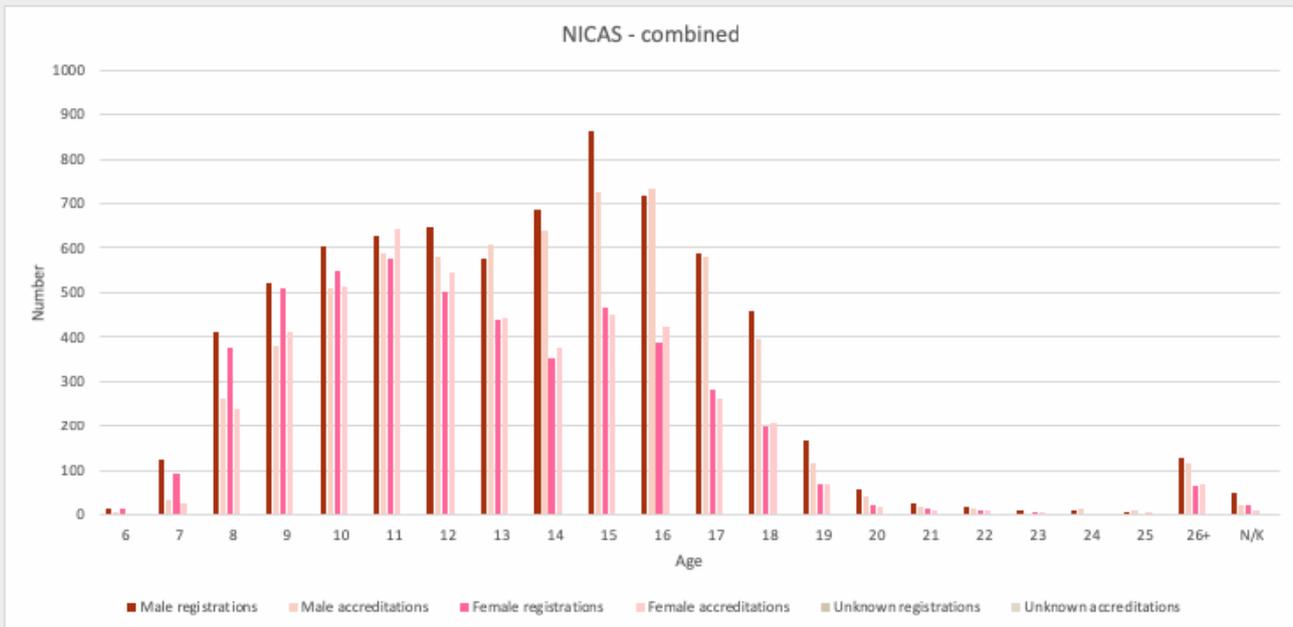
Over recent years, Mountain Training has worked collaboratively with the BMC to support a series of all-female events, training opportunities and symposia. These include:

- A Women's Trad-Fest, which is a festival of rock climbing, sold out instantly with a wait list of over 200.
- Women's Climbing Symposium. Now in its eighth year. Founded and co-directed by Shauna Coxsey, this event has grown in strength and now pulls an international team of speakers and coaches to work with Mountain Training qualified climbing coaches and instructors to inspire female climbers around the country.
- Women's Winter Week. Now in its second year, this event is a collaboration between the instructors of the National Mountain Centres, headed by Sam Leary, MIC. The programme is now more flexible than ever and delivers a series of mountain training courses for women, delivered by women.

In the past 12 months, tremendous progress and impact has been delivered by a pilot series of female mentoring opportunities to increase the appeal, retention and better support female candidates through the qualifications. These early pilots have been limited to the higher level qualifications (and targeted the Mountaineering Instructor Award) to begin with but with the potential to be scaled and replicated in other awards as we gain evidence of their successes.

Of course, there are numerous female role models within Mountain Training candidates who are doing a great job as ambassadors to drive the appeal of the schemes and encourage female participants to become qualified to support others.

An example of an organisation using Mountain Training qualifications and candidates to deliver their aims is the Association of British Climbing Walls Training Trust (ABCTT) delivering the National Indoor Climbing Award Schemes (NICAS). The NICAS schemes are delivered by Mountain Training qualified coaches under the supervision of Mountain Training qualified technical experts and are extraordinarily well gender balanced for youth sport. In a 2016 survey, where even the respondents were 50.4% female and 48.7% male, participation in the schemes is equally well balanced:



At 10-12 years of age, scheme participation is almost equal across the genders, with females out-performing the males in terms of accreditations at 11yrs of age. When asked “How much does the gender of your coach/instructor matter?” 51% had never thought about it; and 34.6% said it didn’t matter to them. Only 14% cared at all, and only 1% felt it mattered a lot. When asked why this was, the majority simply don’t see climbing as a sport with a gender. In fact, a staggering 86% felt that climbing skills are varied and not biased to one gender; while 60% felt that it was down to both male and female role models in the sport.

However, 81% reported that they were predominantly coached by a male coach; with only 19% predominantly coached by a female. MTE’s 2018 impact survey revealed that the gender of the coach had little or no statistical influence on how many participants they worked with; nor on the gender mix of those participants.

It is safe to say that young participants in climbing do not see the sport as having a gender bias; nor do they perceive the gender of their coach or instructor as an issue. Therefore, the solution to driving an increase of Mountain Training female coaches, instructors and leaders is to retain these youngsters that are coming through in equal proportions. To this end, MTE will continue to work closely with NICAS as a key stakeholder organisation. Recent scheme developments include improvements to the pathway into coaching for young climbers (see later in this section) as well as a plan to develop a female participation strategy in collaboration with MTUK and the BMC.

Another key target from the strategic development plan is to increase number of Black Asian Minority Ethnic (BAME) qualification holders by 100 by 2021. This modest target had already been achieved by 2019 but much more needs to be done. Again, a number of ways have been identified to achieve this, with plans to establish a BAME mentoring scheme with the BMC; and working with partners embedded in BAME communities.

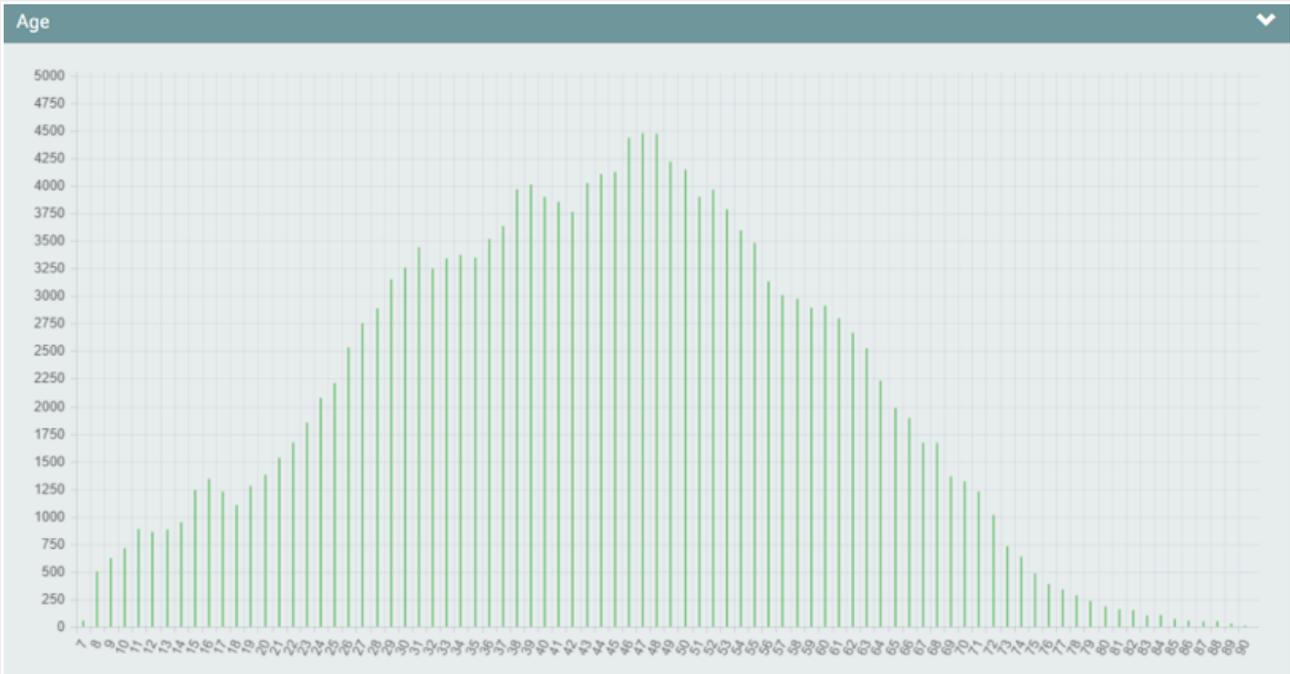
### Case Study: BAME collaborative working with Lyndley Educational Trust.

Lindley Educational Trust, based in the Derbyshire Peak District, is a nationally-renowned and respected provider of outdoor learning. Established in 1965, the Trust has and continues to make a significant contribution to the development and impact of high quality outdoor learning through its well established team and its innovative schools, youth, apprentice and graduate personal development programmes. They have two Derbyshire based facilities: the Hollowford Centre in Castleton; and Shining Cliff Centre in Ambergate.

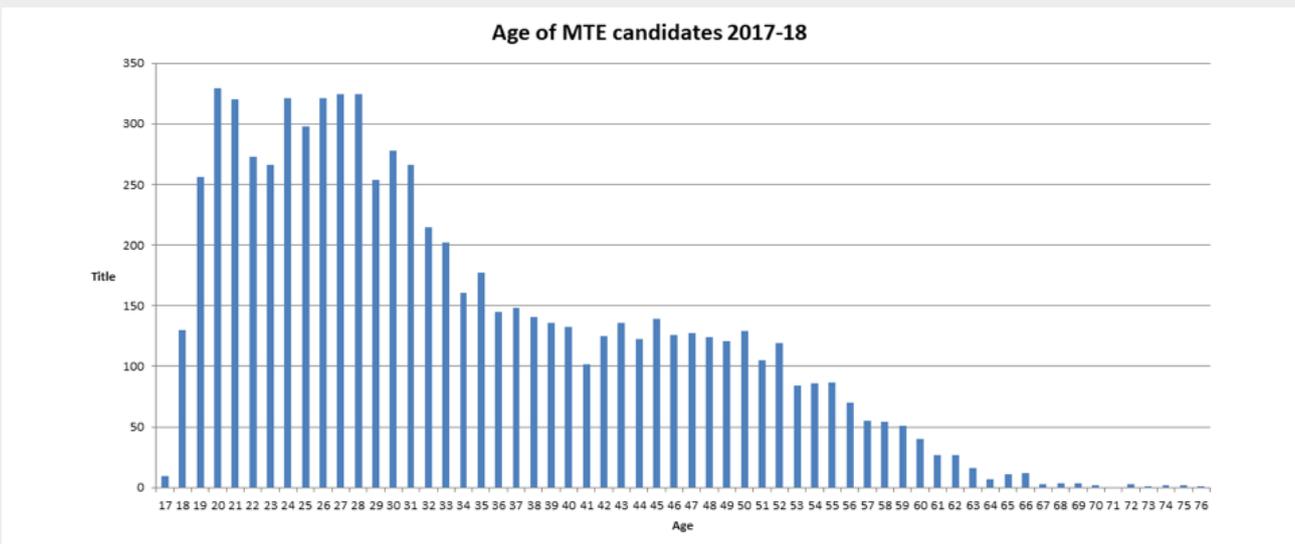
Lindley Educational Trust have lots of contact with BAME groups and a long history of engaging young people and adults from these communities. They have around 5 community groups that take up weekends at their Hollowford centre each year, each with over 100 people on all of the weekends.

Mark Williams is the head of centre at Hollowford, and a Mountain Training England course provider. He has now trained in excess of 60 candidates and assessed circa 30 candidates for various Mountain Training qualifications. This is in addition to any specific projects particularly targeting growth in BAME engagement. However the impact is much greater as they inspire their interests through skills courses, volunteering and developmental winter mountaineering weeks.

The BMC and MTE both worked closely with the Lindley Trust to run the last BAME gathering at Hollowford and Rehna Yaseen (ML trained) and Adnan Zaman (ML qualified) work for Lindley in Ashton under Lyme and both assisted with the recent MTE ethos film. MTE qualifications can boast an impressive range of age groups participating in the courses and schemes. The overall age range of Mountain Training candidates on the database is as follows:



In the past year, the age of Mountain Training England candidates when attending courses is as follows:



This is an impressive range already and, of course, trained candidates will continue to be active as they get older. But in order to lower the age that candidates start engaging with the schemes, MTE will develop an integrated youth strategy with partner organisations and investigate ways digital technology can support this.

# 16. MOUNTAIN TRAINING ENABLING THOSE WITH DISABILITIES



## 16. MOUNTAIN TRAINING ENABLING THOSE WITH DISABILITIES

In the same way that Mountain Training supports the pathway for lifelong participation among the able bodied, there are key ways in which it strives to do the same for those who might have disabilities:

1. A qualification pathway for all
2. Empowering coaches, leaders and instructors to work with groups with disabilities.
3. Partnership working and contribution to national initiatives and guidance
4. Mountain Training qualified individuals using their skills to support those who have disabilities.

### 1) A qualification pathway for all

Mountain Training has an ethos of enabling those who have disabilities to continue to take part in training and gain qualifications to lead others. This is made possible through its reasonable adjustments policy for those with particular needs.

While this process is accessible to everyone, there have been some high profile success stories. For example, quadruple amputee Jamie Andrew gained his Mountain Leader qualification after losing both hands and feet in a mountaineering accident. Jamie reports:

“After losing my hands and feet, becoming a Mountain Leader seemed out of the question. But over the years I have trained myself to always question limiting self-beliefs and so a few years ago I decided to give it a go. Everyone involved in my training and assessment was extremely open and helpful in finding ways to overcome the obstacles I faced”

“Possibilities from here would be Winter Mountain Leader, International Mountain Leader, or Single Pitch Award [now Rock Climbing Instructor]. All would be a huge challenge for me and something to think about for the future!”

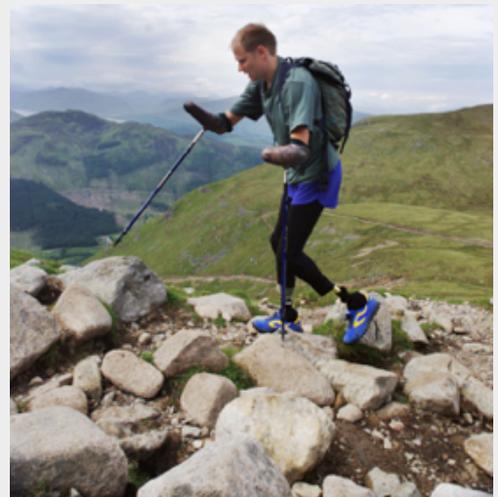
As well as enabling those with particular requirements to progress through the existing awards, Mountain Training have endeavoured to provide qualifications and skills courses that are specifically suited to the needs of the less able coaches and instructors.

The new Indoor Climbing Assistant (ICA) qualification lends itself very well to people who have a disability who would very much like to enjoy taking responsibility for delivering/developing and influencing delivery. The ICA qualifies a person to work alongside a qualified instructor. An example of this been effective is a wheelchair user who maybe once climbed but due to an injury now uses a wheelchair and cannot demonstrate climbing but is fully competent in all safety and delivery aspects. This provides a significant departure from disabled people having a peripheral role to being fully involved which increases opportunities for disabled people to impact course policy and development.

### 2) Empowering coaches, leaders and instructors to work with groups with disabilities.

A 2015 survey of participants in the Mountain Training UK's Coaching Award Scheme found that while 73% of coaches had experience of working with disabled climbers; only 66% of coaches felt they had the skills or confidence to do so. In fact, 24% were not sure and the remaining 20% said they definitely did not have the skills or confidence required. Despite 73% having this experience or demand, only 39% had been formally trained to do so.

Mountain Training UK has tackled this challenge, both by accrediting suitable courses in disability awareness as valuable CPD for qualified coaches, instructors and leaders; but also by working with key experts to develop activity specific disability awareness courses.



As an example, Climbing for All is a 1-day course providing half-day theory and half-day practical workshops, teaching climbing coaches and instructors to be more confident in delivering to disabled people. The course development was funded through Mountain Training England and has been in existence for over 12 years. It is part of the portfolio of Continual Personal Development managed by the Mountain Training Association and has been attended by well over 1000 climbing instructors.

### Technical Advice to the Climbing Sector

A gap in knowledge between people wanting to support more accessible climbing and the people in the position of providing training and assessment was identified. The Association of Mountaineering Instructors (AMI) is a membership body for Mountaineering Instructors who take on very responsible roles in technical advising, training and assessing people's suitability to provide climbing activities. A new course was developed with AMI to up-skill Mountaineering Instructors to have a broader knowledge in the topic of disability.



### 3) Partnership working and contribution to national initiatives and guidance

The BMC Climbing for All and Walking for All booklets were overseen by the MTE/BMC training officer and written with input from Mountain Training qualified technical experts.

More recently the above organisations have strengthened their partnership work with the Institute of Outdoor Learning (see them in section 7: Stakeholders). The IOL have several Professional Practice Groups, one of which is Adventure for All (AFA). This is a small body that brings together the most experienced and knowledgeable organisations and individuals in the UK on disability and the outdoors. This year the IOL conference will see the AFA sharing the platform with the rest of the sector.

### The impact of Mountain Training coaches on the GB Paraclimbing team

The GB Paraclimbing team was developed by the British Mountaineering Council. This was built off the back of a series of domestic competitions which would support disabled people. The domestic series supported people of all abilities whereas the selection of the paraclimbing team would match the criteria of the International Federation of Sports Climbing (IFSC) who deliver an international series of paraclimbing competitions. The BMC were ahead of the curve, and started the team when the IFSC had only held one competition. The domestic series now holds four competitions a year, while the international series takes part mainly in Europe with around four competitions a year.

All the coaches that work with the GB Paraclimbing team are in some way qualified to do so by Mountain Training, enabling them to deliver this impressive impact that promotes and advocates climbing for all.

Hannah Baldwin is just one such climber:

*"I am 22 years old and I've always been interested in sport and outdoor activities. I also play wheelchair badminton and have represented England at a national level. I like to travel the world and do things most 22-year olds like. I competed at my first ever paraclimbing competition in December 2015 and won my category, since then I've been offered a place on the development squad of the GB Paraclimbing team for the 2016 season with a view to competing internationally.*

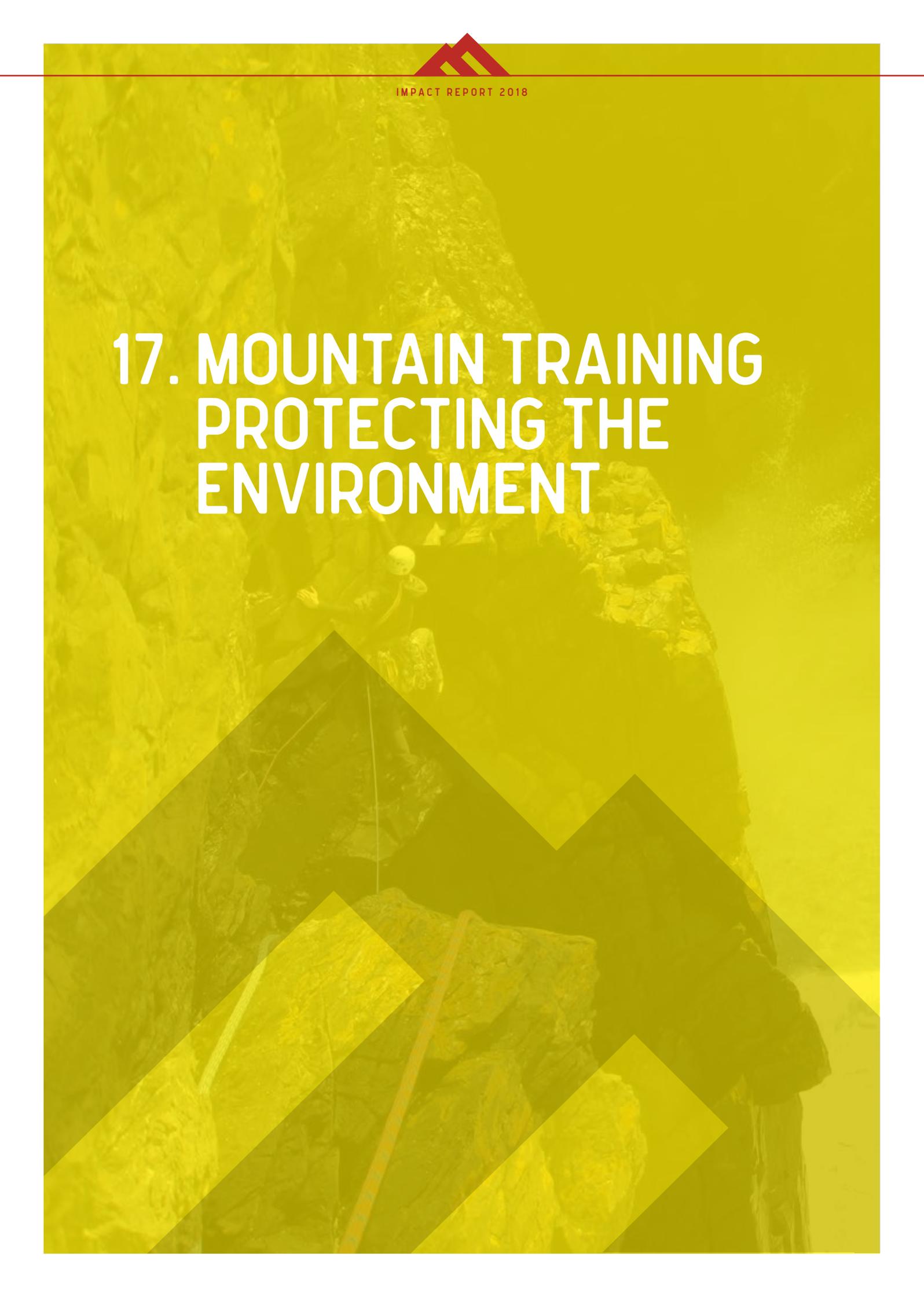
*I have been paraclimbing for 2 years and climb at High Sports Plymouth. What I most enjoy about climbing is that most adaptive sports that involve wheelchair users require us to be in our chairs. Climbing is far from that. Being at the climbing wall, people see me as a person and not just somebody in a wheelchair and they don't treat me any differently. I'm seen as equal and hang out with likeminded, psyched people and it gives me a sense of freedom I don't get doing any other sports."*

#### **4) Mountain Training qualified individuals using their skills to support those with disabilities.**

As well as the more formal organisational collaborations above, there are a huge number of individual leaders, coaches and instructors who work with less able participants on a daily basis.

Key organisations like the Calvert Trust and Bendrigg Trust depend upon Mountain Training people to deliver their activities and enable their strategic aims. These staff will have built a wealth of specific knowledge upon their foundations of Mountain Training qualifications, in order to become quite specialist in delivering adventure activities to those with all manner and range of disability. As with most centres, every time someone uses ropes and harnesses to facilitate an activity, there will be a Mountain Training qualified coach or instructor (either delivering the session or taking responsibility for the safety) enabling it to happen.

# 17. MOUNTAIN TRAINING PROTECTING THE ENVIRONMENT



## 17. MOUNTAIN TRAINING PROTECTING THE ENVIRONMENT

The green spaces of England (not just the National Parks) are a vital resource for enabling quick and easy access to exercise and connecting with nature. Protecting the environment in which we lead has been a fundamental aspect of Mountain Training since it all began in 1964.

For these reasons, Mountain Training has had an impact on developing environmental responsibility and education in a number of ways:

- Working with key educational organisations like the Institute for Outdoor Learning and the Outdoor Education Advisers Panel (see stakeholders in section 7 for more details).
- Developing, supporting and endorsing educational resources and guidance.
- Accrediting environmental education as CPD for professional qualification holders.
- The impact of Mountain Training candidates through their work as leading practitioners in environmental education and organisations.

Mountain Training has made a long-term contribution of expertise to develop the National Coasteering Charter. Coasteering is an adventurous and exciting activity that falls under Combined Rock & Water Activities (CRAWA). It has become very popular within the last few years and is a main stream adrenalin tourist activity, being offered by many providers.

RCI and ML qualification holders are often used to deliver these sessions, with some staff holding additional paddlesport qualifications and maybe higher awards such as the MIA. However, as coasteering does not have a qualification pathway, then training, sharing of knowledge, CPD and hands on experience can be difficult to obtain for many with these Mountain Training qualifications.

There are numerous examples of Mountain Training candidates delivering a huge impact on environmental training.

Whether through the development and sharing of knowledge – as in the case of Paul Gannon with his excellent series of “Rock Trails” books. Or through positions of influence, such as Phil Stubbington, the England & Wales manager at the John Muir Trust. Steve Crummay is a trustee of the Cornwall Wildlife Trust and Chair of ERCCIS Advisory Board. The Wildlife Trusts believe that everyone deserves to live in a healthy, wildlife-rich natural world and experience the joy of wildlife every day: for the wellbeing of people and wildlife.

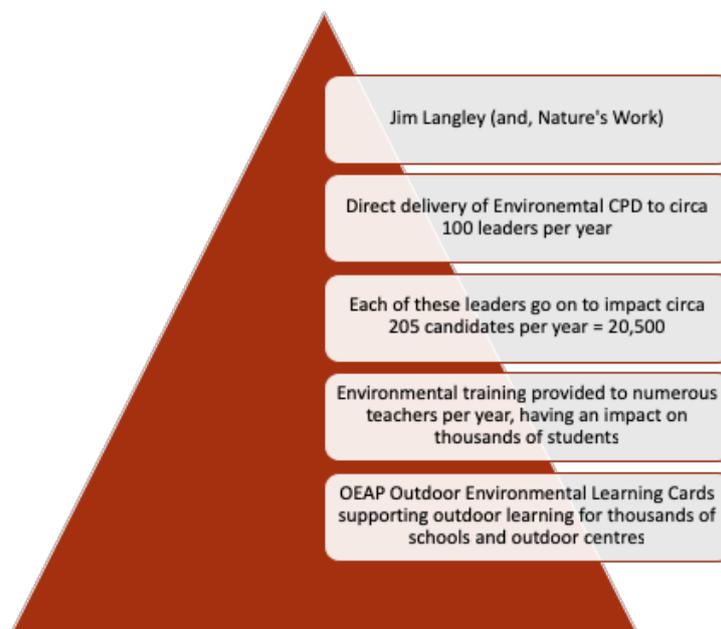
Sebastien Shingler and Heidi Schwenk run Life Trek Adventures - a Snowdonia -based company that run “Leave No Trace” courses and workshops across the UK. They have recently started to deliver Trainer Workshops to members of the MTA<sup>24</sup>. Not only do these courses count as valuable CPD, they enable attendees to deliver further Leave No Trace “Awareness Workshops” in the future.

<sup>24</sup> <http://www.mountain-training.org/associations/mountain-training-association/about/association-news/leave-no-trace>

## Case study: Jim Langley, a BAIML and MTA member delivering environmental CPD

Jim set up Nature's Work<sup>25</sup> which brings the natural world to life through a range of guided walks, training courses and outdoor learning. Typically, they will run 10-12 CPD events, each for 8-10 outdoor instructors every year, with a range of courses further afield throughout the Alps in the summer months. This CPD is frequently used as additional training for BAIML members.

Nature's Work also provides a range of outdoor learning courses in science and geography for school groups. Their teacher training programmes develop the use of the outdoor classroom and enable outdoor learning. Jim and Nature's Work have also been instrumental in the development of the Environmental Learning Cards for the OEAP (see more in section 7: Stakeholders).



<sup>25</sup> <http://www.natureswork.co.uk/>

# 18. THE INTERNATIONAL IMPACT OF MOUNTAIN TRAINING



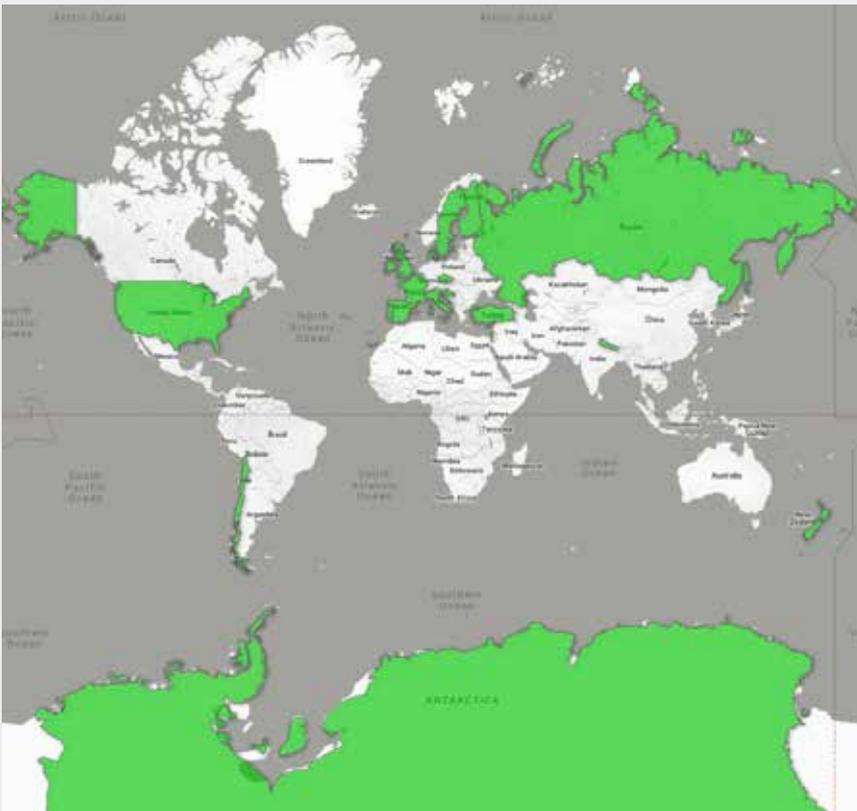
## 18. THE INTERNATIONAL IMPACT OF MOUNTAIN TRAINING

While this report focuses on the impact of MTE, the reality is their award holders have influence and impact far beyond the political or geographical borders of the country.

For many years, Mountain Training in the UK has been the international gold standard for the training and accreditation of qualifications in the mountains. As such, Mountain Training has supported the International Climbing and Mountaineering Federation “Union Internationale des Associations d’Alpinisme” (UIAA) to develop their international training standards.

A key aim for the UIAA is “Improved access for mountain lovers to safe and inspiring leadership and instruction; safety, enjoyment and fulfilment in the world’s wildest places and encouragement for sustainable mountaineering and climbing practices”. Training is one of the core services offered by the UIAA - in particular the UIAA Mountain Qualification Label (MQL), managed by the UIAA Training Panel.

This is an internationally-recognised accreditation and certification scheme which examines and evaluates the training and assessment programmes of UIAA member federations. Steve Long (Mountain Training officer) is the current chair of the UIAA Training Panel and leads on the development and assessment of training schemes in member federations around the world, which are then endorsed by an international panel of experts. Accredited UIAA member federations include representatives from over 20 countries on all six continents.



8 UIAA Training Accreditation Map

Anne Arran (IML holder) is also the President of the UIAA Youth Commission - leading the international development of skills training and qualification schemes across the globe.

This report abounds with Mountain Training qualified people who have had an enormous impact internationally. From Megan Hine, IML holder from Canterbury, working on international TV programmes that put the great outdoors into the living rooms of viewers across the globe. To Jagged Globe, who with a team of Mountain Training qualified leaders, have guided around 45,000 clients on all seven continents, ranging from the English Peak District to the Summit of Everest.

There are also a healthy number of English teachers working and delivering the outdoor programmes in International Schools, along with countless Mountain Training qualified technical experts delivering training and technical support to British centres across the globe. As a consequence, Mountain Training Coaching Awards and the National Indoor Climbing Award Schemes (NICAS) have been delivered around the world, from Dubai to Switzerland, and numerous participation schemes have been made possible. As an example, Joby Maw Davis is a leading course provider for Mountain Training England, and internationally recognised as a leading technical and safety adviser. An example of international impact in 2018 was his work with the British Embassy in Kabul:



“Kat Lumby joined us from the British Embassy in Kabul for a Mountain Training Climbing Wall Award training course, consultancy and support. Now a bouldering wall has been installed at the Embassy and local girls are being introduced to climbing at the facility. They went on to welcome a group of female Afghan mountain climbers from Ascend, an NGO working to empower young Afghan women through athletic-based leadership training. One of Ascend’s members, Hanifa Yousoufi, recently became the first Afghan woman to climb Afghanistan’s highest peak, Mount Noshaq. This impact, on the other side of the globe, was enabled by Mountain Training England qualified expertise.





Mountain Training England  
Siabod Cottage  
Capel Curig  
Conwy LL24 0ES

01690 720272  
[info@mountain-training.org](mailto:info@mountain-training.org)