

Active Outdoor Pursuits

4 month Instructor Training Course

This course has been designed to give people looking to make a quick breakthrough into a career in the outdoors a reality. No other course can offer students such a wide range of activities and possible outcomes in such a spectacular area.

The course is based at Craigower Lodge Outdoor Centre in the Scottish Highlands, set in the magnificent Cairngorms National Park. From here we have quick and easy access to some of Scotland's finest mountains & rivers as well as the Cairngorm ski area. Surely this has to be the perfect place to learn and develop your outdoor skills! In addition to this you will spend 2 weeks climbing in Spain and 2 weeks skiing in the USA.

Our team of highly experienced instructor's look forward to inspiring and guiding you on your outdoor journey.

The aim of this 4 month course is to introduce you to a comprehensive range of adventure activities and develop your skills to a standard where you will gain a variety of National Governing Body (NGB) Awards. We are aware of how challenging and time consuming this process can be for people, this course aims to reduce these barriers and leave you as an employable person in the outdoor industry, if this is not your goal, the course will equip you with a range of skills that will give you the confidence to venture into wild & remote places.

The course is aimed at people of all ages from 18 years and over, who have a keen interest in the outdoors or have some experience or basic award's in one or more activities on offer. You will be a highly motivated and reasonably fit person prepared for the challenges this intensive course will present to you. This might be your first job since leaving school or college or it could be the first step in a radical change in career or lifestyle, regardless, this will be a fantastic opportunity which we know will have significant impact upon your life.

Activities and possible outcomes of Active Instructor Training Course	
Activities	Possible National Governing Body Award outcomes
Hill Walking	Summer Mountain Leader (SML) Training or Assessment*
Rock Climbing	Single Pitch Award (SPA) Training or Assessment*
Skiing	Snowsports Awards Levels 1-7
Snowboarding	Snowsports Awards Levels 1-7 (this activity will depend on group size)
Canoeing	British Canoe Union (BCU) Star test 1-3 + UKCC Level 1
Kayaking	British Canoe Union (BCU) Star test 1-3 + UKCC Level 1
White Water Rafting	Scottish Rafting Association (SRA) Level 1 Guide Award
Mountain Biking	Scottish Mountain Bike Leader Award (SMBLA) Trail Cycle Leader (TCL) Training
First Aid	Outdoor First Aid Award
* Assessments may be available to those who have previously completed the appropriate NGB training courses	

What's included?

- 5 Days coaching per week (average)
- All training & assessment fees
- Self Catering accommodation
- Use of transport during training
- Use of centre equipment (In accordance with centre Health & Safety Policy)
- 2 weeks ski / snowboard training in the USA inc. lift pass
- 2 weeks rock climbing in Spain
- Opportunities to assist coaches at work
- Opportunity to purchase brand name clothing and equipment at cost.
- VAT @ 17.5%

What's not included?

- Food
- NGB memberships & certificates
- Flights & transfers
- Insurance

Course dates

The course will be of 18 weeks duration
Commencing Tuesday Nov 16th 2010 to Thu 31st March 2011
There is a break for Christmas and New Year

Course fee 2009/10 £6,900.00

Our aim is to facilitate a course which will allow you the following opportunities.

- To gain experience and National Governing Body Awards.
- To develop leadership and coaching skills.
- To gain employment as an outdoor instructor.
- To learn technical skills and judgment to be self reliant in wild country.
- To gain an understanding of group dynamics
- To improve your confidence and motivation.
- To mentor and guide you on your future career path
- To raise awareness of environmental issues
- A possible gateway to active's Outdoor apprenticeship
- To give you a truly memorable experience!

Course outline

The Course is based at Craigower Lodge Outdoor Centre in Newtonmore. This is 12 miles from Aviemore and within the magnificent Cairngorms National Park. Craigower is a busy residential centre owned and operated by Active Outdoor Pursuits. Course members will have their own shared rooms within the centre as well as their own lounge and kitchen within the Staff accommodation wing.

Most of your training will take place within the National Park, but we will make forays to the west coast or to the far north. Within 30 minutes of Craigower Lodge you can access around 50 Munro's, three of which you can walk to from the doorstep. We have some of Scotland's finest rivers for canoeing and white water rafting including the Rivers Spey & Findhorn, we are 30 minutes from Cairngorm mountain Ski area and 45 from Nevis Range. We are 10 minutes from Lagan Wolfrax downhill bike centre and are surrounded by hundreds of miles of superb mountain biking trails. The 2 week climbing module will be located in Spain's Costa Blanca region which is renowned for it's abundance of great climbs and walks. Our ski training or snowboard training (group size dependant) will be in the American Rockies. Previous training courses have been to Colorado and Utah, next year's venue has still to be confirmed.

In addition to the practical coaching you receive, you will have your own coaching mentor. You will have opportunities to discuss your progress, identify your strengths and areas which need further development as well as offer you career advice for the outdoor industry. We feel privileged to live and work in such an amazing place, we want to share it with you, take you to places of breathtaking beauty and splendour. We will share great adventures, which you will cherish for life. This is your opportunity to train at a world class venue.

Our Environment

Outdoor activities can have a serious impact on the landscape, flora and fauna. An important aspect of this course is to raise people's awareness of the impact we have and how this can be kept to a minimum. We are acutely aware that many people make a living from the countryside. At Active we take a pro-active approach to ensuring best practice is adhered to, we work in accordance with the Scottish Outdoor Access Code. It is also a priority to ensure good working relationships with land users and land owners are established and maintained.

Clothing & Equipment

All technical equipment can be provided with the exception of clothing and footwear and some personal expedition equipment. You will need good quality clothing such as goretex jacket and trousers, quality walking boots, see the full equipment list. We will be glad to advise on equipment and you will have the opportunity to purchase equipment from our outdoor equipment shop in Aviemore. Participants on the ITC course will be eligible for a discount of 15%.

Getting here

Newtonmore despite its remoteness is easily accessed by Air, Train and road links.

- Air – Daily flights to Inverness with www.easyjet.com and other airlines. From the airport take the bus into Inverness and then direct to Newtonmore by bus or train.
- Train – Trains direct to Newtonmore from London, Glasgow and Edinburgh.
- Bus – Direct bus links from across the UK to Newtonmore.

Week	Activity	Details of 18 week training programme
1	Introduction	The course will begin with a day of orientation and induction to the centre & staff.
	SRA 6 day raft guide course	The Scottish Rafting Association SRA raft guide training scheme is highly regarded and is an internationally recognised qualification. A great qualification to have if you have a notion to work throughout the world. At the end of this course you should hold the SRA level 1 raft guide award. With so many great rivers nearby you are assured to get the best possible training experience on this course. Some of the rivers we raft are the Spey, Findhorn, Tay, Tummel, Garry etc...
2&3	Rock Climbing Training in Spain	Monday: Were on our way to sunny Spain! We fly out to Alicante on Spain's Costa Blanca where there is an abundance of rock climbing at all grades. Spain offers warm and dry conditions which are important to develop your climbing skills quickly. We will be stay in comfortable self catering hostel type accommodation. You will be taught the skills required to attend the Single Pitch Award (SPA) training or assessment course which you will attend at the end of the course. This will include climbing technique, rope work, lead climbing, abseiling and group management.
2 weeks off		
4&5	Ski Training in the American Rockies	The perfect place to learn to ski, arguably the best snow in the world, great lift systems with a minimal amount of queuing means maximum learning time for you. We will be training and assessing you on an ongoing basis as we work through the UK Snowsports Awards. Previous candidates have achieved between levels 4 & 7 level 7 being the standard for entry on to the Alpine Ski Leader (ASL) course and the British Association of Ski Instructors (BASI) Level 1 course. Regardless of the standard you achieve on this trip you will have an amazing experience.
6	Mountain Skills training & First aid	<p>The mountain skills training week is the first of our training weeks preparing you for Summer Mountain Leader Award Training. The SML is a nationally recognised Hillwalking Leadership award allowing the holder to lead groups in the mountains across the UK. It is governed by the Scottish Mountain Leader Training Board. We feel this award is a cornerstone for other outdoor NGB awards, it demonstrates in a number of way's that this person is a "safe pair of hands" it has so many cross transferable leadership elements. Your mountain skills will be learned and fine tuned on our doorstep. The Monadhliath, Cairngorm, Drummochter and Ben Alder mountain ranges. What better training ground in the UK for this purpose?</p> <p>Topics for this week will be;</p> <ul style="list-style-type: none"> ○ First aid 2 day course ○ Map interpretation ○ Compass & Navigation ○ Timing & pacing ○ Route planning ○ Emergency procedures ○ Weather ○ Access and conservation ○ Quality Mountain Days (QMDs) <p>To attend this course you will need to register with the MLTS or the MLTUK</p>
7	Mountain Bike training TCL & John Muir Award	We switch our attention to Mountain biking and the Trail Cycle Leader Award TCL. The scheme offers awards at two levels, the Trail Cycle Leader and the Mountain Bike Leader. Our Focus will be the Trail Cycle Leader Award which consists of pre- course training around the national park trails followed by two days on the SMBLA training course. The one day assessment will follow later in the course, giving you time to consolidate your skills. We will also spend a day doing a John Muir Award facilitators course.

Week	Activity	Details of 18 week training programme
8&9	SML Training	<p>SML preparation will continue with an intensive 2 weeks of training while gaining quality mountain days to achieve the Mountain Leader Training pre-requisite of 20 QMDs. You will further consolidate the skills developed in week 6.</p> <ul style="list-style-type: none"> ○ Expedition planning ○ Group management ○ QMDs ○ Compass & Navigation ○ Timing & pacing ○ Route planning ○ Emergency procedures ○ Weather
10	Mountain Skills training	<p>The mountain training theme continues, While clocking up more Quality mountain days your skills and confidence will be growing rapidly.</p> <p>We will also look at the following areas;</p> <ul style="list-style-type: none"> ○ Security on steep ground ○ Night navigation ○ Dealing with water hazards ○ QMDs
11	Self guided walks & expedition	<p>This week you will put your newly developed skills to the test as you get the opportunity to undertake some self supported walks with the possibility of an overnight expedition.</p>
12	Kayaking	<p>The programme covers kayaking skills leading to the UKCC level 1 coach award. We will use both river and sea kayaks. The initial phase will include basic paddle strokes and manoeuvres as well as rescue skills. You will then progress onto the BCU star award scheme. This will be an ongoing phase of coaching and assessment to the point of gaining 2 Star and covering some 3 Star skills. Time will also be spent in a local swimming pool covering rescues and rolling technique.</p> <p>You will be trained in safety and rescue methods before going on to complete the BCU Foundation Safety and Rescue Training course (FSRT). This course covers a host of safety issues including self rescue and group rescue scenarios.</p> <p>As your skills develop you will progress onto rivers and the sea where you will develop some 4 star skills on trips to the coast and rivers Spey, Tay or Ness in this phase you will learn about trip planning and leadership.</p> <p>Once you have achieved the BCU's 2 star award in both kayak and canoe and passed the FSRT course, you will be ready to attend the new BCU/ UKCC level 1 coach award training course.</p> <p>You must first be registered with the BCU www.bcu.org there is a charge made by the BCU or SCA for this registration and for star award certificates.</p>

Week	Activity	Details of 18 week training programme
13	Canoeing	<p>Our canoeing programme again will lead to the UKCC level 1 coach award. We have a fine range of Canadian canoes for solo and doubles paddling. The initial phase will include basic paddle strokes and manoeuvres as well as rescue skills. You will then progress onto the BCU star award scheme. This will be an ongoing phase of coaching and assessment to the point of gaining 2 Star and covering some 3 Star skills.</p> <p>You will be trained in safety and rescue methods before going on to complete the BCU Foundation Safety and Rescue Training course (FSRT). This course covers a host of safety issues including self rescue and group rescue scenarios it is a generic course for both canoes and kayaks.</p> <p>As your skills develop you will plan some journeys on lochs and rivers. You will begin to develop some 4 star skills on these trips. In this phase you will learn about trip planning and leadership.</p> <p>Once you have achieved the BCU's 2 star award in both kayak and canoe and passed the FSRT course, you will be ready to attend the new BCU/ UKCC level 1 coach award training course.</p> <p>You must first be registered with the BCU www.bcu.org There is a registration charge made by the BCU or SCA for this award and for star award certificates.</p>
14	Expedition/s	<p>This week we will head off into the wilds. This is your big chance to really put into practice all the skills and knowledge you have gained so far. This will be a tangible mile stone of your achievements so far. Weather will play a part in deciding where we go and our mode of transport, but our first choice would be to canoe into a remote part of the west coast and spend a few days climbing mountains.</p>
15	Consolidation Week + TCL	<p>This week will give candidates the opportunity to focus on areas they feel require improvement or to catch up on days / routes for the purpose of ensuring you have the minimum requirements for training or assessment courses over the following weeks.</p>
16	BCU Level 1 & Canoe safety test	<p>This generic course is the first step on the paddle sport coaching pathway. You must have 2 star in 2 different craft to attend the course as well as have completed the FRST course.</p> <p>This course will introduce you to the fundamentals of good coaching practice and helps you to understand and coach technical and tactical aspects of your sport. As a level one coach you will be able to plan, deliver and review beginner canoe & kayak sessions as well as assist more experienced coaches.</p>
17	SML Training	<p>The ML course is a nationally recognised walking award allowing the holder to lead groups in the Scottish mountains and other mountains across the UK. It is governed by the Scottish Mountain Leader Training Board (SMLTB). To attend the ML training course you will need to register with the SMLTB or the MLTUK and have 20 quality mountain days logged.</p>
18	SPA Training	<p>The Single Pitch Award (SPA) is a nationally recognised climbing supervisor award offered by the Mountain Leader Training Scotland (MLTS) or MLTUK with whom you will need to register to attend the training course. The scheme offers climbers a way to gain a qualification to lead groups on single pitch rock climbs.</p>

This is an outline plan of the course, dates may alter due to factors such as weather, group training priorities etc...