

C-N-Do Scotland LLA Course Booking Form

Course Details

Course: _____

Date: _____ Price: _____

Contact Details

Name: _____

Address: _____

_____ Postcode: _____

Home Telephone: _____

Daytime Telephone: _____

Mobile Telephone: _____

Email: _____

LLA Registration Number: _____

Date of Birth: _____

Do you have any health conditions of which we need to be aware? Please give details.

Please provide name, address and telephone number of someone we can contact in event of illness or accident.

Meeting place:

Stirling train station

C-N-Do office



Course	2019 Dates	Price
LLA Training	Feb 18-20	£135
LLA Training	Oct 14-16	£135
Groups of 4-6 people on dates to suit		£120pp

[Courses run from the evening of the first date plus 2 full days]

LLA Assessment	Mar 26-27	£135
LLA Assessment	Nov 6-7	£135
Groups of 4 people on dates to suit		£120pp

[Courses are 2 full days in length]

Re-assessment and refresher days available by arrangement

Course Base:

Courses are run from our base in Stirling. Transport from Stirling to practice locations is included. Courses are non-residential.

Alternative Dates:

Additional dates for groups (minimum 4 for training and 4 for assessment) are available by arrangement.

Also Available:

If you require additional preparation for your assessment, a range of navigation courses and private coaching at all levels is available.

How to book:

- Post using the enclosed booking form
- Online using our secure server
- Telephone (have credit or debit card details ready)

Full payment is required at the time of booking. Please ensure you are familiar with our booking conditions / cancellation policy before making your booking.

Payment Methods:

Cheque payable to C-N-Do Scotland Ltd
Visa / MasterCard credit cards
Maestro (Switch) / Visa Debit (Delta) debit cards

Invoicing Organisations:

We can invoice your organisation for the course cost. You will need to provide evidence of the organisation's willingness to pay (e.g. **purchase order** or letter signed by an authorised person) and payment **MUST** be received by return.

Prices:

All prices include VAT at 20%. If this changes the prices may change.

C-N-Do Scotland
33, STEP, Stirling, FK7 7RP

Tel/Fax: 01786 445 703

www.cndoscotland.com admin@cndoscotland.com



LOWLAND LEADER AWARD

Training and Assessment Courses 2019

Approved by



Printed on recycled paper

PTO

LOWLAND LEADER AWARD

The Lowland Leader Award (LLA) is a nationally accredited award developed by MTUK (Mountain Training UK) and operated by the MTS, MTE, MTNI and MTW as part of a National Framework of awards for those leading and instructing in hill walking, climbing and mountaineering. The LLA is also aimed at those who have already achieved training or accreditation through the wide range of local or other organisational schemes available. The minimum age for entry into the scheme is 17.

All MTUK awards are designed for those with a personal commitment to the activity and are centred on the belief that personal experience and understanding of the inherent risks of lowland walking is the best way to maximise safety and good judgement.

Scope of the Scheme

The Lowland Leader award offers the opportunity to gain experience and demonstrate technical competence in leading groups on one day walks in lowland countryside and woodland in summer conditions. The terrain should fit ALL of the following criteria:

- In the UK or the Republic of Ireland.
- Walks must not cross any hazardous terrain (eg. cliffs, very steep slopes, water hazards, etc).
- Throughout the walk the group should never generally be more than 3km away from a key access point such as a car park, lay-by or populated area. Any potential escape routes should also lie within the scope of the defined terrain for the Lowland Leader award.
- Walks will require the ability to plan routes, use simple navigation skills using a map and compass to be self-sufficient.
- Walks must follow paths or tracks that are both marked on a map and clearly visible on the ground, and that do not require navigation across untracked areas.
- Walks must use bridges or other recognised water crossing points.
- Walks must only take place in summer conditions (ie. when there is no unavoidable snow or ice on any part of the route).

STAGES OF THE SCHEME:

The purpose of this scheme is to promote safe enjoyment of the areas as defined previously.

- Be at least 17 years of age for training
- Open account on MTUK website - <http://www.mountain-training.org/award-schemes> .
- Register for Lowland Leader award
- Have done and logged an absolute minimum of 10 varied walks in Lowland terrain on your own or with friends where the use of a map is required. **or**
- Have attended a walking and navigation personal skills training course recognised by Mountain Training.
- Book on and attend a recognised Lowland Leader training course (16 hours minimum over 2 days minimum).
- Consolidation period (complete a minimum of 20 logged Lowland terrain walks; more is strongly recommended). No duplicates can be logged. Include a breadth of Lowland terrain ie. coast, forest, farmland.
- Book on an approved assessment course (must be at least 18 years old)
- Complete any "home papers" sent to you a couple of weeks prior to assessment and bring to the course.
- Have a valid first aid certificate (appropriate 16 hours course)
- Attend and meet the required standard on an approved Lowland Leader assessment course (16 hours minimum)
- Continuing experience entered in a log.

These courses assume a basic competence as a countryside walker as it is aimed at potential leaders. It emphasises those skills that a participant may have difficulty in learning without expert guidance. Day 1 of the training is a 2½-3 hours evening session with the other 2 days having a high proportion outdoors practical, including:

- Walking, route finding and navigation.
- Hazards and Emergency Procedures.
- Equipment.
- Leadership responsibilities and group management.
- Access, conservation and environmental knowledge.
- Weather and other background knowledge.

Assessments are 2 days long.

Training courses have a staff ratio of no greater than 1:6, and assessment ones 1:4. *NB:*

Attendance at a training course is not a qualification in itself.

C-N-Do Scotland LLA Course Booking Form

Payment Details:

- UK cheque / postal order / Sterling bank draft
Payable to "C-N-Do Scotland Ltd"
- Debit card: Visa Debit
- Credit / charge card: MasterCard or Visa
- Invoice to be sent to organisation – please include official purchase order with booking form or address for invoicing

Credit / Debit card information:

Card Number: _____

Expiry Date: _____ Start Date: _____

Card Security Code: _____ (last 3 digits on reverse)

Issue Number: _____ (not all cards have these)

Amount enclosed: £ _____

Cardholder's name and / or address (**that the card is registered at**) if different from contact details:

Remember:

It is your responsibility to ensure that you have met all the requirements of the LLA scheme. Failure to do so could result in exclusion from the training or assessment course and, in the case of assessment, will at least result in deferment.

I confirm that I meet the requirements of the LWLA scheme in full and that I have read and agree to the booking conditions.

Signature _____

Date _____

Please send completed form to:

C-N-Do Scotland, 33 Stirling Enterprise Park,
Stirling, FK7 7RP.

Telephone: +44 (0) 1786 445 703

Email: admin@cndoscotland.com