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## Mountain Walking

### INTRODUCTION

Mountaineering is usually planned as a one-day activity throughout the year. This can be altered to a low-level walk in adverse weather conditions or depending on the group's ability. It is also an activity available on specialist courses or forms part of an expedition. It presents many opportunities for added challenge and interest such as scrambling on ridges or in ghylls.

### VENUE

Anywhere within remit of leader.

### STAFFING

- Ratio: The normal instructor/student ratio.
- Group leaders should hold the ML summer, or higher award, or have ML training and in house approval for specific routes.
- For full Winter conditions instructor must be Winter ML

### EQUIPMENT

- Adequate group equipment should be taken for the terrain and conditions expected.
- A mobile phone should be taken.
- Adequate clothing and footwear for the conditions.
- The centre provides all specialist equipment – students own kit should be checked for suitability.
- Helmets should be considered if scrambling is planned.

### OPERATING CONSIDERATIONS

- When scrambling carefully consider staff/student ratios in relation to venue and students ability.
- Leave a copy of proposed route on the sign out board and activity diary.
- The group should be kept together at all times (unless it is deemed necessary to split the group in cases of emergencies.)
- No swimming in tarns or lakes without buoyancy aids.
- Full Winter conditions is defined as when Ice Axe and/or Crampons could be deemed necessary for safe travel.