**MAC 2017 – Frequently asked questions**

**How far is the route?**

This varies from year to year depending on the location.

2014 Silver Saturday, Approx 18km with 930m of ascent

2014 Silver Sunday, Approx 11km with 880m of ascent

2014 Gold Saturday, Approx 20km with 1100m of ascent

2014 Gold Sunday, Approx 16km with 1100m of ascent

**How many leaders will be supervising the event?**

Approximately 10.

**Are the leaders suitably experienced?**

Yes. The vast majority hold the relevant Scout Association activity permit for hillwalking. In addition at least 5 hold the Mountain Leader Training Board “Summer Mountain Leader “ Qualification.

**What Safety measures are in place?**

Safety measures include

A Kit check prior to departure is carried out.

There are checkpoints (about 5) along the route so that the progress of the teams can be monitored.

There are Leader sweep teams that walk the route after the slowest/last teams.

The checkpoints and sweep teams have radios in addition to mobile phones.

Teams are instructed to walk off the hill to a pick up point if they are struggling too much or are too late.

**What Kit is needed?**

There is a kit list emailed out with the joining instructions. However if any of it is unfamiliar to you then seek advice as to your suitability to take part. Deciding what to carry, while being safe, is part of the event. “Fine tuning” advice will be available on the Friday night of the event.

**My child has additional behavioural or medical needs, can they take part?**

This would be addressed on an individual basis. Consult their unit leader in the first instance who will liaise with the organisers.

**We are unsure which class to enter, can we change once we have entered?**

Yes.

**Is this a mountain marathon like the OMM?**

No. The route is on paths and we ensure participants take appropriate kit. Walking boots must be worn. Many participants do go on to enjoy mountain marathons when they have more experience.

**Whats the difference between this the MAC and DofE?**

Generally speaking the MAC is physically tougher because there is height to be gained, but there is more supervision because we have manned checkpoints and sweep teams. The MAC is not intended to be the same as Dof E

**Can we leave a base tent at the Friday night camp?**

Yes, but it and its contents are at your own risk as there is nobody there on Saturday night.

**Is any support or advice given by the staff.**

Competent teams are not given any support or advice, however less experienced teams are given support and advice as judged appropriate by the checkpoint staff and sweep teams.