



CURRICULUM for English Speakers

Übungsleiter
Mountain Hiking

Summer 2019

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A) Educational objective

Übungsleiter for Mountain Hiking are experienced mountain hikers who have the skills to guide groups responsibly on alpine paths and trails that they have chosen themselves. They are aware of the risks involved in mountain travel and able to help efficiently in case of emergency. Moreover, they can communicate basic skills for organizing and going on agreeable mountain hikes while being aware of the risks involved. The training for *Übungsleiter* for Mountain Hiking primarily focuses on guiding and leadership skills.

Course volume: ca. **56 units** in 5 days.

B) Requirements

- Experience in planning hiking tours and in mountain hiking.
Documentation of hiking tours: Indicate 6 mountain hikes (red or black trails) of at least 6 hours walking or an ascent of at least 900 meters in altitude difference which you have completed during the last two years (without a guide or other help). Please name your partner and give the date (mm-yy) in brackets.
- Sure-footedness and freedom from dizziness on pathless, sometimes even rough and exposed terrain.
- Endurance and fitness: Ascents of more than 1000 meters in altitude change in a maximum of 3 hours (total time) without signs of fatigue.
- Minimum age: 16 years.

C) 3 stages in the acquisition of competences

The letters (U), (A) and (T) indicate the extent to which the participants need to acquire the course content. The three stages – represented by the three letters - are defined as:

(U) „Understanding“:

- Comprehending and grasping meaning
- Having knowledge about

Prerequisite for this stage is „knowing“:

knowing → understanding

(A) „Applying“:

- Interpreting facts, recalling relevant knowledge and transferring it to other situations
- Using acquired tools e. g. being able to work with decision-making strategies.

Prerequisite for this stage is „understanding“:

understanding → applying

(T) „Teaching“:

- Being able to communicate acquired knowledge according to its meaning

- Being able to teach competences during guided section tours and to instruct at training events.

Prerequisite for this stage is „Understanding“ and „Applying“:

understanding/applying → teaching

The stage of competence to be reached (U, A or T) is indicated in the following pages. The method of teaching depends on the contents and will be one of the following: small groups, hands-on exercises, presentations, lectures and demonstration lessons resp. peer teaching.

D) Teaching objectives & methods

1. TOUR PLANNING[5 units]

Participants ...

- ✓ can choose and plan a tour suitable for the conditions and the group, using the weather forecast, the topographic map, the coordinate scale and information from the internet and guide books (A)
- ✓ know how to use the resources of alpenvereinaktiv.com for planning mountain hikes (A)
- ✓ are able to write a complete and clear description for a section tour and can chair and facilitate a planning meeting. (A)

Methods:

- [Indoors/group]
 - Groups of 2 participants plan a specific tour using map, coordinate scale and the form „Tourenplanung-Formular Bergwandern“
 - Plan a specific tour using the „Tourenplaner“ of alpenvereinaktiv.com (if a computer and WiFi are available).

2. INDIVIDUAL & GROUP

Participants ...

- ✓ know about the advantages of small and the disadvantages of large hiking groups; they know the recommendation by the ÖAV for the maximum group size of mountain hiking groups (8 +1) (A)
- ✓ can communicate decisions and leadership measures clear and in no uncertain terms (T)
- ✓ knows about the influence of psychological processes and group dynamics on the readiness to take risks, on decisions and behavior. (U)

Methods:

- [Indoors/plenum]
 - Give information and discuss topic in a plenary session
- [Outdoors/group]
 - Have participants take the lead in turn.

3. EQUIPMENT

Participants ...

- ✓ can draw up an equipment list for mountain hiking and know the most important quality characteristics of the respective items (T)
- ✓ know the emergency equipment as recommended by the ÖAV (T)

Method:

- [Indoors/plenum]
 - Discuss the concrete equipment list (sitting circle, „equipment bazaar“)

4. ORIENTATION & NAVIGATION [4 units]

4.1. Map

Participants ...

- ✓ know the essential characteristics of a topographic map and the corresponding fundamental terms such e.g. declination, relief, key or scale. (U)
- ✓ can orient a topographic map (T)
- ✓ know the most important symbols of a topographic map (U)
- ✓ can determine their position in the terrain accurately enough (using an altimeter) (A)
- ✓ can pinpoint points, lines and surfaces from the map in the terrain and vice versa as well as differentiate between different shapes of terrain (A)
- ✓ can infer accessibility, walkability, steepness, exposition and shape of terrain which is concealed from view (T)
- ✓ can determine UTM coordinates on the map and also transfer them to the map (A)
- ✓ are familiar with the online maps and the gradient layer in [alpenvereinaktiv.com](https://www.alpenvereinaktiv.com). (U)

Methods:

- [Indoors/group]
 - Teach basic map skills in groups („table of maps“)
 - Explain and practise how to determine and transfer UTM coordinates
 - Plan a specific tour using the map and the coordinate scale (Planzeiger)
- [Outdoors/group]
 - Various orientation tasks on terrain

4.2. Altimeter

Participants ...

- ✓ can calibrate their altimeters/wristwatch altimeters (T)
- ✓ use points of reference in order to minimize errors when determining elevation by barometer (T)
- ✓ know the difference between barometric and geometric elevation determination (U)
- ✓ know the connection between air pressure and elevation and can interpret it. (A)

Do not teach:

- × Orienteering compass
- × GPS

Methods:

- [Indoors/group]
 - Give information during tour planning
- [Outdoors/group]
 - Calibrate the altimeter at the start (equipment check)
 - Use the altimeter for determining the current position.

4.3. Smartphone

Participants ...

- ✓ can use the app „alpenvereinaktiv“ for orientation and navigation (A)
- ✓ can download tours and map segments for offline use (A)
- ✓ know how to set their smartphones to energy saving mode (A)

Methods:

- [Indoors/group]
 - Introduce app functions (menu)
 - Download map segments
- [Outdoors/group]
 - Use the app [alpenvereinaktiv.com](https://www.alpenvereinaktiv.com) for determining the current position during hiking.

5. WEATHER [2 units]

Participants ...

- ✓ know sources for reliable (mountain) weather forecasts in Austria (T)
- ✓ can read, understand and apply a weather forecast for the respective tour (A)
- ✓ know the „Alpenverein-Wetterdienst“ (Alpenverein weather service) on [alpenvereinaktiv.com](https://www.alpenvereinaktiv.com) (A)
- ✓ know about the utmost importance of visibility during mountain hiking tours. (A)

Do not teach:

- ✗ Physical/geodynamic processes

Methods:

- [Indoors/group]
 - Get and compare weather reports from different sources
- [Indoors/plenum]
 - Lecture „Weather“ (ppt)
- [Outdoors/group]
 - Compare weather forecast and development of actual weather.

6. LEADING [24 units]

6.1. Welcoming address and equipment check

Participants ...

- ✓ can communicate current information regarding conditions, weather, destination etc. clearly and briefly, proving their prudence and inspiring confidence (A)
- ✓ can check for important equipment in a structured manner and thus find and remedy possible deficiencies. (T)

Method:

- [Outdoors/group]
 - Have participant deliver welcome address and equipment check. Give immediate feedback. Have other participants repeat.

6.2. Walking technique on the hiking path

Participants ...

- ✓ can give advice for walking economically on hiking paths. (T)
- ✓ can teach hiking techniques for short, steep passages, ladders and passages with fixed ropes or wires (T)

Do not teach:

- ✗ Via ferrata and corresponding belays
- ✗ Improvised belay techniques with cords, slings etc.

Method:

- [Outdoors/group]
 - Demonstrate and explain on suitable terrain. Have participants follow the example in small groups of 2 or 3. Repeat.

6.3. Walking technique on pathless terrain

Participants ...

- ✓ are familiar with systematic series of exercises to improve walking techniques on pathless terrain (scree, grassy ridges, boulders) (T)
- ✓ can give tips for improving walking on pathless terrain (T)

Method:

- [Outdoors/group]
 - Shows and explain on suitable terrain. Have participants follow the example. Repeat. Participant steps into trainer's role.

6.4. Walking speed

Participants ...

- ✓ know about the importance of a walking speed appropriate for the group when leading hiking tours for the ÖAV, in order to promote a positive hiking experience (A)

- ✓ can switch from their „private“ hiking speed to a generally slow pace suitable for leading groups on tours. (A)
- ✓ make breaks in good time, taking the terrain into account. (A)

Method:

- [Outdoors/group]
 - Show and explain on suitable terrain. Have participants follow the example. Repeat. Participant steps into trainer’s role.

6.5. Use of hiking poles

Participants ...

- ✓ know the advantages and disadvantages resp. dangers of the use of poles (U)
- ✓ know about the meaningful use of poles and can adjust them to body height. (A)
- ✓ are aware of the danger of tripping when using instable hiking poles. (U)

Method:

- [Outdoors/group]
 - Mention and explain during a tour. Point out the danger of instable hiking poles in suitable terrain for illustration.

7. FIRST AID [8 units]

7.1. Rescue from the danger zone

Participants ...

- ✓ know the most important methods of rescue of injured people from the danger zone and can teach them. (T)
- ✓ are familiar with the use of bivy bag and rescue blanket. (A)

Method:

- [Outdoors/group]
 - Explain and show (trainer and/or doctor). Have participants follow the example and practice. If possible have video analysis and discussion as a follow-up.

7.2. First aid

Participants ...

- ✓ have basic knowledge of first aid and can provide first aid to an injured person (A)
- ✓ can stop wounds from bleeding (A)
- ✓ know about the necessity of the correct recovery position and Schockbekämpfung after an accident (A)

Method:

- [Outdoors/group]
 - Explain and show (trainer and/or doctor). Have participants follow the example and practice. If possible have video analysis and discussion as a follow-up.
- [Indoors/plenum]
 - First aid basics, emergency algorithm, common accident patterns and their identification.

7.3. Calling help

Participants ...

- ✓ know the international emergency number **112** and the emergency number of the Austrian Mountain Rescue **140** (U)
- ✓ are familiar with the **Emergency App** of the Austrian Mountain Rescue resp. the emergency function of **alpenvereinaktiv** (U)

Method:

- [Outdoors/group]
 - Explain. Check mobile reception during hiking breaks and discuss rescue scenarios in case of an accident.

8. ALPINE DANGERS [4 units]

8.1. Falling rocks

Participants ...

- ✓ recognize path sections prone to falling rocks and can draw group members' attention to it and react appropriately. (T)

Method:

- [Outdoors/group]
Discuss specific examples while hiking.

8.2. Weather

Participants ...

- ✓ know about the need for stable weather conditions for mountain hiking tours and can obtain the necessary information. (T)
- ✓ are in a position to recognize changes in the weather, especially developing thunderstorms, while hiking and react promptly if need be. (A)

Do not teach:

- × Physical/geodynamic processes

Method:

- [Outdoors/group]
- Compare weather forecast and actual development of the weather.

8.3. Patches of old snow

Participants ...

- ✓ know about the danger of old snow patches and know when they can be crossed and when it is too risky (gradient, time of day, run out) (U)
- ✓ can avoid dangerous situation beforehand with the help of savvy tour planning. (A)
- ✓ know how to react when slipping on an old snow patch and can teach this to the group members using systematic series of drills. (T)

Method:

- [Outdoors/group]
- Show and explain on suitable terrain. Have participants follow the example. Repeat.

8.4. Mother cows

Participants ...

- ✓ know about the sensitive reaction of mother cows with calves. (U)
- ✓ can avoid dangerous situations by guiding in a foresightful manner (A)

Method:

- [Outdoors/group]
- Give explanations and tips while hiking.

9. LAW & INSURANCE [2 units]

Participants...

- ✓ know the free of charge „Notfall-Hotline“ (emergency hotline) of the Alpenverein and the services and support it offers and they know when and how to use it. (U)
- ✓ understand that they are only responsible under criminal and/or civil law if negligent behavior on their part can be proven. (U)
- ✓ know that all Alpenverein tour guides resp. all officials are insured against third-party risk and have legal protection insurance. Consequently they will not suffer any financial damage even if negligence should be proved. (A)
- ✓ know the insurance benefits offered by the Alpenverein relevant to their situation and know where to find detailed information (U)
- ✓ understands the role and duty of the authorities to record and present the facts after a mountaineering accident (U)
- ✓ know how to deal with the authorities and are familiar with the recommendation of the Alpenverein to refrain from police interrogation immediately after the accident. (T)
- ✓ understand the legal terms „Fahrlässigkeit“ (negligence), „Kausalität“ (causation), „Maßfigur“ (standard conscientious tour leader), „Einlassungsfahrlässigkeit“ (reckless endorsement), „Auswahlverschulden“ (culpa in eligendo – fault through a poor choice of one’s vicarious agent) und „Verkehrsnorm“ (common standard of generally accepted behaviour). Participants are aware of the main differences between criminal and civil law. (U)

Do not teach:

- ✗ In-depth knowledge about all the insurance benefits of the Alpenverein
- ✗ Detailed legal knowledge.

Methods:

- [Indoors/plenum]
 - Option 1: Present „Rechts- und Haftungsfragen“ (Questions of law and liability) (ppt) followed by discussion.
 - Option 2: Have an FAQ session or work through case study with group.

10. ECOLOGY [4 units]

Participants...

- ✓ learn about ecological processes in the alps (U)
- ✓ get to know about typical wildlife and plants while being on walking trails (U)
- ✓ are able to lead groups in ecological endangered terrain (A)

Method:

- [Outdoors/group]
 - Show and explain on suitable terrain.

11. DEMONSTRATION LESSONS [4 units]

On the last day of the course, participants give demonstration lessons either at differently themed stations or during a demonstration mountain hike, revising and practicing essential leadership qualities. Participants receive feedback on their performance promptly.

The topics listed below are discussed during the demonstration lessons and revisions. There will be time for questions and discussions should anything have remained unclear. Presentations in front of groups are practiced.

- Equipment
- Basics of map reading
- Correct tour planning
- UTM-coordinates
- Systematic series of exercises on pathless terrain
- Rescue from the danger zone / first aid / calling help

E) Evaluation of the participants

Successfully completing the training course „Übungsleiter Bergwandern“ qualifies the participants to guide and instruct. It is the responsible trainer who decides if a participant has passed or failed. The criteria for a pass respectively the key qualifications are communicated at the beginning of the course (resp. are available online.)

Key qualifications

During the entire period of the course, participants are observed and evaluated using the following key qualifications. (The order in which the key qualifications are listed below does not imply order of importance.):

- **(Q 1) Fitness & sports motor skills:** The participant possesses the necessary physical (endurance, strength, technique) and psychological (courage, prudence) characteristics and skills necessary for successfully practising the sport. Regarding endurance/fitness, a mountain hike of 6 hours total hiking time or 1000 meters altitude difference is expected to be well within the limits of the participant's performance capacity.
- **(Q 2) Expertise:** The participant is sufficiently competent in order to guide a group on moderately difficult (red) hiking trails. They can plan, organize and lead mountain hikes using maps and guide books. They have first aid skills respectively can deal with emergencies in a competent and solution-oriented manner.
- **(Q 3) Risk management & self assessment:** The participant possesses pronounced risk awareness and displays generally prudent behaviour. They have realistic self assessment and one can trust that they will only take responsibility for those guided tours and courses for the Alpenverein that they can definitely cope with.
- **(Q 4) Willingness to learn & learning progress:** The participant is curious and very eager to improve their know-how and to share their personal experience. They can quickly and successfully put demonstrations, explanations, directions and corrections into practice and integrate them into their behavioural repertoire.
- **(Q 5) Social skills:** The participant is sufficiently emphatic and thoughtful, able to communicate with others and is appreciative towards them, has leadership qualities and is a team player. These skills are to be evaluated taking into account the specific educational objective.

pass/fail

Participants of the course „ÜL-Bergwandern“ have passed if the responsible trainer gets a „positive“ impression in all 5 key qualifications. A „fail“ – if the deficit in one key qualification is too pronounced – results in retaking the entire course. „Pass/fail“ is communicated on the last evening of the course, possibly on the last day of the course.

F) Time Table

	Day 1	Day 2	Day 3	Day 4	Day 5
7:00	Arrival				
8:00					
9:00					
10:00	Check in & move into accommodation Course opening	First Aid	Leadership Skills Orienteering Walking Technique	Leadership Skills Orienteering Old Snow Patches	Demonstration Lessons
11:00					
12:00	Equipment check Methodological basics Leadership skills				
13:00					
14:00					
15:00	Break	Break	Break	Break	Departure
16:00					
17:00	Equipment	First Aid	Orienteering Weather	Law & Insurance	
18:00	Dinner	Dinner	Dinner	Dinner	
19:00					
20:00	Tour Planning	Tour Planning	Tour Planning	Pass/Fail	
21:00					
22:00					

