



International Trek Leader Training

(see course learning outcomes for full details of all the completed subjects below)



Student: @Student
 Course Start Date: @StartDate
 Skill sheet/certification number: @SkillSheetNum

Training Director: @TrainingProvider
 Location: @Location

Theory	Trainer initials	Theory	Trainer initials
Roles and responsibilities of a Trek Leader		Personal Equipment	
Leadership Skills		Group equipment	
Expedition Planning		Safety equipment	
Risk management		Emergency planning and Evacuation considerations	
Environmental consideration & impact		Managing incidents	
Weather considerations and resources		Customer care and welfare	
Group Management		Use of tea house/lodges/huts	
First aid considerations		Planning menus	
Altitude Considerations		Awareness of local laws and traditions	
Practical (walking)		Navigation (Theory/Practical)	
Walking techniques / use of walking poles		Understanding map scales & key	
Packing rucksacks and kit		Use of grid references	
Walking with Rucksacks		Orientation of maps and use of linear features	
Managing Speed and Pace		Identify terrain and route options from a map	
Movement on steep/loose terrain		Use a map and compass for bearings	
Simple rope systems as handlines for security		Calculate height gain and descent	
Crossing streams/water		Measure distance on a map and estimate distance on ground	
Casualty management		Pacing and timing techniques	
Practical (camp craft)		Recognise navigational errors and apply relocation techniques	
Use of tea house/lodges/huts (if used on course)		Use of GPS devices/apps	
Selecting suitable camp locations		Plan and implement journey legs and use of route cards	
Setting up tents /kitchens/ toilets		Plan appropriate routes and overnight stops	
Use of fires and stoves		Route choice	
Food preparation		Use of guidebooks	

The practical assessment of this award **MUST** include a minimum of 2 overnight stays in different locations with at least one of those being a tented camp set up. In addition to this there should be a practical scenario included in the trek for each participant to manage.

Assessment Scenarios:

On completion of this course, participants are given individual feedback on their standards of competence relating to both the theory and practical elements of so they can safely pursue the next appropriate employment or learning opportunity on course completion.

Training Director feedback and comments:			
Signed Participant:		Signed Trainer:	
Print Participant:		Print Trainer:	
Date:		Date:	