

# GOOD PRACTICE: MOUNTAIN SKILLS COURSE SYLLABUS

## Planning

1. Overview of the national mountain walking areas
2. Use of walking guidebooks and online resources

3. Qualifications for leaders and course providers
4. Health and fitness considerations for mountain walking
5. National and international federations

## Walking Skills

1. Walking techniques and additional equipment
2. Managing pace for a day walk

3. Movement skills over steep, slippery or loose terrain

## Clothing and Equipment

1. Mountain clothing overview
2. Footwear selection for mountain terrain
3. Equipment selection and functions

4. Seasonal differences in clothing and equipment selection
5. Additional emergency equipment for individuals and groups

## Weather

1. Effect of weather in the mountains
2. Obtaining a mountain area weather forecast

3. Effect of weather on mountain route planning

## Navigation in the Mountains

1. Use of different maps and scales
2. Map features and symbols
3. Measurement of distance on maps
4. Calculating walking time in mountainous terrain
5. Use of Grid References

6. Pacing and timing in mountainous terrain
7. Introduction to basic use of GPS devices in mountain areas
8. Methods of relocating in mountainous terrain
9. Compass selection and features
10. Poor visibility navigation strategies

## Environmental Knowledge

1. Understand the impact of humans in mountain areas
2. Gain an understanding of the mountain environment
3. Environmental considerations when mountain walking

4. Good practice associated with mountain walking
5. Understanding the role of different departments related to mountain walking and environmental protection.

## Hazards and Emergency Procedures in the Mountains

1. Identifying potential hazards in mountainous terrain
2. Managing risk while mountain walking
3. Gaining an understanding of common mountain walking incidents

4. How to call for help while in mountain areas
5. Introduction to the role of Mountain Rescue teams



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