

## Mountain Walking

The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding 3 day walking expedition in unknown, open or wild country remote from habitation. The following regulations apply:

- the appropriate safety procedures must be applied;
- the candidate maintains a detailed log book which covers both the planning and preparation for the expedition and the expedition itself. This log **must** be available at moderation.

The log should contain:

- details of personal equipment for the expedition and the reasons for taking it;
- details of group equipment and the reasons for taking it;
- discussion of the safety principles to be applied;
- identification of the code of ethics to be followed;
- detailed route planning together with relevant safety measures;
- route card;
- details of nutritional planning;
- evaluative comments in relation to the expedition.

### Expedition

The candidate takes part in a physically and technically demanding 3 day walking expedition in unknown open or wild country remote from habitation. The use of the roads is limited to that necessary to move between the areas of open country.

The expedition should include at least six hours walking each day with the distance covered dependent on the type of terrain involved. When undertaking an expedition in unfamiliar country, the candidate should spend some time there before the expedition in order to become well acquainted with the conditions of the area. The type of terrain should allow candidates to fulfil the assessment requirements, being wild country where walkers are dependent on themselves and remote from any immediate help. Suitable venues for expeditions can be found in areas such as:

Dartmoor	Cheviots
Brecon Beacons	Highlands of Scotland
Black mountains	Skye
Mid and North Wales Mountains	Harris
Peak District and Northern Moors	Lewis
Pennines	Arran
North Yorkshire Moors	Sperrin Mountains
Galloway Hills	Antrim Hills
Mountain of Mourne	Lake District

Part of the planning process is to investigate and establish the overnight stops. This could involve camping, bivouacking, barn stay etc.

The type and amount of food to be taken forms part of the planning and this will be influenced by expected length of expedition, weight to be carried, personal preferences, energy and nutritional demands, emergency provisions.

The group size should be a minimum of 3 and a maximum of 6. Due account should be taken of seasonal conditions and, unless candidates have had considerable experience of high level summit ridges, these should be avoided. Expeditions should **not** take place in winter conditions. During the expedition the candidate is expected to exhibit an understanding of the spirit and content of both the country and mountain codes.

It is expected that the planning of the route will involve identifying checkpoints and timings thereby enabling the teacher to loosely supervise the candidates.

Assessment is based on performance in a formal expedition where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the expedition skills is measured through the phases identified below:

- use and interpretation of maps and their symbols;
- navigation using map and compass;
- planning the route;
- hill walking skills;
- organisation and use of equipment;
- application of safety principles, conservation practices and respect for others;
- wild camping.

These assessment phases are used in conjunction with the following assessment criteria for the formal expedition.

### Outdoor and Adventurous Activities: Mountain Walking

### Unit 2567

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the expedition are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the expedition are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the expedition and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the expedition are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the expedition. There is an attempt to select and apply advanced techniques in the expedition and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the expedition become more consistent and progress has allowed some in learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the expedition have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident.