



# SUFFOLK SCOUTS

## COUNTY MOUNTAIN ACTIVITIES TEAM

*Be Prepared . . . . .*

*for the Hills*



**...EVERYDAY ADVENTURE**

# What does CMAT do?

Organise events and training opportunities

- Hill walking
- Rock Climbing and Abseiling
- Off-road/trail and Mountain Biking
- Caving



# ***VIRTUAL MOUNTAIN AWARENESS COURSE***

- WELCOME!
- Purpose of the Course
  - Provide an introduction to the skills needed to safely lead groups in the mountains
- The Vital Culture
  - [Introduction \(scouts.org.uk\)](https://scouts.org.uk)
- The Scout Association Permit Scheme
  - See pathways to permits at: [Suffolk Scouts - Pathways to Permits](#)
- The hillwalking 'Bible' [Hill Walking - The Official Handbook of the Mountain Leader Award \(mountain-training.org\)](#)



*Scouts is not just  
something you*

**DO:**

*it's something you*

**ARE**





# Marvelous maps!

- Introduction to map types, scales and uses ([Choosing the right map – YouTube](#))
- Grid references ([How to take a 6-figure grid reference with Steve Backshall and Ordnance Survey – YouTube](#))
- Contour lines ([Understanding contour lines with Steve Backshall and Ordnance Survey – YouTube](#))
- Map features ([Map Reading, Symbols, Duke of Edinburgh's Award, Navigation, OS, Free tutorial, BXM Expeditions – YouTube](#))
- ***Amazing facts!***
  - What were contours first used for? ([Schiehallion – YouTube](#))
  - OS maps and digital mapping ([Expert sessions - Digital navigation; past, present and future - Ordnance Survey – YouTube](#))



**...EVERYDAY ADVENTURE**

# Curious compasses

- Choosing the right compass ([Choosing the right compass – YouTube](#))
- Know how to use or make a Romer ([The different parts of a compass – YouTube](#))
- Orientating the map to the ground ([Setting your map to the ground – YouTube](#))
- Taking bearings ([Taking a bearing from the map to reach your target point – YouTube](#))
- Magnetic variation ([Understanding magnetic north with Steve Backshall and Ordnance Survey – YouTube](#))



## Essential Navigation Skills

- Pacing (<https://www.youtube.com/watch?v=6EUKg1UXUZg>)
- Confirming pace and time estimates  
(<https://www.youtube.com/watch?v=uoRn2pZcPEI>)
  - Ask others in the group to count paces too to help them improve their skills, but never rely on the pacing of non-permit holders if you are leading a group
- Using tick off features ([Using tick off features to improve your navigation – YouTube](#))
- Understand ground conditions under foot and their impact on team progress
  - Steep/boggy ground, visibility, tiredness ([2009 May 23 Kinder Scout bog hopping – YouTube](#))



A close-up photograph of a campfire. Bright orange and yellow flames are visible at the base of the fire, which is built on a bed of dark, charred logs. A single wooden stick is held horizontally across the upper part of the frame, with a large, golden-brown marshmallow being roasted on it. The background is a soft-focus view of a wooded area with green foliage. Overlaid on the center of the image is the text "LISTEN, OBSERVE- AND THEN TALK" in a white, bold, hand-drawn style font. The text is arranged in four lines: "LISTEN," on the first line, "OBSERVE-" on the second, "AND THEN" on the third, and "TALK" on the fourth.

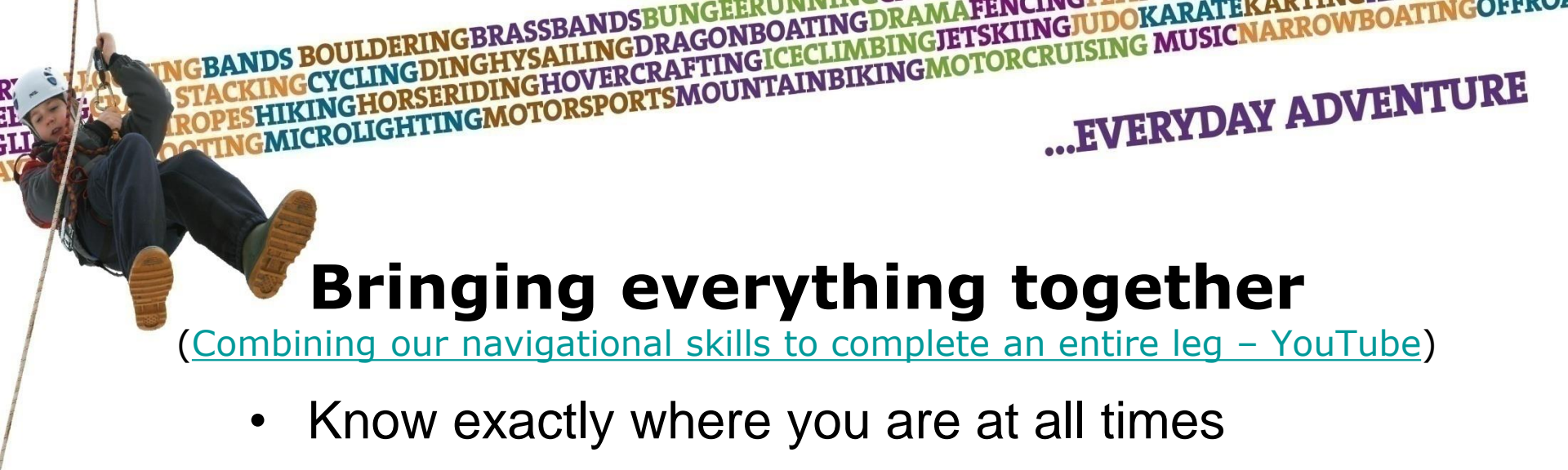
LISTEN,  
OBSERVE-  
AND THEN  
TALK





# NAVIGATION

- Walking on a bearing ([Advice Video How to Take a Compass Bearing on a Map - www.simplyhike.co.uk – YouTube](#))
- Navigating in poor visibility ([How To Navigate In Low Visibility – YouTube](#))
- Using a line feature to relocate ([Taking the bearing of a line feature to confirm your location – YouTube](#))
- Using slope aspect to relocate ([Using slope aspect to pin point your location – YouTube](#))
- Calculating a route around obstacles ([Following a compass bearing in difficult terrain : Episode 3 Mountain Navigation – YouTube](#))



**...EVERYDAY ADVENTURE**

# Bringing everything together

(Combining our navigational skills to complete an entire leg – YouTube)

- Know exactly where you are at all times
- Observe and keep checking (*tick off features as you pass these, ie 'thumbing off'*)
- Bearings and Back bearings (*red on red – white on red*)
- Aiming off and attack points – collecting features
- Understand distance and bearing errors
- Night navigation tips ([Night Nav Chat & Top Tips. Mountain Leader assessment stuff! – YouTube](#))





FIND THE  
*good*  
IN EVERY SCOUT AND  
HELP *Develop* IT.





# LEADERSHIP AND PARTY MANAGEMENT

[Mountain Leader Award - YouTube](#)

- Group equipment
- Leading positions within group
- Judging pace and monitoring progress
- Party moral and welfare
- Adaption of route plans
- Understanding of route plans
- Knowledge of food intake, times and what to eat
- When to 'take over' when danger threatens
- GPS backup ([How to use GPS devices safely – YouTube](#))



# ROUTE PLANNING

([Mountain & Hill Walking Safety Route planning - UK hill & mountain safety](#))

- Suitability of route for all party members
- Estimating speed of travel (*consider height gain and loss*)
- Preparation of escape and emergency procedures (<http://www.mountainsafety.co.uk/Route-Escape-Routes.aspx>)
- An awareness of access arrangements ([Mountain & Hill Walking Safety Understanding Access](#) ([mountainsafety.co.uk](http://mountainsafety.co.uk)))
- Conservation issues ([The Countryside Code \(2004, UK\) – YouTube](#) and [Expert session - Environmental Awareness in the British mountains - Mike Raine – YouTube](#))



...EVERYDAY ADVENTURE

# Risk Assessment and Management

([Expert Session - Accident prevention and risk management in our brave new world - AIM – YouTube](#))

## Example of a simple Risk Assessment

- STEP 1 Hazard
- STEP 2 Who Might Be Harmed?
- STEP 3 Is The Risk Adequately Controlled?
- STEP 4 Or Is More Needed?
- STEP 5 Review And Revision





# WEATHER

- Obtaining forecasts and understanding their meaning ([How to Read the Synoptic Weather Chart | Tips for Wild Camping and Hiking – YouTube](#))
- Observation of weather patterns ([Weather 101: A Tutorial on Cloud Types – YouTube](#))
- Electrical storms ([Thunderstorms in the mountains: How to recognize them & what to do – Tutorial \(2/43\) | LAB ROCK – YouTube](#))
- Temperature and effect of wind speed ([UKH Articles - Skill Series: Skills \(ukhillwalking.com\)](#))
- Planning for weather ([Mountain Safety in the Summer in Snowdonia – YouTube](#))
- What not to do ([Amateurs climb Mount Snowdon in storm unprepared - and get lost halfway up! – YouTube](#))



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# Effect of Wind Speed on Temperature

([What is wind chill? – YouTube](#))

Height (m)	Pressure (mb)	Temp (C)	Wind speed (mph)	Wind chill (C)
1200	880	0	40	- 20
900	910	2	35	- 16
600	940	4	25	-10
300	970	6	22	-7
Sea Level	1000	11	15	0



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# WEATHER

Useful weather sites:

- Mountain Weather Information Service ([Home Page \(mwis.org.uk\)](http://mwis.org.uk))
- Met office ([Weather and climate change - Met Office](https://www.metoffice.gov.uk/))
- Long range forecast ([Wetterzentrale - Top Karten - GFS Europe 18Z](https://www.wetterzentrale.de/))
- Windy.com ([Windy: Wind map & weather forecast](https://www.windy.com/))

MOUNTAIN WEATHER INFORMATION SERVICE

**Snowdonia National Park**

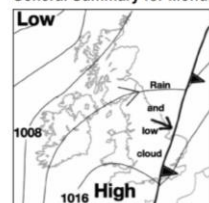
Includes all summits in the northern half of Wales from Plynlimon northwards.

www.mwis.org.uk



#ClimbSnowdon and more! Plan for an enjoyable day in Snowdonia National Park  
For advice and support from qualified Mountain Leaders - [info@climb-snowdon.co.uk](mailto:info@climb-snowdon.co.uk)

General Summary for Monday, 22 February, 2021



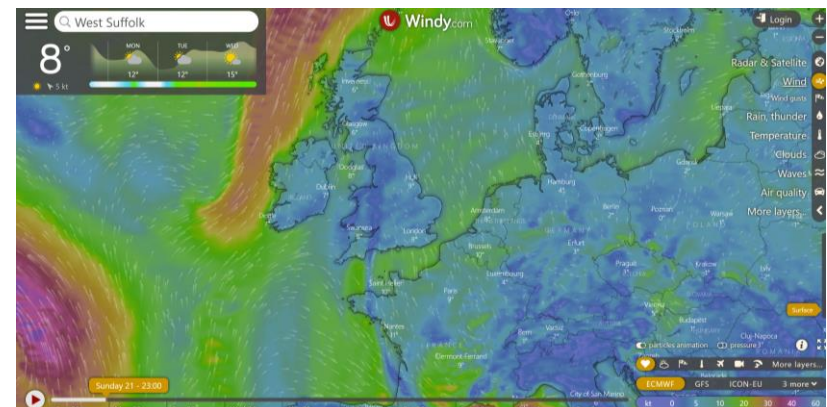
**British Mountain Summary:**

Based on forecast chart for noon 22 February, 2021

The front responsible for the rain over the last few days will finally clear eastwards on Monday. Almost everywhere will become dry, with excellent visibility and fairly light wind. Windy though N/W Highlands and a few showers NW Highlands.

**Headline for Snowdonia National Park**

Light wind. Soon dry; cloud clearing most or all hills.







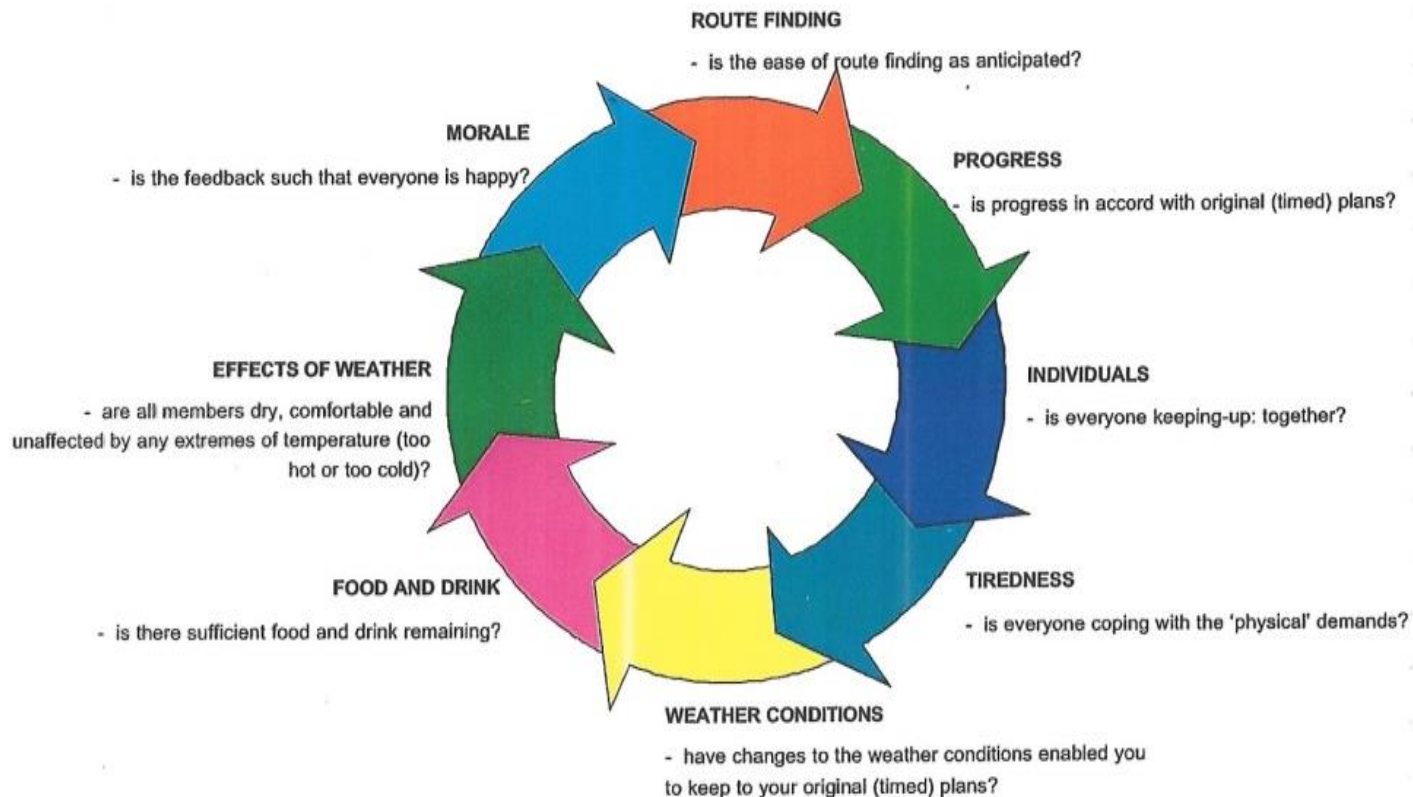
## SAFETY PRECAUTIONS

- Clothing and equipment ([What to wear and what to carry on a walk up Ben Nevis – YouTube](#))
- Additional equipment for group leader ([Mountain Leader Rucksack. – YouTube](#))
- Water safety awareness
  - Don't do it!! ([Water Hazards in the Mountains – YouTube](#) and [ML River Crossings – YouTube](#))
- Risk Management ([Emergency procedures for hill walking – YouTube](#))
- Emergency procedures ([Mountain safety - What to do in case of an emergency – YouTube](#))
- Tick hazards! ([Ticks and how to deal with them - YouTube](#))



...EVERYDAY ADVENTURE

## Managing risk during an activity



If the answer to any question is **NO** then it is time to consider your plans for the activity and modify accordingly.



Remember

to  
EXPLORE





...EVERYDAY ADVENTURE

## Scouting Terrain Definitions

Height (m)	Terrain	Terrain	Terrain	Specialist
Above 800			Two	Two *
500 – 800		One		
0 - 500	Zero			
Travelling time from help	Within 30 mins (Rule 28)	30 mins but less 3 hours (Rule 29)	Over 3 hours (Rule 30)	Over 3 hours (Rule 31)

\* Such as scrambling, via ferrata or glaciers



## Terrain 2 light weight camping skills

- Light weight camping ([Summer Mountain Leader Training Wildcamp – YouTube](#))
- Scotland rules ([Wild camping in a tent in Scotland tips and tricks | Permits, camping spots and the law – YouTube](#))
- UK rules ([IS WILD CAMPING ILLEGAL IN THE UK? | Top tips and tricks for beginners – YouTube](#))
- Conservation ([Protecting Glenridding Common | John Muir Trust & Mountain Equipment – YouTube](#)) and ([Cwm Idwal, Snowdonia - looking after a geological glacial landscape – YouTube](#))
- Respecting the environment ([Respect the Wild: expert wild camping tips – YouTube](#))
- Water purification ([MSR Guardian™ Gravity Water Purifier – YouTube](#))



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## Rope skills for Terrain 2

- Moving on steep ground ([How to move when scrambling – YouTube](#))
- Safeguarding steep ground with a rope ([Summer Mountain Leader: Ascending a Rock Step - Kelly Hillyer – YouTube](#))
- Safeguarding a descent with a rope ([Summer ML rope work – YouTube](#))
- The leaders' descent by abseil ([Mountain Leader Steep Ground Pt2, Abseiling – YouTube](#))
- Anchor selection ([Mountain Leader Rope Work: Anchor Selection.... with some extra sling chat thrown in! – YouTube](#))
- Practicing at home ([Ropework for Mountain Leaders – YouTube](#))



SEE things  
FROM a Scout's  
POINT of  
VIEW





## Engaging, Entertaining and Educating the group

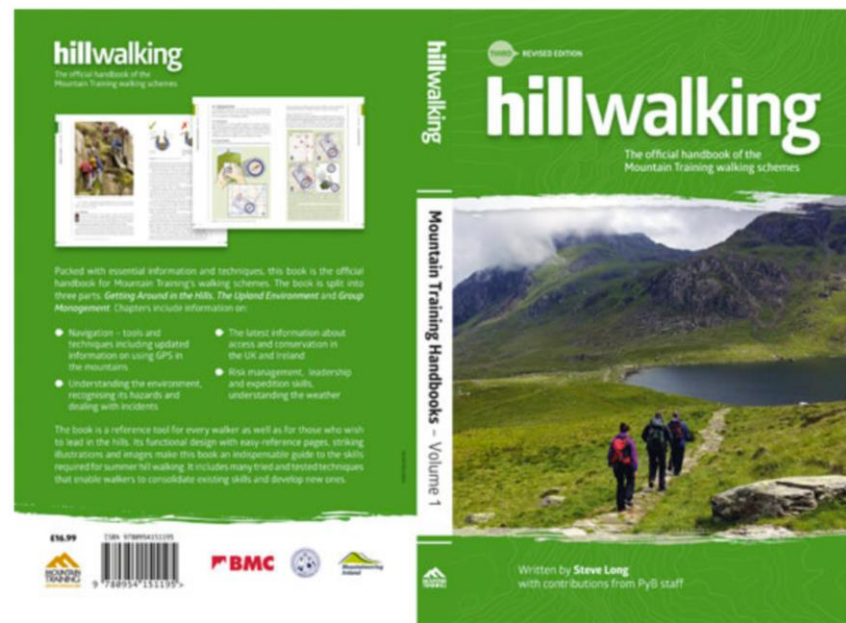
- Plants
  - Heather ([3 Must know heathers for Mountain Leaders – YouTube](#))
  - Insectivorous plants ([Two of my favourite \(insectivorous\) plants. Must know for Mountain Leaders – YouTube](#))
  - Mosses and lichens ([Mountain Lake Mosses and Lichens / Mwsoglau a Chennau Llynnau'r Mynyddoedd – YouTube](#))
  - Cairngorm plants ([Cairngorms Wild Plants Project – YouTube](#))
- Hillwalking rocks! [Explosive evidence of Snowdonia's history – YouTube](#) and ([Nature's Work - Jim Langley - The Ogwen valley - a natural history | Facebook](#))
- Human impacts ([Electric Mountain Dinorwig DVD - YouTube](#))





## CONCLUSION

- Read 'Hillwalking'
- Get out on the hills (once allowed to do so)
- Keep a log of walks ([Suffolk Scouts - Pathways to Permits](#))
- Questions: contact CMAT





A person wearing red rain boots is walking through a field of tall grass and small white flowers. The sun is setting in the background, creating a warm, golden glow. The text is overlaid on the image in a white, handwritten-style font. The word 'Destination' is enclosed in a white arrow pointing to the right. The word 'Journey' is enclosed in a white dashed line that forms a loop.

It's not  
the

Destination

but the

Journey