

One Programme
Adventure Skills



Hillwalking
Logbook

Version 2013.1

Aug-11

Hillwalking Personal Record Log

Name	
Address	
Phone (H)	(M)
Email Address	
Date Logbook Started	
How long have you been hill walking? (Years)	
Have you any rock climbing experience?	
How many different hills higher than 600m have you ascended?	
How many different hills higher than 800m have you ascended?	
How many different hills higher than 1000m. have you ascended?	
Have you any mountaineering experience abroad?	
If so, where?	

DATES OF SKILLS COURSES ATTENDED

Course	Date:	Location:	Organiser	Organisers signature:

FIRST AID CERT:

Level of Cert / Issuing Body	Date of Cert	Valid until

Scout Hillwalking Stages Awarded

Stage:	Date:	Location:	Assessor:	Assessor's signature:
One				
Two				
Three				
Four				
Five				
Six				
Seven				
Eight				
Nine				

Details of other non Scout Training and Awards including Mountain Skills / Mountain Leader / Winter Skills / RCL etc

Notes and Instructions

Once a scout or scouter has completed all elements of a stage/ The assessor should sign both the individual stage, and complete the summary sheet at the front of the logbook. If elements of the stage have been signed off by another assessor the awarding assessor should ensure that candidate is still competent in these skills at the time of final assessment as they are the awarding assessor

This log book is designed to be used as a record of personal progression throughout the Hillwalking element of One Programme. Once a scout or scouter has successfully completed stage 7, they may choose to progress with the more formal qualifications of the Mountain Leader Training Boards (either BOS or MLTNI) at which stage they should transfer to the official logbook of the scheme. If an individual does not desire to pursue a formal scheme then this log book can be used up to stage 9. It should be noted that whilst no formal training or qualifications are needed to progress beyond stage seven, the standard of evaluation is based upon that of the mountain leader assessment and that there a number of techniques assessed that most candidates only experience during formal training such as securing steep ground which should not be confused with rock climbing ability

Notes and Instructions

Clarification on the Camping Adventure Skills Requirements & Assessment Methodology

The first recommendation is that the longer expeditions in the A4 Adventure skills manual are used in the assessment process as they contain greater detail and more concise notes than the poster book, or the summary statements at the front of each adventure skill chapter. The information below should be used to further clarify where necessary.

All Hikes logged should have some element of off trail experience and those above stage 5 should include navigation legs in off trail locations, in different weathers and visibility conditions. For stage 7 and upwards the log books should include evidence of hiking in different geographic locations and should not include duplicate routes unless they include very different conditions, i.e. winter conditions or night navigation

These recommendations and guidelines are for going forward and the team will assess historic experience on a case by case basis considering the best practice at the time

qualifications such as mountain skills that the syllabus of such awards only cover the navigation, day equipment and basic weather elements, and does not cover the broader scope of the scouting award including the camping elements

Assessment Protocols

Whilst there are interim instructions on who can assess and to what level issued by the NYPC, the suggested best practice for this adventure skill is always the 'two down rule' where youth members and scouters can train and assess to two stages below their stage up to assessment for stage 7. For Stage 8 and 9 a peer review protocol is used. In practice 2 stage 9's sign off a stage 8 and two different stage 9's then sign off the stage 9, thus ensuring all stage 9's have a well rounded approach to the skill.

The competency statements as outline in the A4 Manual and clarified in this document are the minimum standards required and candidates should complete all competency statements fully and be able to repeatedly demonstrate all of the skills at each stage

Adventure skills are not section specific and as such require a group not a section approach. It is recommended that the Group Council appoint one person take responsibly for the camping adventure skill, ensuring that the whole group is applying the skills and stages evenly across all sections. Ideally a group database should be maintained for all adventure skills

A Hillwalking logbook is now available and the idea is that the logbook is presented as part the assessment

Any requirements for the number of nights camped should be in addition to the previous stage

Assessors should satisfy themselves that the candidate for assessment does hold the stage previous to the stage being assessed

Members being assessed should indicate that they want to be assessed as part of the planning of the activity so they can be observe. Badges should not be handed out or competency statements signed off in logbooks for attendance on an event without a pre-planned assessment

Hillwalking Stage 1

Competency Statement	Assessors Signature
I can pack my rucksack for a day hike.	
I know what to wear and what extras I need to bring on a hike.	
I know what food to bring on a hike.	
I know how to behave safely while hiking.	
I can read a simple map.	
I can point out and name the main features of a map.	
I can be responsible for myself while we are hiking.	
I can recognise the main distress signals.	
I know about the Buddy system.	
I understand why I should follow directions from an instructor.	
I have attended at least 2 hikes	

Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 2

Competency Statement	Assessors Signature
I know what gear I need depending on the weather.	
I know why you bring certain foods and drinks on hikes.	
I can point out the main parts of the compass.	
I know how to get help if someone is hurt.	
I can point out the different symbols and colours on a map and I know what they mean.	
I can be responsible member of my team while we are hiking.	
I can get a weather forecast.	
I have attended at least 3 hikes, in addition to those for stage 1	

Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 3

Competency Statement	Assessors Signature
I know how to treat simple cuts and scratches.	
I know why you bring certain clothing on hikes.	
I know the main principles of "Leave No Trace".	
I know how to cross boggy ground.	
I know how and when to use the main distress signals.	
I can use a compass to find direction.	
I can point out the features of a map.	
I can be responsible for myself and aware of my surroundings while hiking.	
I can follow a route on an orienteering map.	
I have attended at least 3 hiking activities in addition to those at stage 1 & 2 and been on the top of a mountain.	

Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 4

Competency Statement	Assessors Signature
I know how to pack a rucksack for weekend hikes.	
I can care for all my personal hiking equipment.	
I know what team equipment to bring and why	
I know how to treat simple sprains and blisters.	
I know the different emergency services that are available and how and when to call them	
I can follow our route on a map and find the main points using a compass.	
I can be responsible for younger members of my team while we are hiking.	
I have led a leg of a hike.	
I have attended 3 hikes in addition to those for stages 1,2&3 including an overnight (between two days hill walking - this need not be camping)	

Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 5

Competency Statement	Assessors Signature
I know the potential dangers of weather on hikes.	
I know how to pack a rucksack for a hillwalking expedition.	
I know when to cross a river and some different methods for crossing.	
I know all about the "Leave No Trace" principles.	
I know the main principles of navigating using a map and compass.	
I can complete and use a route card.	
I can be an active member of my team while hiking	
I have taken part in three hikes in addition to those for stages 1,2,3 & 4	
I have taken part in a two night hike in the mountains, based out of one campsite.	
I have written a log for at least two of these activities (it is preferable that all hill walks are log from stage 5 onwards as 30 must be recorded to complete stage 7)	
Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 6

Competency Statement	Assessors Signature
I know the causes of how to recognize and treat hypothermia, hyperthermia, sunstroke, dehydration and asthma, or anything medical relevant to my team.	
I know the limitations of my team.	
I know the limitations of the compass and other navigation tools.	
I can use a compass and map to find my position.	
I know what Group emergency equipment we should carry, and how to use it.	
I can be responsible for myself and my team while hiking.	
I can plan and lead a hike.	
I have taken part in at least 6 hiking activities, 4 of which should be over 800m. These hikes must be in addition to those in stages 1 through 5 but the 800m may be read as either absolute height or height gain	
I have taken part in a 2 night hike in the mountains, including a low and high camp.	
I have written logs for all of these activities.	

Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 7

Competency Statement	Assessors Signature
I can organise the transport required for an activity	
I can budget for team hikes.	
I know how to assess risk and be aware of group safety.	
I know how to deal with mountain hazards. I can plan escape routes.	
I can plan escape routes.	
I can navigate at night, in poor visibility, and do micro-navigation. (The standard for this is set at 'Mountain Skills' level)	
I have taken planned and led one hike without a Scouter.	
I have participated in at least 5 hikes between 800m and 1,300m and one over 1,300m. These hikes must be in addition to those in stages 1 through 6 but the heights may be read as either absolute height or height gain	
I have taken part in an unaccompanied but supervised 2 night hike in the mountains including a low and high camp	
I have written logs for all of these activities.	
I have a logbook detailing at least 30 hikes and expeditions that I have undertaken.	
Stage Awarded	Date:
Awarding Assessor	
Badge Presented	

Hillwalking Stage 8

Competency Statement	Assessors Signature
I have an outdoor First Aid certificate.	
I know how to safeguard others on steep ground.	
I know how to use a rope on difficult terrain.	
I can set up a simple belay.	
I can lead a hiking adventure .	
I know the procedure to be followed in the event of an accident.	
I have taken part in at least 6 Hillwalking adventures over 1000m and one over 2250m. These are in addition to those logged up to stage . The 1000m may be read as absolute height or height gain by the 2250m must be absolute height and logged as part of a 'quality mountain day'	
I can take responsibility for our Group on a hiking adventure.	
I have taken part in an unaccompanied but supervised 2 night hike in the mountains outside the Island of Ireland	
I have written logs for all of these activities.	

Stage Awarded	Date:
Awarding Assessor 1	
Awarding Assessor 2	
Badge Presented	

Hillwalking Stage 9

Competency Statement	Assessors Signature
I know what equipment is required for various types of Hillwalking expeditions, and the correct use and care of this equipment	
I can navigate accurately and safely over the Irish mountains in any type of weather, and at night. (The standard set for this is 'Mountain Leader' Level)	
I can assess risk and take appropriate action to ensure safety	
I can practice basic winter mountaineering skills.	
I can create an exciting expedition while catering for everyone's needs.	
I can budget, prepare and manage every aspect of the expedition.	
I have a logbook detailing at least 20 hikes and expeditions that I have undertaken since stage 7	
I have taken part in an expedition to 3250m.	
I can be responsible for others in various situations on the mountains.	

Stage Awarded	Date:
Awarding Assessor 1	
Awarding Assessor 2	
Badge Presented	

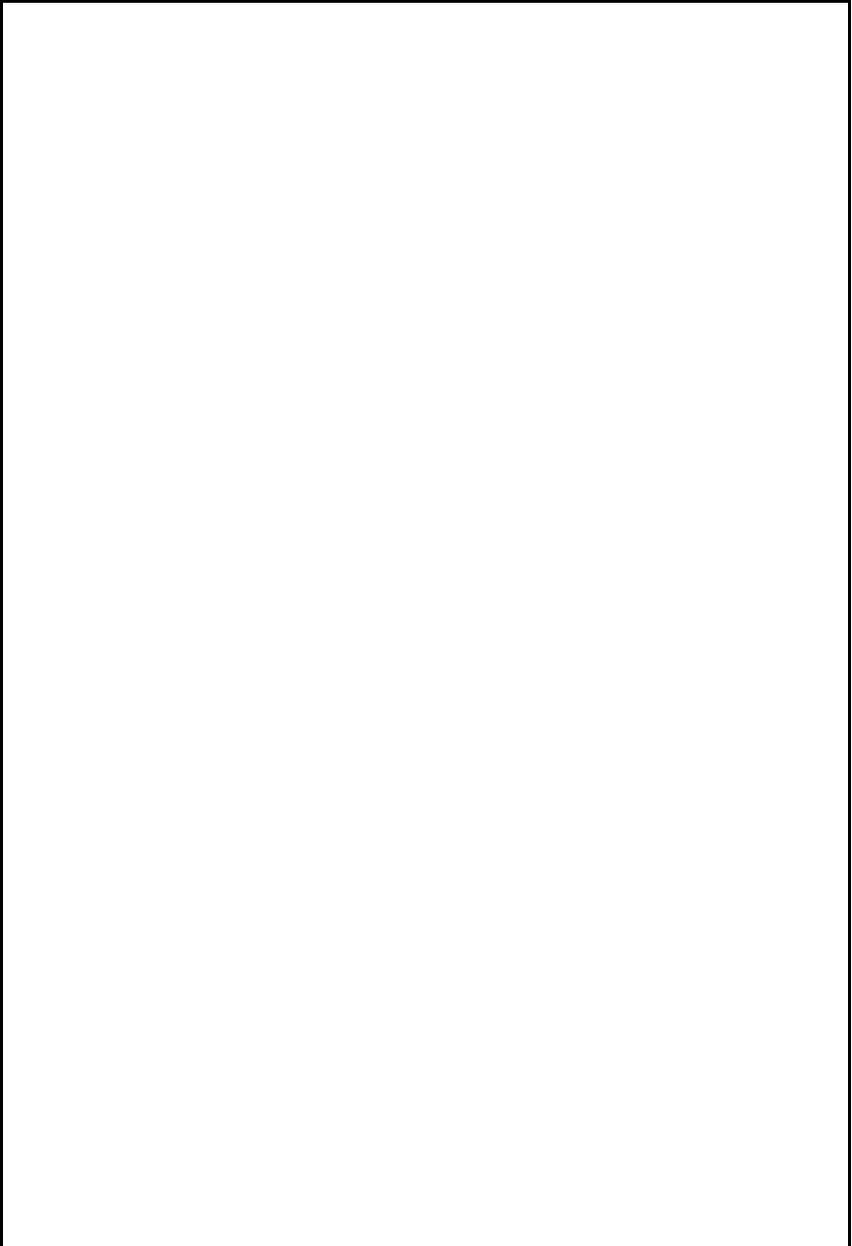
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Example Log Book Entry

Hike Number 1		Date 21/09/2010	
Area Glenbride, Co Wicklow		Map: Sheet 56 1:50,000	
Number in Party: 4		Leader: Andy White	
Weather: Mild, Light winds with low clouds and showers			
Campsite Location N/A		Other Accommodation N/A	
Distance 15k	Time 6 Hours	Height Gain 600m	
<p>Route Notes</p> <p>Glenbride Lodge Spot 698m Marked as Silsean on some maps</p> <p>Moanbane</p> <p>Billy Byrne's Gap</p> <p>Mullaghcleevaun I led this Leg</p> <p>Barnacullian</p> <p>Spot 561m Marked as Carrignagunneen on some Maps</p> <p>Glenbride Lodge</p>			
Other Observations			

Please Draw a sketch map of the route on the back

Sketch Map of Route

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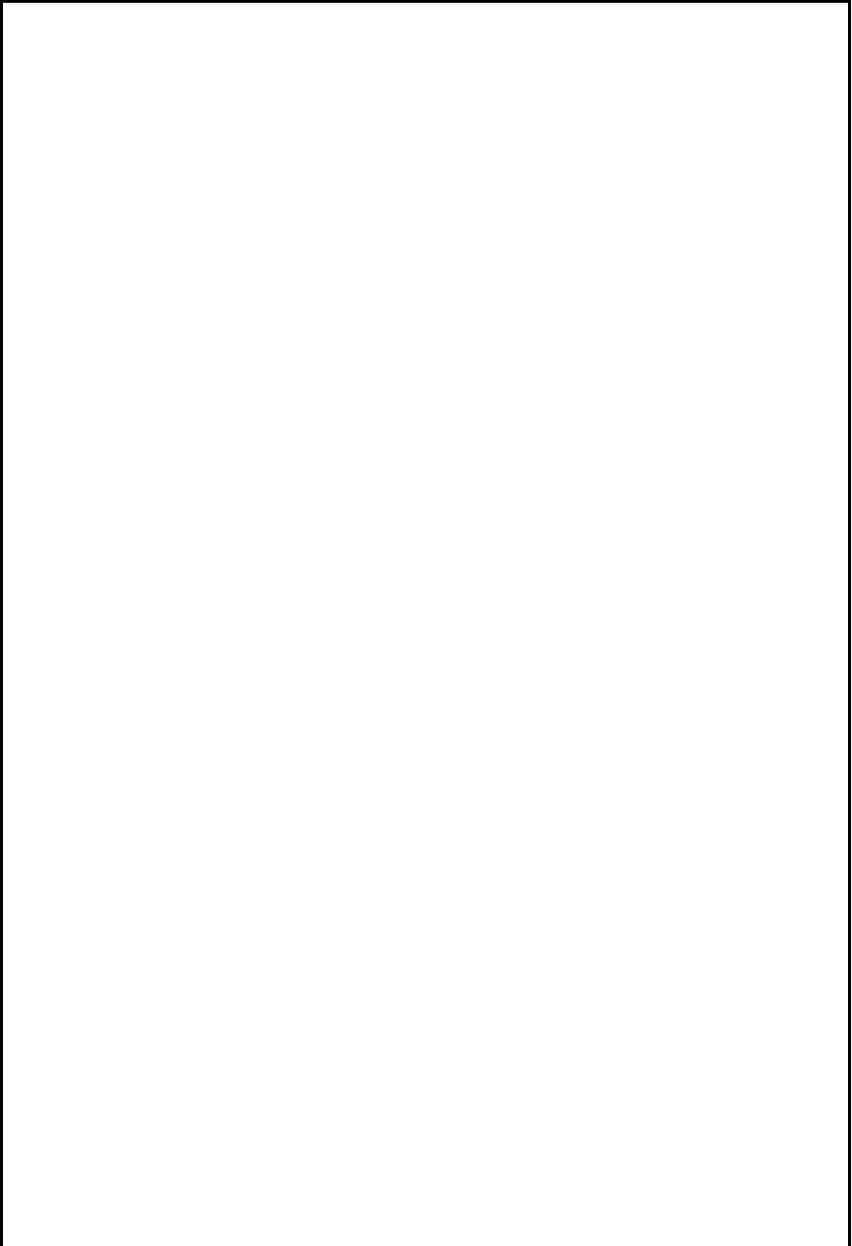
If there is insufficient space on the page please photocopy
Full route cards should be submitted where necessary

Stage 4 Hike Log Number 1

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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Stage 4 Hike Log Number 2

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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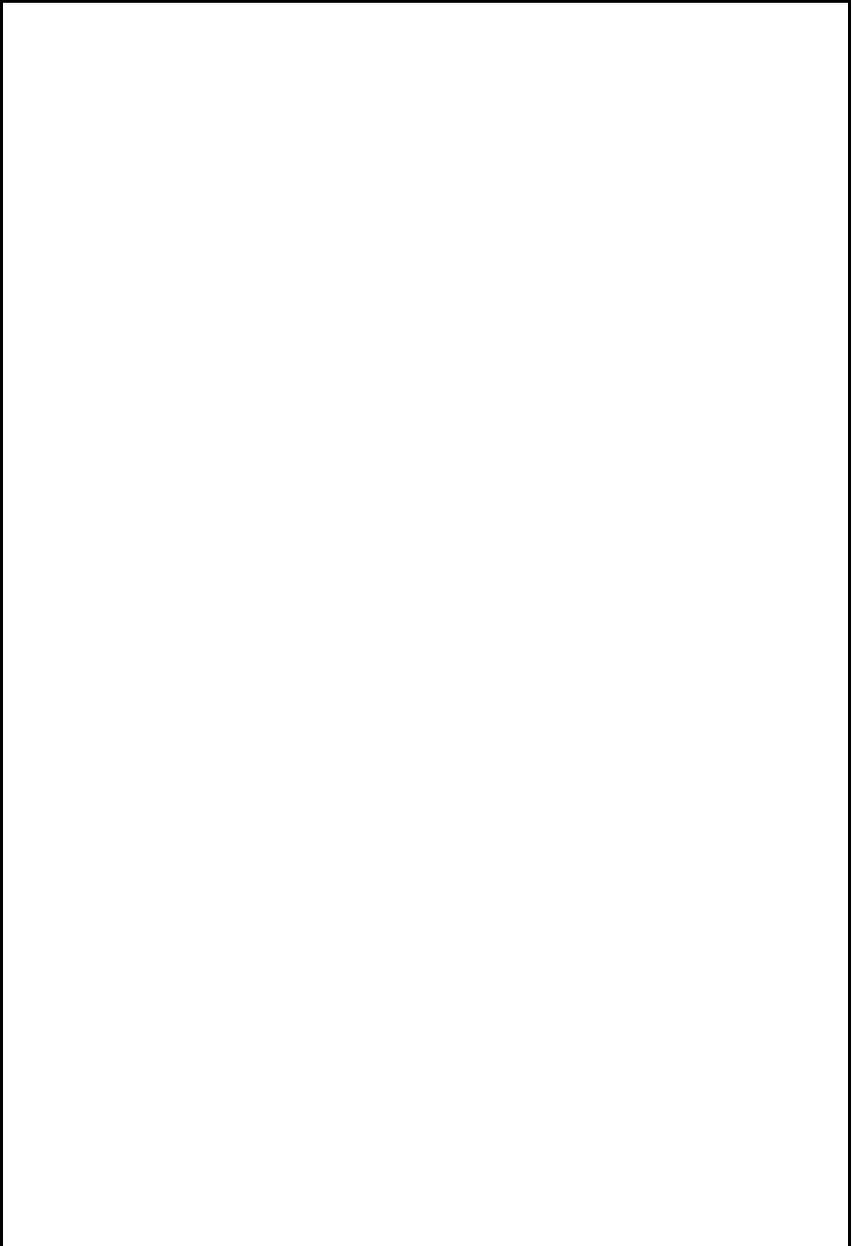
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Stage 4 Hike Log Number 3

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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Stage 5 Hike Log Number 1

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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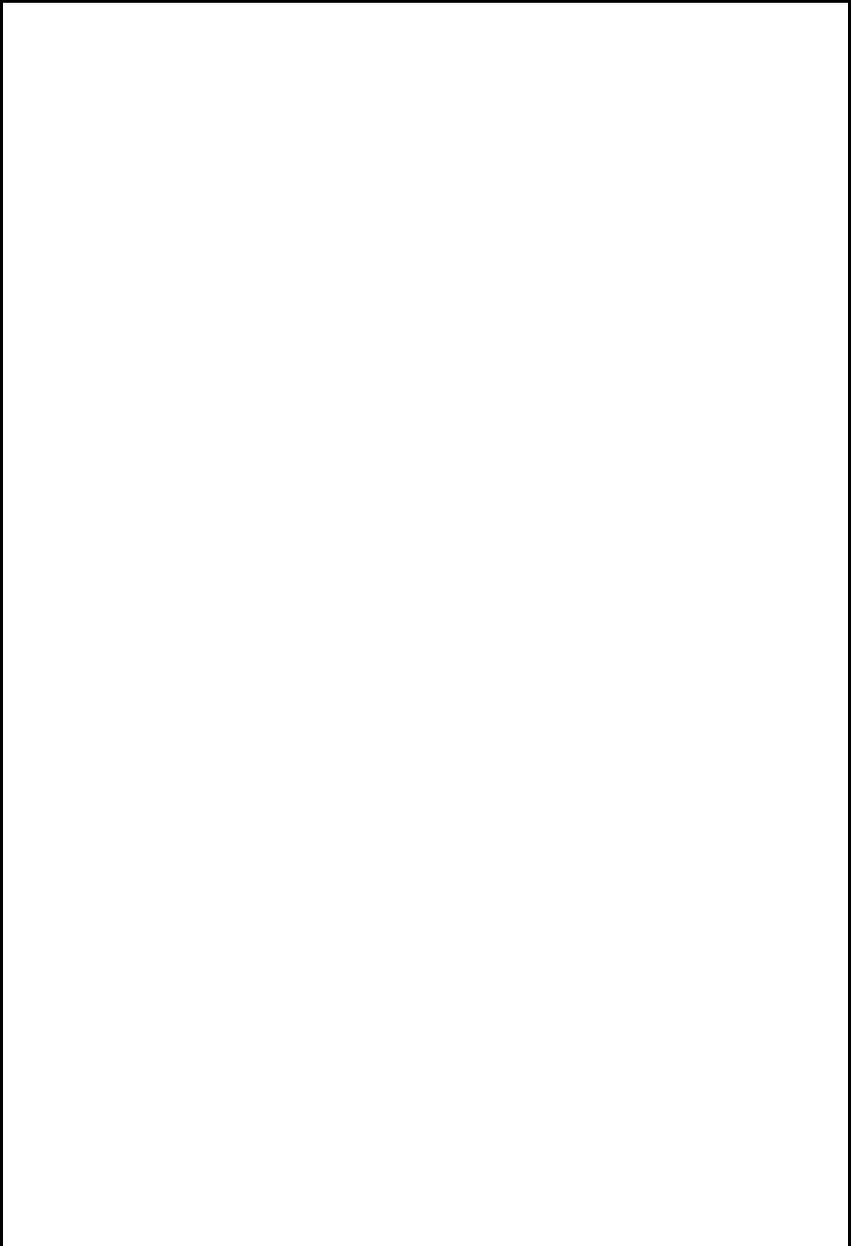
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Stage 5 Hike Log Number 2

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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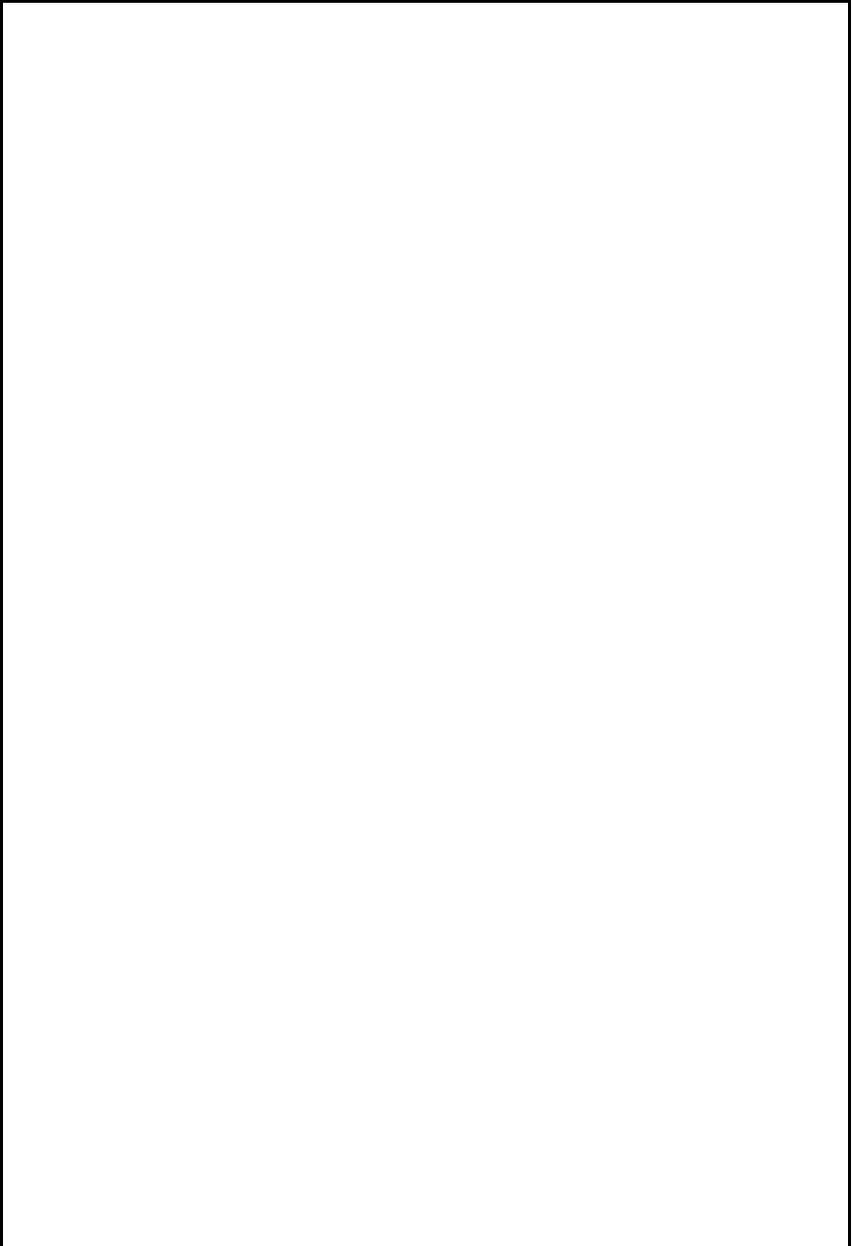
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Stage 5 Hike Log Number 3

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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Additional Log (Photo Copy as needed)

Hike Number			Date		
Area			Map:		
Number in Party:			Leader:		
Weather:					
Campsite Location			Other Accommodation		
Distance		Time		Height Gain	
Route Notes					
Other Observations					

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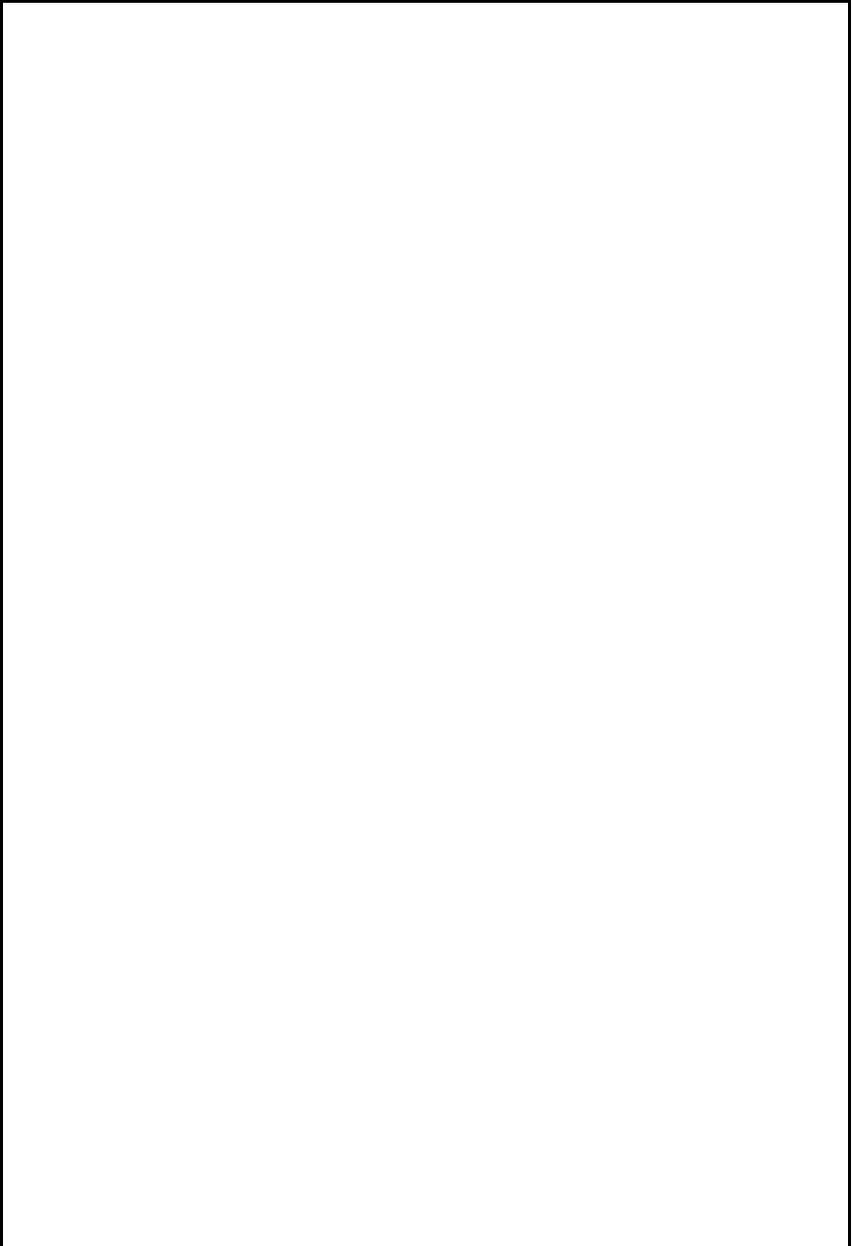
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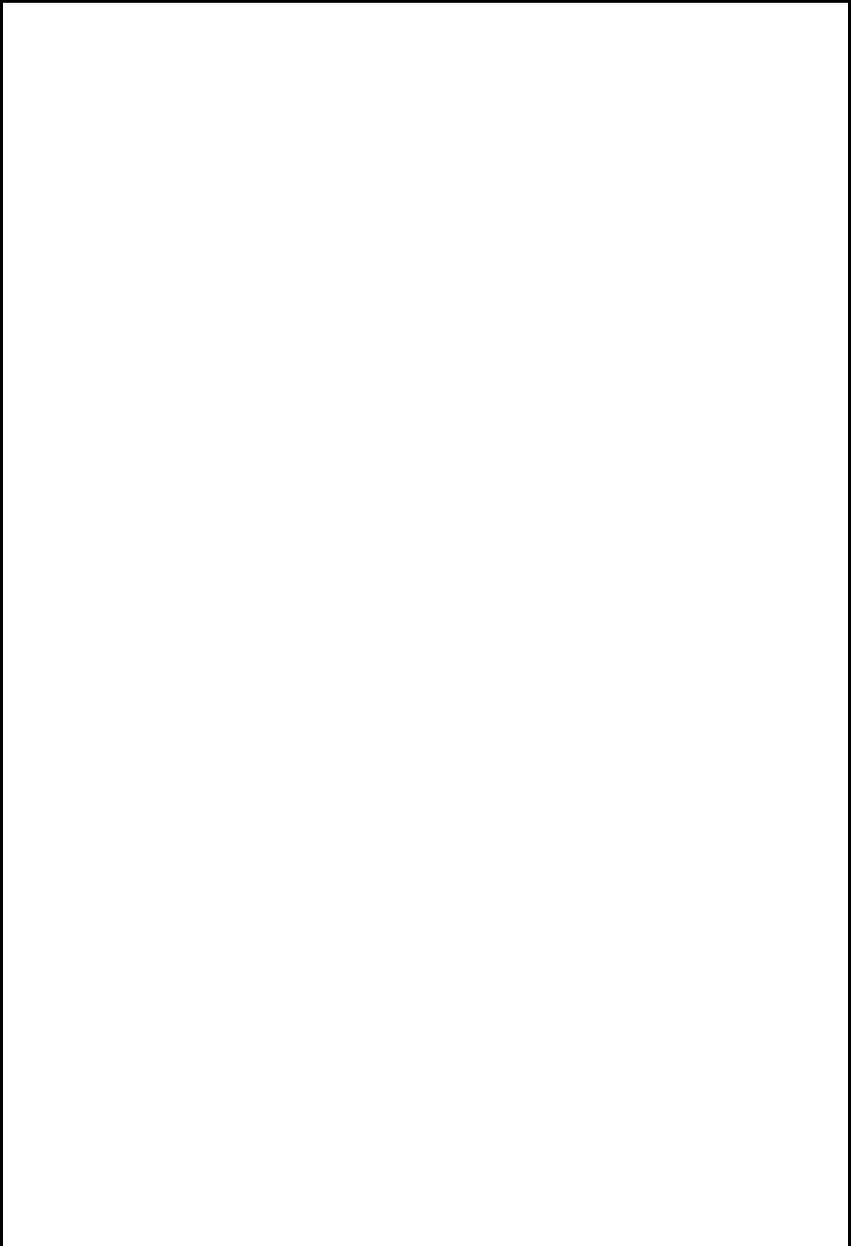
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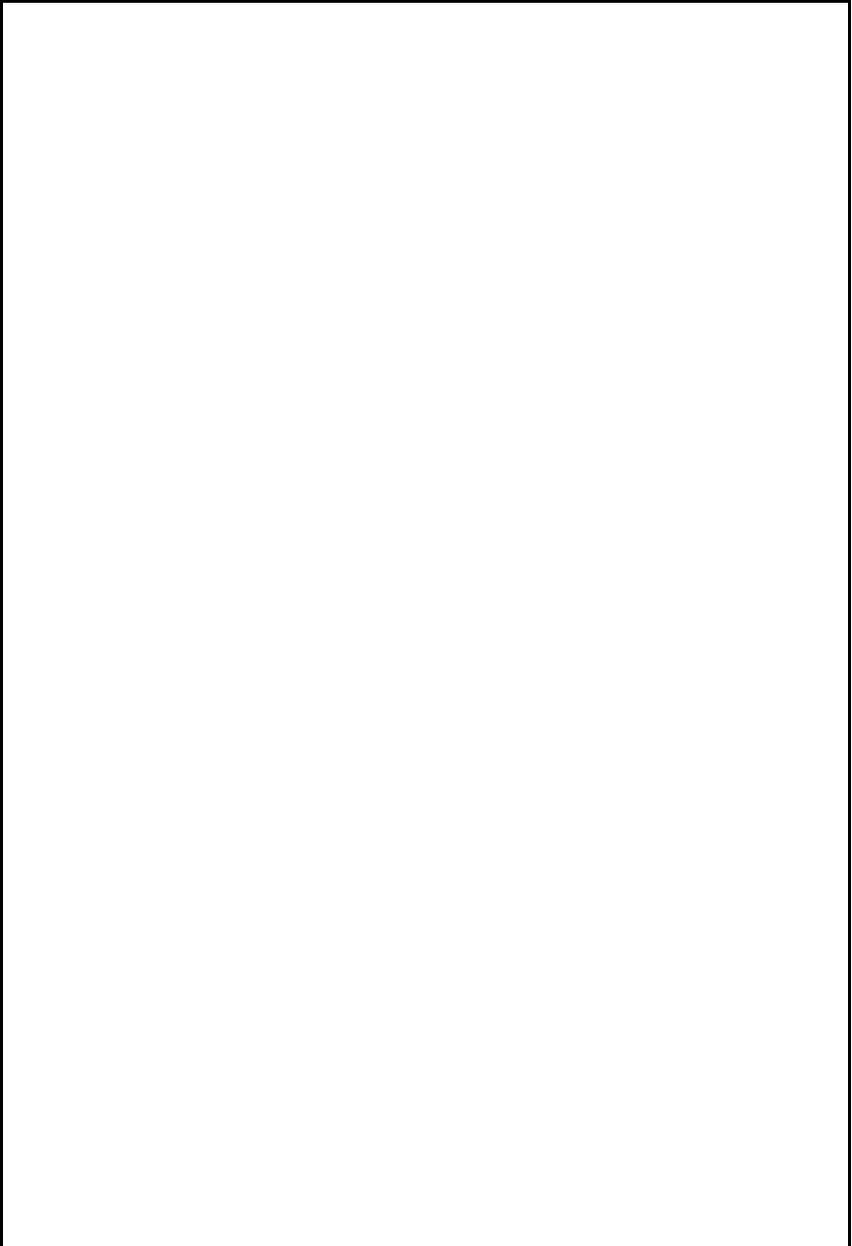
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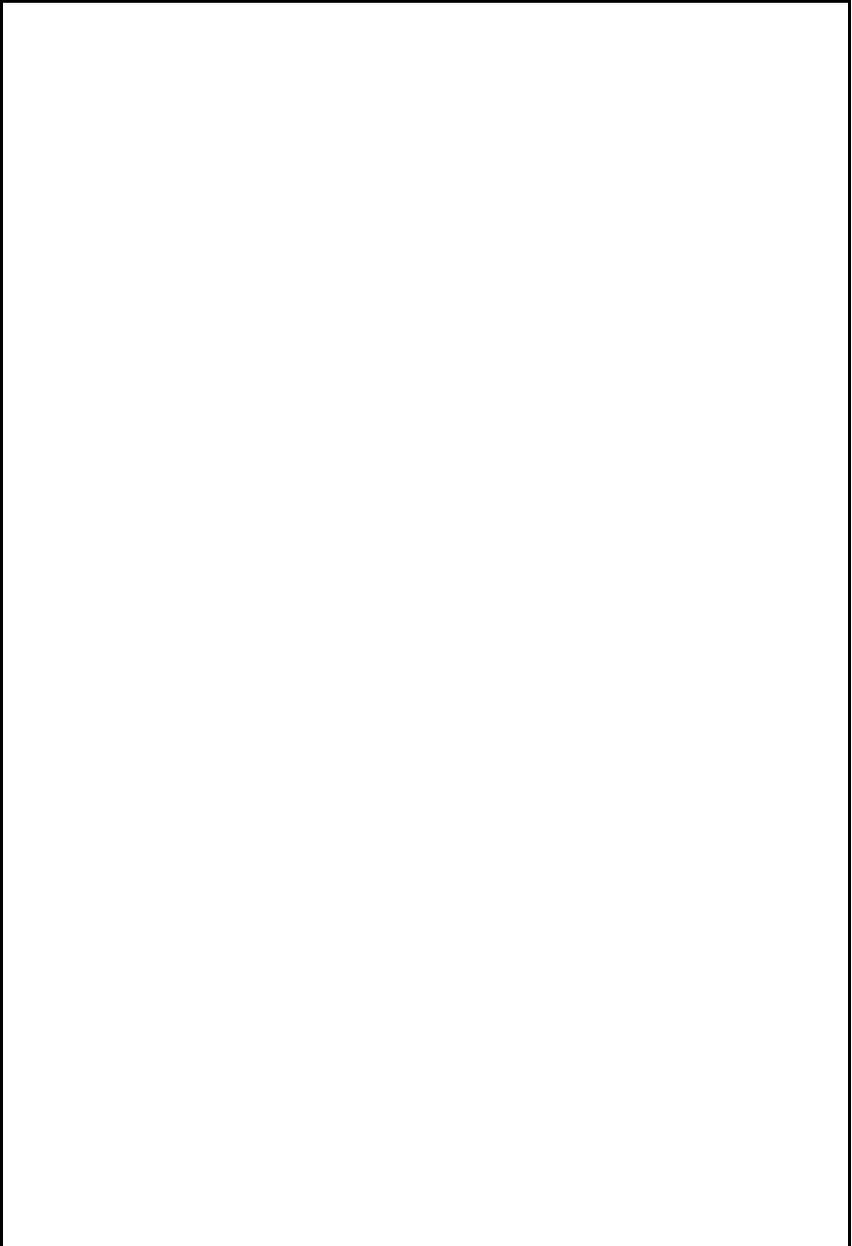
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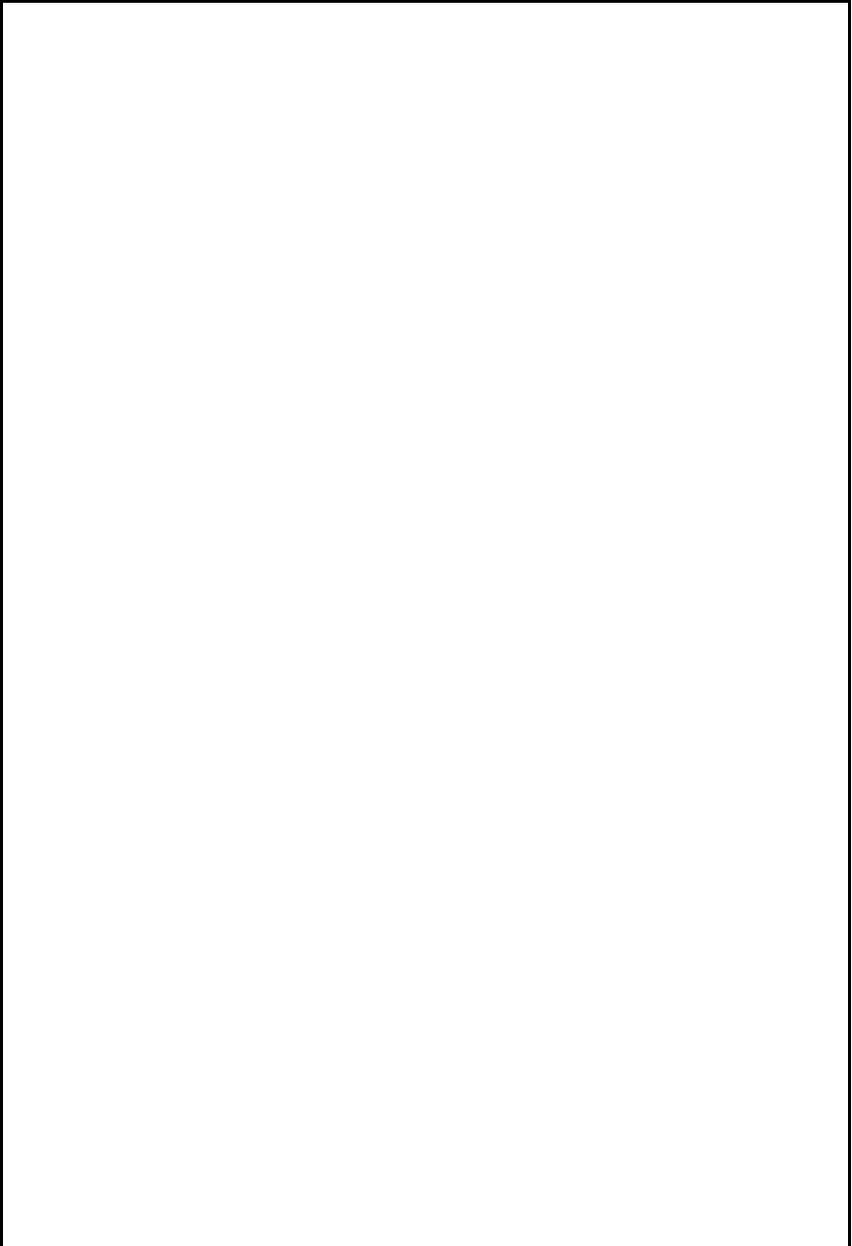
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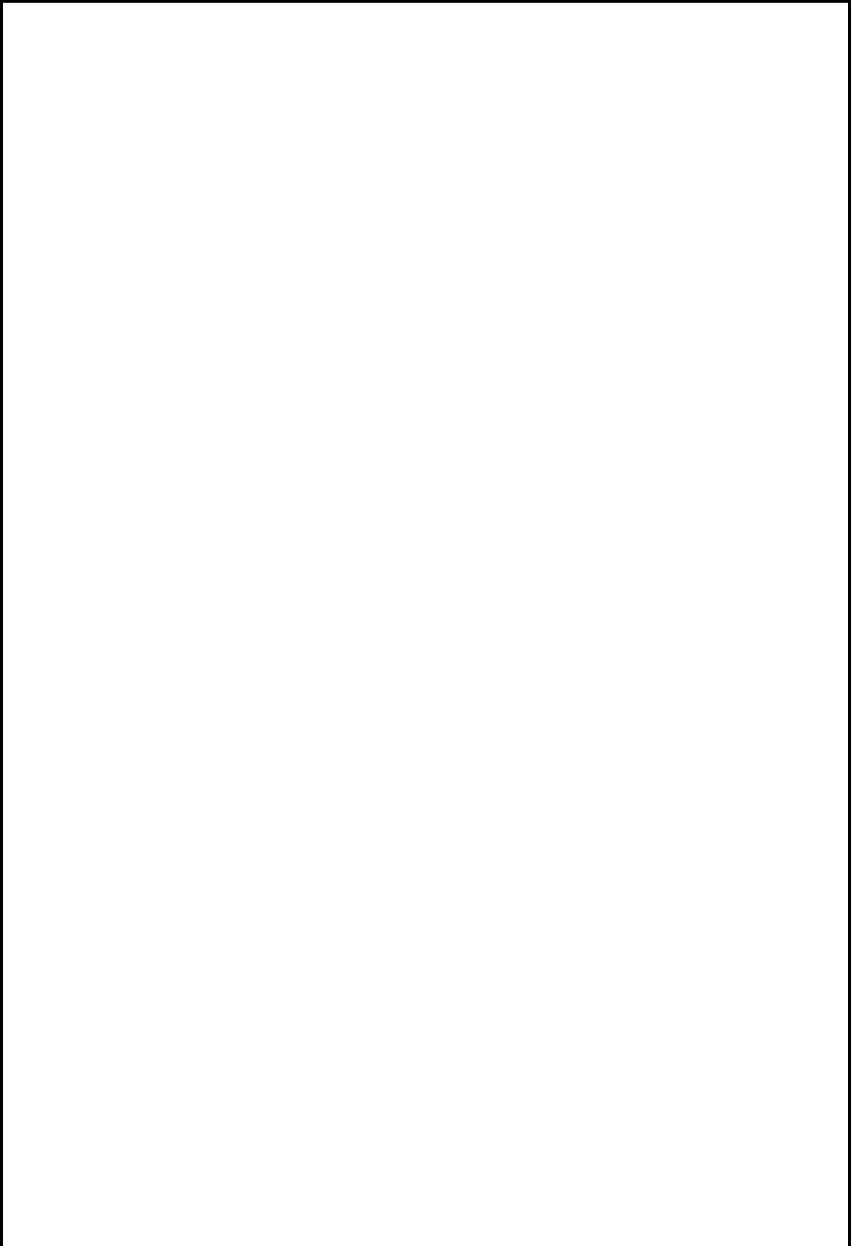
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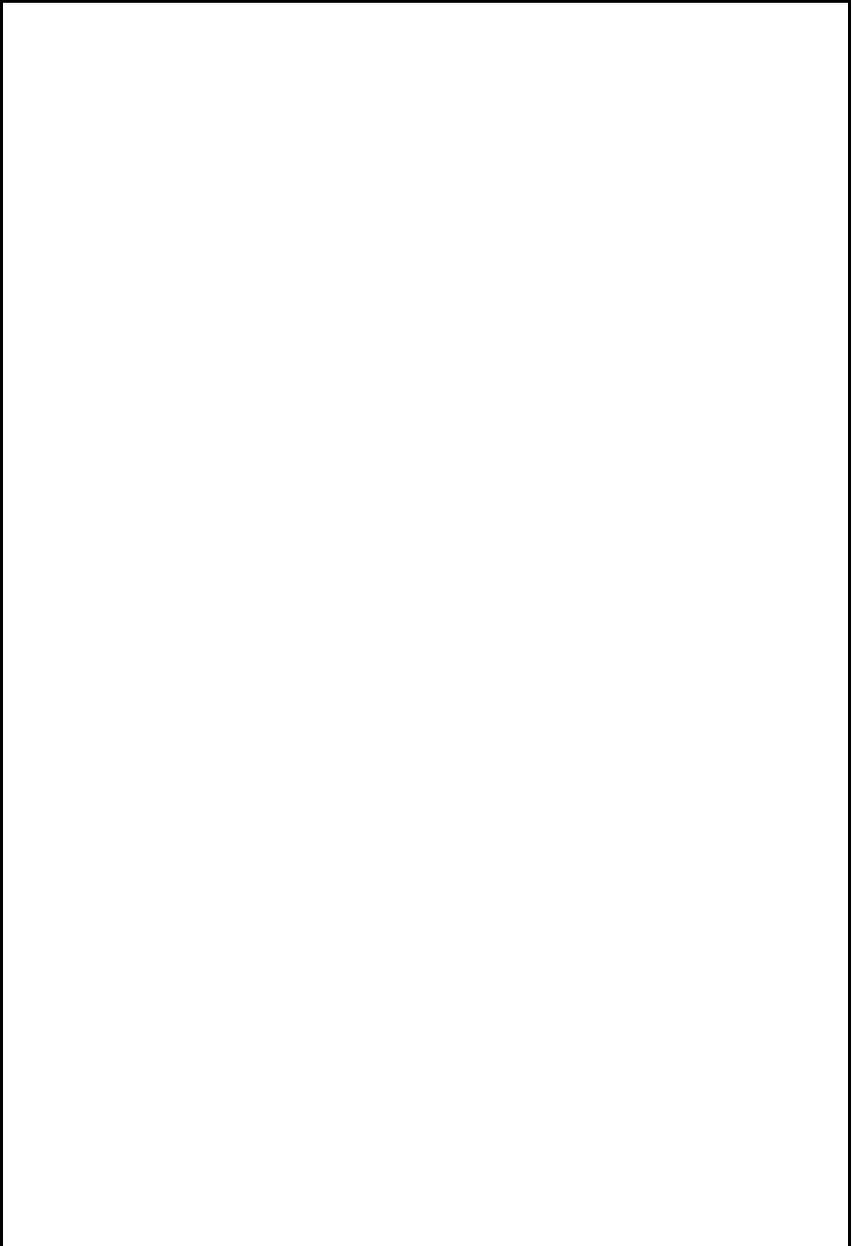
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