



Mountain Training Conference Tollymore November 28&29 2013

A Foundation for Long Term Participation: - Personal Skills – Jane Carney, Mountaineering Ireland Training Officer

- The start point in engagement with long term participation can differ for different individuals – it can be at nearly any age
- Club approaches – need for parental support and involvement for young people. Also need to recognise the need for independence **and** support for teenagers
- Importance of encouraging children's interest in the hills and in climbing – need to identify these interests and use them as a vehicle to encourage them to pursue activities such as hill walking and climbing
- NICA system
- Mountaineering Ireland Get Ireland Walking Programme – a new award aimed at those taking their first steps in leading groups in lowland, low risk terrain in Summer conditions. Ideal for school groups, scouts, guide etc. – increased awareness of this programme needed within these target groups
- Getting hill walking and climbing activities included in the Outdoor Education system – lays the foundations at an early age and increased the chances of children remaining involved in these activities or returning to them at a later stage in life
- Basic navigational skills could be taught in the classroom at primary school age – this in turn fosters independence.
- More climbing walls in schools
- Fear people have – impact of this lifelong 'hero' impact
- The effect of media reporting can't be underestimated – more positive messages are needed



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- A progressive pathway for skills development in hill walking and climbing from a young age is needed. This already exists in other sports such as ball sports and needs to be mirrored in hill walking and climbing areas.
- Does the term 'adventure' exclude in some circumstances or it is very attractive? – emphasis on risk-managed adventure, particularly for younger age groups
- Importance of allowing young people the freedom to have their own fun, adventure