

# Mountain Leader Training

## Remote Supervision



# Remote Supervision Why?

- Progression to independence
- Group lacking experience
- Unaccompanied journeys
- Who's in charge?
- Responsibility
- Best practise
- How
- Summary

# Progression to independence

Progressive handover of responsibility to participants!

## *Phase 1*

Leader trains and coaches group in key technical skills

## *Phase 2*

The group undertake a mountain journey where they take primary responsibility for planning and supervision, the leader is present

## *Phase 3*

The group plan mountain journeys to be undertaken without leader, however, a contact and communication plan is in place

DofE scheme is heavily dependent on remote supervision of groups taking part.

# Group lacks experience

Active supervision required!

Lapses in hands on supervision are regularly a primary or contributory cause of serious incidents, focussed supervision can be highly productive.

Monitoring performance and well-being of each individual engaged in the activity is essential.

We can only modify the intensity and difficulty of an activity to match what an individual young person requires.

Beginners can be anxious individuals and may need close supervision, shoulder to shoulder supervision.

# Unaccompanied Journeys

An imaginative leader will consciously flex the level of supervision and control that exists.

There is an added intensity to the experience when the leader hands over real responsibility.

Lessons of self reliance and self confidence come thick and fast in such situations.

In organised adventure activities control, moral and overall responsibility will remain with the leader.

When remote supervision takes place, the responsible leader is not travelling with the group but giving supervision at a distance.

# Who's in Charge?

When any group has multiple leaders it is undesirable for there to be any ambiguity about who's in charge!

Joint leadership can get in to difficulty because each leader assumes the other will make the difficult decision. The result, is necessary action is not taken...

Consider the roles of:

- Adult assistants
- Assistant leader
- Leader

# Responsibility

Effective remote supervision will usually depend upon:

A competent and experienced leader familiar with the terrain.

An appropriate group number, well trained and equipped.

A suitable and well practised emergency action plan.

A carefully chosen route to reflect abilities in the group and expected conditions.

A firm understanding between supervisor and group of the level of supervision that will be in place.

Arrangements for monitoring for example, by phone, text message, written messages or direct rendezvous.

Solid risk assessment in place.

# Best Practise

## *Safety Management...*

Any organisation that allows unaccompanied ventures to take place will know that things can and will go wrong. A relative beginner cannot be expected to have the judgemental or navigational skills of an old hand, so mistakes will inevitably happen.

Unaccompanied journeys are one of the highest expressions of adventure education but, needs special focus and management.

Working to “Adventure Activities Licensing Service” safety management guidelines encourages best practice.

# How!

Shadow

Mountain bike

4 x 4 vehicle

Rendezvous

Surprise

Binoculars

GPS tracking system

Radio handset

Phone or text

Messages post box

Or an unmanned spy plane.....!



Who will look for you if you don't come back...!

# Summary

Pattern recognition is a key skill developed through experience

Commonly occurring patterns include;

Trying to please other people

- :- Being blinded by the prize

- :- Failing to see the whole picture

- :- Perceived time pressure

Leaders often feel they are invulnerable – they are not...

Leaders be aware of the positive and negatives effects of their judgement.

Accidents happen when weaknesses in our defences line-up.

Self-made traps are made from our own distorted perceptions.

Immediate supervision has a strong effect on safety.