

CV

Outdoor Qualifications

- FSRT 05/2022
- Core coach 09/2022
- Sheltered water canoe+kayak coach (trained) 09/2022
- WWSR 02/2023
- OFA 16 hours

GCSES

4 GCSEs grade A-C including - 2019

- maths
- English language
- Music
- Science

A levels

3 a levels including - 2021

- music - E
- Music technology - E
- Classical civilisation -E

University

- Outdoor adventure education BA (hons)

Work experience

- Freelance Outdoor facilitator- llandysul paddlers - 05/2022-present

Skills and achievements

- leading groups in dynamic environments
- Kit checks
- Rolling
- Confidence in water up to grade 3
- Experience leading "river swim" sessions which include use of throw bag and hitting Eddie's
- Experience leading kayaking in grade 2/3
- Summiting tryfan

Interests

- hiking
- Scrambling
- Climbing
- White water Kayaking

- Sea kayaking
- Skiing

Reference

- tommy/jon
- Joey chapman

Rationale

I have chosen to work towards my mountain leader as part of CPD. The mountain leader scheme came into fruition in 1964. Since then thousands of outdoor professionals and practitioners alike have gained their Mountain Leader. The mountain leader award is designed to train and assess individuals in leading groups in the british hills and mountains in summer time. The scope for the use of the qualification is vast and the remit is anywhere in the UK without the use of rope during “summer”.

The reason I have put summer in speech marks is because, in 2022 the winter conditions in the UK are vastly different to the winter conditions of 1964. Even as little as ten to fifteen years ago we would see groups and individuals using ice axes and crampons up to as late as April in scotland. The use of ice axes and crampons falls under the remit of a winter mountain leader. As in summer time some of britain's highest peaks will have snow it is not out of remit when there is snow on the ground. Allowing Mountain Leaders to operate in multiple locations during the “winter” period.

I am working towards this award for a few reasons. Arguably the two main reasons being

1. Employability is boosted through this qualification being able to lead groups in the mountains is an essential skill in a successful outdoor facilitators ability for adaptability throughout different environments
2. It opens up the scope for development and progression to higher level qualifications two of which I hope to achieve further into my career. These include, Mountaineering and climbing instructor and international mountain leader.

The Mountain leader Award is relevant to me as it offers diversity in the environments I am able to work within. I am starting to build up a plethora of paddlesport qualifications already and the mountain leader qualification feels like a perfect addition to these qualifications.

The mountain leader award is overseen by the national governing body mountain training. Mountain training is the national governing body for all hillwalking and climbing qualifications in the UK and Ireland.

The official mountain leader skills checklist published by mountain training details eleven different areas of skills within the qualification. There are as follows;

1. Leader responsibilities
2. Leadership and decision making
3. Planning and weather
4. Hazards and emergency procedures
5. Equipment
6. Walking styles
7. Navigation
8. Expedition skills
9. Teaching and learning skills
10. Access conservation and the environment
11. Background knowledge

Under leadership responsibilities it includes the ability to explain general responsibilities of the leader along with the specific responsibilities in order to choose appropriate objectives. Through my experience at Llandysul paddlers I have been able to put theory into practice and put smart goals into place during sessions which is easily adaptable to hill walking sessions.

It also requires being able to demonstrate understanding of up to date legislation and an understanding of physical/mental barriers, disabilities and levels of fitness. In the first year of university I did a module titled "adventure a risk worth taking?" Within this module I gained an in depth insight into the legislation surrounding the industry. I have worked extensively with children on the autistic spectrum as well as people with down syndrome. I believe this gives me an added advantage in terms of adaptability of soft

skills in order to deal with people with mental conditions. On top of this, I have worked with a vast age range of individuals. The youngest being three and the oldest in their seventies. I have also been in charge of managing pupils with specific health requirements. Most recently running a kayaking session for a pupil who only had half a heart. The biggest challenge with this was if the pupil came into contact with cold water there was a high chance of fatality.

The prerequisites for training are 20 quality mountain day. A quality mountain day consists of five hours spent within one of the mountainous regions within the UK or Ireland.

I currently hold ten quality mountain days. As per the CPD I will be doing three quality mountain days as part of the module. It also a required for assessment to have 8 nights camping in mountains within the UK/Ireland, With 4 of these being wild camping. As such I will also gain at least 2 nights wild camping within UK mountainous regions during the course of the module.