

# BLUEPERIS



## Fast track Summer ML Training for the WGL Holder

### A great way to undertake your ML training once you have your WGL Award.

This course will help train you with a view to becoming a leader within the UK mountains in summer conditions (There is no season limit with this award. However the award is only valid for summer conditions) It will address the technical skills, judgment and knowledge which you will require to become a safe, inspiring mountain leader. The course is mainly practical based, backed up by classroom theory sessions. To view the full ML syllabus go to <http://www.mltuk.org/ml.php>

### Course Content

The course will start on the first evening with an introduction to the scheme and the course in general. Over the next 4 days we cover the Mountain Leader Summer Training Syllabus. A typical course program

is shown on the final page. Some areas, such as navigation, route choice and leadership are covered in more detail. Other techniques and skills are discussed out on the hill. There are few lectures given as these topics you have already covered within your WGL. This allows us more time to focus on the real skills required by a summer mountain leader.

The program may well change to suit local weather conditions on each day.

### Course Directors

Each course will have a Course Director(s) who is/are responsible for ensuring your course is carried out to the specifications required by Mountain Leader Training (MLT) who oversee the awards. They have been chosen, not only due to their extensive knowledge and experience of the awards but in order to make your course enjoyable and be approachable.



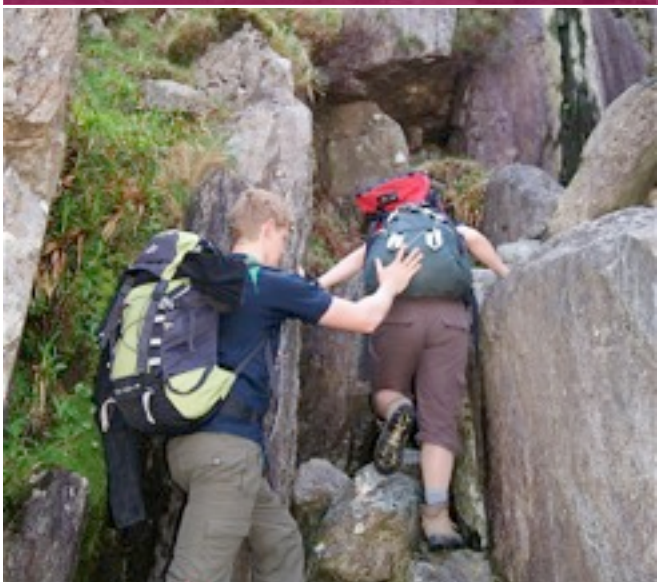
'The course did a great job of bridging the gap between WGL and ML'

'Top class coaching, I learnt alot '

'The instructors were brilliant'

'Really enjoyed the course, feel inspired to get out there and gain more experience'

'The instructors were really good at boosting your confidence and giving you ideas to go away and practice'



## Who Are Our Course Directors ?

We have what we feel is a very impressive list of course directors. Our course directors have vast experience of teaching and assessing the awards alongside their own personal experience within the mountains. Many of our directors' work freelance and not only for Blue Peris, which is intentional.

**Mark 'Baggy' Richards (MIC)** Baggy has been directing and working on courses for many providers for over 15 years. He was heavily involved with the ML scheme whilst working as a full time instructor at Plas Y Brenin and is currently a board member of Mountain Leader Training. This allows the centre to be very current and up to date with the ML Scheme. He still freelances and guides in his spare time.

**Ed Chard (MIC)** Ed has been directing and working on courses for over 16 years for many providers. He has a varied background having led many expeditions for Jagged Globe all over the world. He currently works part time as the Development Officer for Association of Mountaineering Instructors (AMI), runs the Jagged Globe Scottish winter program from January to April alongside being self employed.

### Simon Colley (MIC)

Simon has over 15 years experience working in the outdoor industry as a coach, instructor and director. Simon also worked as a full time instructor at Plas Y Brenin where he was involved in shaping and running the ML department. Simon now freelances, guides and runs his own business throughout the year.

**Gareth Davies (MIC)** has been working on ML courses for nearly 10 years for many providers and directs most of our ML training courses. He has a very varied background as a freelancer and his work has taken in all over the UK and includes work for Plas y Brenin.

**Berwyn Evans (MIC)** has been involved with the scheme for over 20 years. He also has extensive experience of working and running ML courses including at Plas Y Brenin. He currently works as a freelance instructor and has vast experience of working with groups.

**Mark Walker (MIC and Guide)** Mark works at Blue Peris, and freelances at a range of other companies. Mark is another member of staff who has extensive experience of ML courses.

# Frequently Asked Questions

## What is included within the course costs ?

- Accommodation and beverages on the first evening
- Full board, accommodation and beverages on days 1 to 4, except there is no evening meal on the final day.
- Free Wi-Fi (limited to e mails, face book, Google etc, but not downloads and films)
- Transport whilst at the centre
- Certain items of equipment can be loaned (as shown in bold on the kit list)

## What is not included in the course cost ?

- Registration for the award
- Travel to the centre and return travel
- Not all equipment is supplied (see kit list)
- Towels
- Toiletries

## What admin do I need to ensure I have arranged ?

- Have I sent off a booking form, medical form and paid in full
- Are you registered on the the Summer Mountain Leader Scheme ?
- Have you received your Summer Mountain Leader Scheme logbook.
- **This registration is addition to registering for your WGL. You require another set of log book pages specific to the Summer ML Award**

## Do I need to bring my logbook and all its contents pages with me ?

Yes bring all WGL and ML log book pages

## What accommodation block will I be staying in ?

Residential courses are either in our main centre (Blue Peris) or in our adjacent property White Peris (visit website for further details)

## Can White Peris be hired out ?

Yes White Peris can be hired out as a self catering accommodation block for use by outside groups or individuals: Instruction and equipment for a wide range of activities can also be arranged for White Peris users and outside groups. Please visit website course and activities pages for further details.

## Can I book last minute ?

If places are available you may book the day before a course starts

## What maps will I require ?

You will need to bring an Ordnance Survey No 17 1:25:000. this needs to be a laminated version.

A 1:50:000 will be supplied for loan only FOC if you do not have your own.

We sell both the 1: 50:000 and 1:25000 maps at the centre

## Do I need a compass ?

Having you own compass is a must. We recommend the Silva Expedition or type 4 compass. However we can lend you one of these, for the duration of the course only, for no extra charge.

## Will I be required to bring my own rope ?

No. However many of our students during or upon leaving the course purchase a new ML rope from Blue Peris.

This is an area in which many of our candidates struggle for advice on; for both training and assessment. We have sourced full weight, 10mm to 10.5mm single ropes. They are 30 metres long and all our staff see this as the most optimum length of rope to carry. As it is a single rope then it's ideal for practicing ML techniques and using in real emergencies I can also be used for single pitch climbing and at the climbing wall.

Ropes only £49.00 inclusive of VAT.

Be aware ; Very skinny ropes such as 7mm are too thin to handle, too thin to hold in a fall situation and are more likely to abrade and cut over edges. Many hill walking ropes sold are not suitable for the ML Award. In addition they are normally shorter than 30m. Short ropes are very limiting in their use in UK mountains and the ML award.

## What do I receive for my packed lunch ?

We ask you to make your own packed lunch each morning. This way you are able to have your sandwiches just as you like and as many as you like. There are a variety of fillings, brown and white bread, crisps, fruit, a savoury snack, small chocolate bar and a piece of cake.

## More Frequently Asked Questions

### What do the evening meals consist of ?

There are 3 choices of the main meal and the dessert each evening alongside soup and bread as a starter.

### Do you cater for vegetarians / Vegans / other special dietary requirements ?

Yes, please let us know in advance about any special diets and notify this clearly on the medical and personal details form. We can also send you the menu options for vegetarians and vegans. Contact the centre.

### Can I gain access to hot and cold drinks throughout my stay ?

We have facilities so that you can grab a cuppa at any time and fill your flask. There is no extra charge for this and we have a variety of teas, coffees, cordial and semi skimmed and Soya milk.

### Is the centre secure ?

All doors on the accommodation blocks have coded door locks, which you will be given the code to. Personal belongings are not insured so please be aware of this. We do have a small safe if you wish to put anything really valuable in.

### Is smoking allowed on site ?

Smoking is not allowed inside any building.

### Will I obtain mobile phone reception at the centre ?

Certain mobiles have better coverage than other. However, most mobiles work at the centre.

### Is there a pay phone at the centre ?

Blue Peris has a pay phone. However White Peris does not. If required we can arrange for you to use this if you are staying in White Peris

### Do you have Internet access ?

Our accommodation blocks have access to wi-fi, there is no extra charge for this, but there are restrictions on downloads.

### Is there on site parking ?

Yes you can park on site. When we are busy we have to juggle cars around but it all works out.

### Does the centre have a shop ?

We have a small shop on site that sells chocolate, drinks and maps. This is opened up on request.

### Can I watch the TV ?

Blue Peris has access to a TV and plans are in place for White Peris also.

### Can I bring my own dog ?

We do not allow animals at the centre (except guide dogs). One of the reasons is that dogs are not allowed on the majority of the land we use for the courses.

### Are there local amenities ?

There are reasonable pubs and a Spar in Llanberis which is 10 minutes drive or 20-30 minutes walk. Closer to the centre in Deiniolen you will find a Londis. Instructors are happy to stop off en route to daily venues if you wish.

### Fitness and Health ?

You will be asked to fill in a personal details form which amongst other things asks you about illness and disability. Courses are quite intensive and can be tiring, so although a high level of fitness is not essential, a reasonable ability in the activities is necessary in order to participate in the sessions.

### Safety ?

Outdoor courses by their nature contain elements of risk. At Blue Peris we pride ourselves on being able to offer you an adventurous experience with some of the most highly trained and experienced instructors delivering the awards. However, whilst every effort is made to conduct activities safely, you do of course have some responsibility for the safety of yourself and others. You should question any practice or instruction which you might deem unsafe.

### Insurance ?

Bedford Borough Council and Blue Peris Instructors have professional indemnity insurance. We have to advise you to consider arranging your own insurance if you wish to cover illness, injury, damage to and loss of personal effects, ***cancellation*** etc.

### Equipment ?

For training courses, you are encouraged to bring as much of your own equipment as you can.

**Please note we do not supply 1:25,000 maps. You are required to bring your own or purchase one from our shop.**

# Kit List

All items in bold can be borrowed from centre as part of the course fees

- Maps
  - 1:25,000 Map of Snowdonia – Outdoor Leisure No 17. This map needs to be weather protected (covered in plastic film or good quality map case. Please no plastic bags your map will not function in one of these.)
  - **1:50,000 Snowdonia No 115 As above in reference to be waterproof**
- **Day Rucksack approx 30 litres.**
- **Expedition rucksack 50 plus**
- **Compass.- Silva compass, Type 4 / Expedition is ideal and is the best. A basic and cheap compass will not really be of use.**
- **Good sturdy walking boots 2 season and above**
- Rucksack liner ( black bin liners are not suitable )
- Changes of warm clothing suitable for use on mountain days, which may sometimes be slow moving and in bad weather!
- Head Torch for night navigation. A good head torch is essential and a must. Please bring new and spare batteries. And a spare bulb! A hand torch is not suitable.
- Watch with a stopwatch for navigation timing. An altimeter for the wealthy! But not essential.
- Fleeces
- Gaiters
- Walking socks
- Woollen hat and/or balaclava
- 1 to 2 pairs of gloves or mittens
- 2 to 3 pairs of loose trousers
- Thermal underwear
- (Just occasionally in summer!!) - shorts, sunhat, sunglasses and sun cream
- Change of informal clothing for evening, i.e. not activity wear
- Indoor shoes or slippers
- Personal Toiletries and medication
- Hand and Shower towels
- Note book and pen
- Camera
- Thermos flask
- Drink bottle
- Waterproof jacket (we can supply a basic one)
- Waterproof trousers (we can supply a basic one)
- Whistle
- Survival bag / bivi bag
- **Sleeping bag suitable for time of year**
- **Camping mat / thermarest**
- **Camping stove, fuel, pans, cutlery, mug etc**
- **1-2 person tents**
- Books
  - Hillwalking by Steve Long ISBN 0-9541511-0-0  
The only book you need, bang up to date and written for the ML WGL Schemes.
  - Nature of Snowdonia by Mike Raine. ISBN 978-1-906095-10-9
  - Rock Trails of Snowdonia by Paul Gannon

Our instructors have a strong coaching background that helps you learn in a positive environment



## Course Program

DAY	CONTENT	CONTENT
<b>Arrival day</b>	Welcome chat Course Introduction to ML Scheme Kit Check / Issue Weather Review Intro to Party Leadership, ML ground and Group Management	Arrival 6.00 PM
<b>Day 1</b>	Weather Review Party Leadership, Route Choice and ML Ground Mountain Hazards Navigation Leaders Pack	Introduction to Rope Work
<b>Day 2</b>	Weather Review Emergency Rope-work River Crossing	WGL - ML Routes Packing and Planning for Wild Camping Use of Tents and Stoves in the Mountains Safeguarding in the Mountains
<b>Day 3</b>	Weather Review Expedition Review of all Skills	Overnight Camp Night Navigation
<b>Final Day (4)</b>	Return from Expedition at 2:00 pm Outline of Assessment Procedure and Further Awards Course Debriefs	Depart 16:30