

The Adventure Agency- Mountain Skills

www.adventure.ie

Objectives of the course:

This scheme aims to help hill walkers look after themselves in Irelands Mountains. The Mountain Skills training covers all the basic skills necessary to walk safely and enjoyably in the hills. It does not qualify people to lead groups in the mountains but is the prerequisite for people who are interested in entering the Mountain Leader Award scheme.

The Programme:

The course is run by approved adventure centres and individual Mountain Skills trainers to the guidelines set down by BOS Bord Oiliunt Sleibhe (Irish Mountaineering Training Board). The course is open to anybody over the age of 16 and is ideal for people who have some hill walking experience and would like to learn how to navigate and look after themselves in the Irish Mountains. Normally the course is run over two weekends or one four/five-day week and includes one night navigation exercise. The course is based entirely outdoors on the mountains.

Syllabus

Navigation:

- Map scales, symbols, grid references, relief depiction
- Ordnance survey maps: scales, suitability and reliability
- Distance measurement
- Calculating distance travelled and height climbed
- Feature recognition, map setting and self-location
- Use of compass for following and taking bearings & simple resections
- Navigation using map alone and with map and compass
- Simple navigation techniques & Night navigation
- Route planning: escape routes, choice, bad weather alternatives etc.

Personal safety on steep ground:

- Safe movement in ascent and descent of broken ground
- Route finding difficulties in ascent and decent
- Hazard avoidance

Discussions:

- Personal equipment
- Mountain hazards: climatic and topographical
- Emergency procedures: preventing, diagnosing and treating mountain Hypothermia. Procedure in the event of an accident. Mountain Rescue: Teams and call-out procedures

Course Director:

Ronan Mullen is a qualified Mountain Leader and Mountain Skills Trainer. Ronan has been working professionally in the outdoors since 1997. He has extensive climbing experience that includes the Alps, Australia, Wales, Scotland and all over Ireland. He is currently the Team Leader of Glen of Imaal Mountain Rescue Team Wicklow- Irelands busiest Mountain Rescue Team, having also served as Training Officer and also as the Technical Rescue Advisor to the Irish Mountain Rescue Association.