Hill Walking Skills Self Assessment

If you are attending a training event please fill in the skills table below and return it with your booking form. This will help us to tailor the course to suit your needs.

Mark the boxes with an X

Score: 1 = no skills, 2 = have heard of it before, 3 = some experience of using skills, 4 = happy with skills to terrain 1 level

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No | Skill Element | 1 | 2 | 3 | 4 |
| 1 | 6 figure Grid Reference |  |  |  |  |
| 2 | Map Scales |  |  |  |  |
| 3 | Contour Lines  |  |  |  |  |
| 4 | Map Features |  |  |  |  |
| 5 | Setting the map  |  |  |  |  |
| 6 | Measure distance |  |  |  |  |
| 7 | Timing |  |  |  |  |
| 8 | Simple use of the Compass |  |  |  |  |
| 9 | Bearings |  |  |  |  |
| 10 | Relocation |  |  |  |  |
| 11 | Personal Equipment |  |  |  |  |
| 12 | Group Equipment |  |  |  |  |
| 13 | Route Planning |  |  |  |  |
| 14 | Weather Forecasting |  |  |  |  |
| 15 | Risk Assessment |  |  |  |  |
| 16 | Group Management |  |  |  |  |
| 17 | Hazards |  |  |  |  |
| 18 | New Technology |  |  |  |  |
| 19 | Flora and Fauna |  |  |  |  |
| 20 | Scout rules and regulations  |  |  |  |  |

Briefly assess your local knowledge of the following areas

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 21 | North Yorkshire Moors |  |  |  |  |
| 22 | Yorkshire Dales |  |  |  |  |
| 23 | Lake District |  |  |  |  |
| 24 | Peak District |  |  |  |  |
| 25 | Other UK (eg North and South Wales, Scotland, Cheviots) |  |  |  |  |

Please include below any other information you feel will help our instructors understand your level of experience (continue on a second sheet if required).