



# HAMPSHIRE SCOUTS' MOUNTAINEERING TEAM

HSMT is a Mountain Leader Training England (MLTE) Training Provider; No 0912

## BRIEFING NOTES FOR COURSE PARTICIPANTS

- 1. OUR OBJECTIVE:** HSMT's objective is to provide training and practical experience so that aspirant hill-walking and climbing leaders may safely and enjoyably lead and supervise mountaineering activities for the benefit of young (and not so young!) people. In addition HSMT aims to provide opportunity for qualified and/or authorised leaders & supervisors to gain additional skills and experience and thus extend their ability to pass on knowledge & skills for the enhanced benefit of those receiving. The Team is an open team, who wish to work with all those interested in helping others enjoy the hills and mountains. The Team encourage those who have gained good recognised skills, to become involved in Team activities if they wish to do so.
- 2. COURSE LIST & WEBSITE:** All courses are listed on the HSMT web-site at [www.hsmt.info](http://www.hsmt.info) and the site will be updated whenever necessary. It is however suggested that prospective applicants contact 'course bookings' or 'general enquiries' by e-mail to check the latest availability and dates of courses shown on the site or to raise any query on the courses. Note. Contact names, e-mails addresses and lots of other useful information is on this web-site or via links provided.
- 3. BOOKING COURSES:** The Team will willingly provide advice to prospective participants seeking experience and/or training or those simply interested in discussing any aspect of mountaineering activities. If a course is required, then submit a Course Application Form at the earliest possible time. Details for booking courses, the application form, the fees, who to send to and other booking information is on the HSMT web-site, via the 'Course Dates' link/page. HSMT is flexible in acceptance of participants, (including late applicants), on 'standard' NGB courses or courses configured to suit those requiring more specific training/experience/assessment in any or all core skills including the National Navigation Award Scheme (NNAS) & Scout Association Schemes.
- 4. NUMBERS FOR COURSES:** HSMT has a successful history of running all courses for which it has received sufficient bookings. We will generally accept bookings for experience or Scout Association Form M assessment courses for 1 participant upwards, providing there are sufficient other participants booked on other courses running in parallel from the same base. In the rare cases where there are low overall bookings, we can usually arrange an alternative more suited to all! However, it should be noted that for all the National Governing Body (NGB) courses we run, a minimum number of participants is required for each type of course, as laid down by the NGB and shown on our web-site 'Course Dates' link/page. It is regretted, therefore, that if there are insufficient numbers booked on an individual NGB course, that course may have to be deferred despite having been held open for as long as possible before the due course date. Any inconvenience is regretted and applicants are encouraged to attend the next available course.
- 5. REGISTRATION WITH NGB:** All participants attending NGB courses must be registered with the relevant Governing Body (GB) and comply with their requirements before they attend the course. This will usually be Mountain Leader Training England (MLTE) [www.mlte.org](http://www.mlte.org). Please ensure that you allow sufficient time for this before the course and please also fill out the log-books when you receive them with the relevant entries, log of experience and training to date. Most importantly, bring the log-books and any registration documents with you to the course. This registration is not required for experience or Scout Association Form M assessment courses.
- 6. COURSE SELECTION, TRAINING MANUALS & COURSE SYLLABI:** It is strongly recommended, prior to considering attendance at a particular course, that you review your knowledge of and experience in the essential skills associated with the course you are considering. There are numerous current sources for this information. You may also wish to discuss your current skill/experience level with HSMT or others before committing yourself to a particular course or training plan. The HSMT website has links to lists of advised reading including the MLTE website. The essential references, whether you are gaining experience/practice yourself, with others or attending an HSMT course are the published NGBs Syllabi (on their websites) and the recognised 'official Handbooks' or Manuals adopted by the NGB (listed on the website). You can obtain copies from the NGB offices.
- 7. EQUIPMENT AND SUPPLY:**

**HSMT** normally supply (on temporary loan for the courses only!):- group shelters; climbing helmets, hardware and ropes; hill-walking 'confidence' ropes; maps (A3 laminated); plastic bivi-bags.

**Participants** supply all leader clothing, footwear and equipment for day or expedition activity as per course programme, excepting that HSMT can and will supply those few items listed above. Please refer to the recommended handbooks or manuals if you require advice on clothing or equipment or contact HSMT, but remember that UK weather is less predictable and can vary greatly from that forecast, wet and cold conditions arising at all times of the year. Please note the following advice for some specific personal items, but note that these are not a complete list of all the items you require:- Rucsacs should be large enough to carry all the clothing, equipment and rations for the activity, using a larger and comfortable rucsac for expedition work. Clothing should adopt the layered approach, including full waterproof zipped 'outer shell layer' hooded jacket and trousers (or sapolettes) covering from foot to head, ir-regardless of the time of year, warm 'mid-wear' layer (including spare mid layer items) and thermal first layer 'under' wear. Trouser mid-wear layer should be quick drying, some cotton and all denim trousers are not suitable. Hats should ensure warmth to all of the head, resist water penetration and

stay on in strong winds, but also provide shade to the top, neck and eyes – two types of hat are therefore usually carried. Gloves should provide warmth, resist water penetration and thus usually two pairs are carried for the greatest flexibility. Synthetic materials are best performers for all clothing items and layers, except you may still find some wool in socks! Other items:- Head torch with spare battery and bulb; foot-ware which comfortably supports the feet and ankles – some lightweight ‘trekking’ boots and all ‘walking shoes’ are not suitable for steep, rough or rocky terrain; working compass with a roamer scale for 50,000 and 25,000 maps; watch; first aid kit; plastic ‘bivi bag’, or better, for emergency protection in adverse situations. Winter activities, if on snow and/or ice will require minimum additional equipment such as ice axe & crampons & training how to use them correctly.

8. **MEALS & FOOD:** HSMT supply all food and drink, except lightweight meals and breakfasts for expedition activity (camping), which is provided by participants. HSMT do supply a range of basic food and drink items for the making of packed lunches, whether on day activities or expeditions. Participants are expected to supply drink and food containers.
9. **MEDICAL CONDITIONS & MEDICATION:** Please enter any medical conditions and whether any medication is taken, on the application form. Please also let us know of any relevant medical conditions which arise after submitting the form.
10. **TRAVEL:** HSMT previously provided minibus transport from Winchester for those that required or wished to use it. This demand has waned and its provision is now increasingly costly. Having reviewed the demand, transport is now excluded from course provision other than by exception resulting from specific arrangements made in connection with particular courses. Participants are expected to make their own transport arrangements, although HSMT is keen to put attendees in contact with other course members and course staff, thus ensuring that transport arrangements are optimised as far as possible. Where course staff cannot provide all transport requirements for local travel (ie. between the course base and activity locations), and this is supplemented by agreement with participants, the fuel costs will be reimbursed.
11. **HOME CONTACT:** Will be advised separately.
12. **PERSONAL BELONGINGS, SECURITY & INSURANCE:** You are advised to ensure that your own possessions are fully insured when away from your home. Not all insurance policies provide ‘all risk’ cover, especially if items are lost, stolen or damaged away from home or other secure premises, particularly on mountaineering activity in remote situations. Valuable items should be kept with you where-when-ever possible to avoid losses, which most mountaineers have experienced. Car parks are a particular attraction for theft and we try to avoid leaving kit in transport other than when totally un-avoidable at stop-offs to and from a base, in which cases we minimise risks by parking in busy areas only. HSMT cannot be held responsible for personal loss or vehicle damage and does not insure for such events. Participants are required to make their own individual insurance arrangements.
13. **ACTIVITY BASES:** These will vary according to location, suitability and availability. HSMT aims to use bases with reasonable, but not luxurious, accommodation. Occasionally it may be necessary to use mixed dormitories. Bunk beds are the norm, but not always, and you will be advised if not. It is suggested that you provide additional padding if not!
14. **PROGRAMME, ACTIVITY BRIEFINGS & COURSEWORK:** In addition to this note, programmes will be sent out in advance, but while effort is made to adhere to the programme, circumstances may arise leading to some changes. Programmes will show when the activity involves camping out or indoor/outdoor activity in the evenings/night. We travel from Hampshire to the activity base on the evening preceding the first full course day. We normally leave at 18.00 hrs (6.00 pm) & aim to arrive by 9.30 – 10.00 pm in S Wales and 11.30 – 12.00 in N Wales. There will be a briefing, welcome, and safety notice after we arrive, any other activity will be advised on the course programme. A fuller activity briefing will take place after breakfast on the following day. Unless otherwise notified, some written coursework will be set for those on all NGB and NNAS courses and Scout Association Form M Assessment courses – refer to the programme.
15. **OTHER INFORMATION:** It is hoped that participants will assist with some light household duties whilst at the course bases! This will ensure that many hands lighten the work and reduce the stress (what stress?) on all of us.
16. **QUERIES & FEEDBACK:** Please do not hesitate to query and clarify any matter. We hope to have most of the answers, some suggestions or at least an opinion! In addition we like some practical feedback, informally or formally, good or not so good, - please do not hesitate.

***SPECIFIC ARRANGEMENTS FOR EACH TRAINING COURSES:***

***Will be issued for each separate course date, but before the course commences. (Covers base location, emergency contacts, confirms travelling arrangements etc.)***