



Forth Region Mountain Training & Assessment – Information

Welcome to the information for 2025 Mountain Training Courses, and Assessment Information

Course details:

Please see the following pages for details of all courses currently on offer.

How to sign up:

To sign up to a course you **must complete the course joining form** for the relevant event on www.frscouts.org.uk website. Please enter your email address carefully – as you will be sent confirmation that a place is reserved for you, and payment details. **The place is only secured once payment is received**, we kindly request prompt payment otherwise we may need to cancel the reservation to allow others to book.

Where payment is required, please note that this is not refundable in the event of the participant subsequently being unable to attend a booked session unless we are able to fill the space prior to the course taking place.

If a course has to be cancelled for any reason, we aim to offer alternative dates. If these are not suitable then payments would be returned.

Contacts:

Questions specific to these courses can be addressed to Adam Bassett:

- adam@frscouts.org.uk Tel : 07967 191239

Questions regarding bookings can be addressed to Bill MacPherson:

- MAPS@frscouts.org.uk

Terrain 1 Hillwalking (Summer) - Training

WHEN: 17 + 18 MAY: (2 days non-residential – approx. timing 9am - 5.30pm - must attend both days)

NOTE: Pre-meet - conducted online, evening 6th May

WHERE: Local Hills

COST: £45 - payable by March 15th - non-refundable

DESCRIPTION: Course aimed at providing training for those wishing to gain a summer hillwalking permit to operate in Terrain 1 (Up to 800m and/or up to 3 hours from road navigable by vehicle).

This course will not cover remote camping and will only prepare candidates to a 'Leader' category of permit. Training will be delivered over practical hill days in two separate locations.

Following training, candidates have 2 typical routes to assessment dependent on capability and existing experience:

- Period of consolidation to practice skills before returning for assessment.
- Attending assessment with no consolidation period.

Assessments are provided separately as a single practical hill day.

Attending training is optional, meaning those who feel they possess sufficient skills and experience may present for assessment without attending training, but this is discouraged as the training course acts as a good refresher and ensure that you are aware of the most recent changes to rules and best practice.

PRE-REQUISITES: Each candidate to be eligible for training should be:

- Familiar with all aspects of the syllabus for a Summer Terrain 1 permit - refer to the fact sheet AC120913.
- Familiar with the POR rules defining the provision of Adventurous Activities – in particular Hillwalking, including the definitions for Terrain 1.
- Comfortable operating on the hills in adverse weather conditions including poor visibility.
- Comfortable in their ability to navigate and use a map and compass to operate on and away from paths/marked routes.
- Of a reasonable level of fitness to be able to partake in a full days hill walk.
- Have some personal pre-existing experience of walking in hill environments similar to Terrain 1.

WHAT TO BRING: Full details to be provided in pre-course notes.

Terrain 1 Hillwalking (Summer) - Assessment

WHEN: June - Date TBC: approx timing 8.30am - 5.30pm

- Subject to interest: Candidates to express interest - once there is sufficient interest (3) we will set a date

WHERE: TBC

COST: Cost £30 - non-refundable from date of confirmation of place

NOTE: Applicants onto assessment are not automatically allocated a place. All applications are reviewed by the assessor to ensure that those attending have attended applicable training and have acquired sufficient logged experience. It is typical for a minimum 6 month consolidation between training and assessments but occasionally for those presenting a good level of prior experience this can be disregarded. Those signing up for the April training course should not apply for assessment until after having completed the training course and having sought the advice of an assessor.

TO SIGN UP TO AN ASSESSMENT: An [application form](#) and up-to-date [activity log](#) must be emailed to adam@frscouts.org.uk

DESCRIPTION: Course provides assessment for those wishing to gain a summer hillwalking permit to operate in Terrain 1 (Up to 800m and/or up to 3 hours from road navigable by vehicle).

This assessment will not cover remote camping and will only assess candidates to a 'Leader' category of permit. The assessment will be conducted over a single practical hill day.

Candidates are permitted to attend assessment having not previously completed a T1 training course, if they feel they confidently meet all pre-requisites but this is generally discouraged as we find that the even for the experienced hillwalker the training course provides the aspects that most people new to leading in the hills are less familiar.

This assessment day is also suitable for those seeking to renew an existing permit if advised by an assessor that practical assessment is required.

PRE-REQUISITES:

- Have completed Terrain 1 Summer training or Hill and Moorland Leader (Previously WGL) training or has acquired a reasonable level of experience and ability such that they can adequately demonstrate this to an assessor.
- [regardless of option above] possess a good level of hill experience operating within Terrain 1 country – , ideally presented in the form of a log or other similar record – see note below regarding log books.
- Ability to meet / demonstrate all aspects of the Terrain 1 syllabus though a combination of practical assessment and/or demonstration though relevant logged experience - refer to the fact sheet AC120913.
- Familiar with the POR rules defining the provision of Adventurous Activities – in particular Hillwalking, including the definitions for Terrain One.
- Comfortable operating in a group leadership situation.

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- Of a reasonable level of fitness to be able to partake in the activity to the level at which they are being assessed.
- Familiar with the issues surrounding access, conservation and environmental impact.

WHAT TO BRING: Full details to be provided in pre-course notes.

Navigation Training (for Terrain 1 and Terrain 2)

WHEN:

Session 1 (Evening)

Basic and Intermediate groups

Tuesday 29th April 7pm - 10.30pm - Ochills

Session 2 (Evening)

Basic and Intermediate groups

Tuesday 3rd June 7pm - 10.30pm - Pentland Hills

Session 3 (Evening)

Advanced (**Night Navigation**)

Friday 3rd October - 8.30pm - 11.30pm – Ochills

COST: £15 (per session)

DESCRIPTION: Course is aimed at specifically focusing on the navigation requirements for a Terrain 1 and Terrain 2 permit. This course is an optional addition to the Terrain 1 and Terrain 2 training courses. This course will provide detailed practical instruction on the various techniques an approach to being able to confidently navigate across a variety of terrain, away from paths or marked routes and in poor visibility.

This course will deliver training to the level of the NNAS Silver.

PRE-REQUISITES: Each candidate to be eligible for this course should be:

- Comfortable operating on the hills in adverse weather conditions including poor visibility.
- Have a basic understanding of how to use a map and compass.
- Of a reasonable level of fitness to be able to partake in a full days hill walk.

WHAT TO BRING: Full details to be provided in pre-course notes.