

RCI – Rock Climbing Instructor

This award is all about supervising safe climbing and abseiling sessions on single pitch crags. Whether you're a parent, a volunteer or an outdoor centre instructor, the Rock Climbing Instructor (RCI) has been designed to maintain high standards of supervision so that people can enjoy safe sessions in this increasingly popular sport. Words taken from the Mountain Training (MT) website for the SPA scheme, which the RCI replaces as of April 2018.

The scheme consists of several stages:

Prerequisites:

- You must be at least 18 years old
- You should have at least 12 months of rock climbing experience
- You should have an interest in supervising novice climbing groups

Registration:

- Join the BMC, can be done when joining MT (costs around £30, cheaper on Direct Debit)
- Create an account on the MT Candidate Management System or log in if you already have one
- Register for the Rock Climbing Instructor scheme (costs tbc, currently £44 for SPA)

Training Course:

- You must be registered on the scheme
- You must have led a minimum of 15 indoor routes
- You must have led a minimum of 5 outdoor sport routes
- You must have led a minimum of 15 routes on single pitch crags using leader-placed protection

Syllabus:

RCI holders should be competent in the following key area, which will be covered during your training course, to a greater or lesser extent:

- Technical competence (including equipment, anchors, belaying, abseiling, personal climbing skills, background knowledge)
- The climbing environment (including access, conservation, etiquette)
- Supervision (including organisation, group management, supervising the session, supervising an assistant, personal safety and children and vulnerable persons)

Consolidation Period:

“The period between training and assessment varies in length for each person and is an opportunity to develop your skills, paying particular attention to any weaknesses identified during the training course. So go climbing and use your

enthusiasm to hone your skills for as long as you like.”

Assessment:

- You must have attended an RCI training course or been granted exemption
- You must have logged a minimum of 40 lead climbs, outdoors on leader-placed protection (50% of these must be at least Severe grade and on a variety of rock types)
- You must have led a minimum of 30 indoor routes at grade F4 or above
- You must have led a minimum of 10 outdoor sport routes
- You must be proficient in the use of climbing walls
- You must have assisted in the supervision of approximately 20 instructed sessions at a variety of locations, some outside and some inside (a session is a half day or evening)
- You must hold a current first aid certificate, minimum 16 hours and relevant to your work as a Single Pitch Award holder

ML – Mountain Leader

There are many walking awards out there, but the ML is the industry standard, the most robust and most recognised. It requires a large time commitment, solid navigation and group skills.

The Mountain Leader scheme is designed for people who want to lead groups in the mountains, hills and moorlands. If you love being out in the mountains and want to share your enthusiasm with others, become a Mountain Leader and you'll never look back (unless you're checking your group's still there!) Mountain Leaders operate the length and breadth of the country with all sorts of groups of people, the award is what you make it and there are countless opportunities for passionate Mountain Leaders.

Prerequisites:

- You must be at least 18 years old
- You should have at least a year's worth of experience of mountain walking
- You should have an interest in leading groups in the mountains

Registration:

- Join the BMC,
- Create an account on the MT Candidate Management System
- Register for the ML scheme

Training:

Before you book onto a Mountain Leader training course, make sure you have done the following:

- You must be registered on the scheme
- You must have recorded a minimum of 20 Quality Mountain Days (ideally on DLOG) which can have taken place at any point (pre- or post-registration)

Mountain Leader training lasts for 6 days.

Syllabus:

Mountain Leaders should be competent in the following key areas, all of which will be covered, to a greater or lesser extent, during your six day training course.

- Group management
- Navigation
- Access and the environment
- Hazards (including steep ground and rivers) and emergency procedures
- Equipment
- Expedition skills
- Weather
- Background knowledge

Consolidation:

The period between training and assessment varies in length for each person and is an opportunity to develop your skills, paying particular attention to any weaknesses identified during the training course. You can use the excuse 'I'm preparing for assessment' to have as many mountain adventures as you like, so get out there and explore this beautiful country of ours!

Assessment:

Before you book onto a Mountain Leader assessment, you must have done the following:

- You must have attended a Mountain Leader training course (or have been granted exemption)
- You must be familiar with the syllabus
- You must have logged a minimum of 40 Quality Mountain Days in three different regions of the UK and Ireland
- You must hold a current first aid certificate, minimum 16 hours and relevant to your work as a Mountain Leader
- You must have logged at least 8 nights camping, including at least 4 nights wild camping

The Mountain Leader assessment is 5 days long and includes a two night expedition.

2 Star Canoe and Kayak

Summary: The 2 Star Award is an improvement award, which supports the development of fundamental paddlesport skills on sheltered water.

It recognises a paddler's understanding of how the paddle, boat and water interact and their ability to control movement of both canoes and kayaks using fundamental skills.

Prerequisites:

- Paddling two different craft
- Paddling in two different locations
- Completing two journeys of approx. two hours duration

Course Content:

The training will cover the following skills followed by a one day assessment;

Personal Paddling Skills

- ✓ Lifting, carrying and launching
- ✓ Efficient forward paddling
- ✓ Steering
- ✓ Manoeuvring in a confined space
- ✓ Moving sideways
- ✓ Preventing a capsize
- ✓ Turning
- ✓ Returning to the bank and getting out
- ✓ Securing

Rescue Skills

- ✓ Capsize, swim and self-rescue
- ✓ Rescue a capsized paddler

Safety, Leadership & Group Skills

- ✓ Personal risk management
- ✓ Awareness of others
- ✓ An assessed accompanied sheltered water journey

Theory

- ✓ Equipment
- ✓ Safety
- ✓ Wellbeing, health and first aid
- ✓ Access
- ✓ Environment
- ✓ Planning

3 Star Sea Kayak

Summary: After completion of the 3 Star Sea Award paddlers can consider themselves as an able and improving sea paddler rather than a beginner. During assessment paddlers should be able to demonstrate personal competence when paddling in wind conditions of no more than Beaufort Force 3 or Sea State 3 as part of a led group.

Prerequisites:

- Provide evidence of at least three different journeys on the sea, of about three hours duration (eight nautical miles) each
- Maintain consistent British Canoeing 2 Star standard of performance in the appropriate craft before starting to work towards the British Canoeing 3 Star Sea Kayak Award. It is recommended that the candidate holds the British Canoeing 2 Star Award
- Have the ability to swim confidently in the sea environment, wearing normal paddling clothes

Course Content:

The training will cover the following skills followed by a one day assessment;

Personal Paddling Skills

- ✓ Lifting, carrying, launching and landing
- ✓ Efficient forward paddling
- ✓ Efficient reverse paddling and stopping
- ✓ Maintaining direction
- ✓ Changing direction
- ✓ Moving sideways, both static and on the move
- ✓ Supporting, both static and on the move
- ✓ Rolling
- ✓ Securing

Rescue Skills

- ✓ Deep-water rescue
- ✓ Contact tows and use of towline
- ✓ Eskimo rescue

Safety, Leadership & Group Skills

- ✓ Personal risk management
- ✓ Awareness of others
- ✓ Paddle as part of a led group

Theory

- ✓ Equipment
- ✓ Sea safety
- ✓ Weather
- ✓ Wellbeing, health and first aid
- ✓ Access
- ✓ Environment
- ✓ Planning, including:
 - Basic knowledge of tidal times, constants and effects of wind on simple tidal water e.g. wind against tide, offshore winds
 - Understanding of spring and neap tides
 - Basic understanding of the effect of topography on tidal flow and relevant hazards, e.g. boomers, shelving beaches, sand bars, etc.

- ✓ Group awareness
- ✓ General knowledge
- ✓ Navigation, including:
 - Basic recognition of main buoyage
 - Ability to identify position by using a grid reference and a latitude and longitude
 - Use a compass to paddle on a bearing
 - Ability to calculate distance and estimate paddling time

- ✓ Basic knowledge of collision regulations and sound signals

3 Star Surf Kayak

Summary: Successful performance at this level indicates the candidate's competence to surf in small friendly conditions across a range of beaches and varying tidal conditions, as part of a led group.

Prerequisites:

- Provide evidence of at least five surfing sessions in more than one location
- Maintain a consistent British Canoeing 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the British Canoeing 3 Star Surf Kayak Award. It is recommended that the candidate holds the British Canoeing 2 Star Award
- Have the ability to swim confidently in the surf environment, wearing normal paddling clothes

Course Content:

The training will cover the following skills followed by a one day assessment;

Personal Paddling Skills

- ✓ Lifting, carrying, launching and landing
- ✓ Control
- ✓ Paddle out
- ✓ Positioning and wave selection
- ✓ Take off
- ✓ Riding
- ✓ Turns
- ✓ Rudder and prys
- ✓ Supporting
- ✓ Rolling
- ✓ Securing

Rescue Skills

- ✓ Capsize and return to shore
- ✓ Stern carries and tows
- ✓ Capsize and recovery

Safety, Leadership & Group Skills

- ✓ Personal risk management
- ✓ Awareness of others
- ✓ Paddle as part of a led group

Theory

- ✓ Equipment
- ✓ Tides, weather and bathymetry
- ✓ Etiquette
- ✓ Safety
- ✓ Wellbeing, health and first aid
- ✓ Environmental awareness
- ✓ Planning and group awareness
- ✓ General knowledge

3 Star Canoe

Summary: After completion of the 3 Star Open Canoe Award paddlers can consider themselves to be an intermediate open canoe paddler rather than a beginner.

Paddlers should demonstrate personal competence in paddling open water in wind conditions of Beaufort Force 3 and on grade 1 moving water as part of a led group.

Prerequisites:

- Provide evidence of at least three different open canoe journeys, of about three hours duration (10Km) each; at least one of these needs to be in an open water environment, and one on a river trip
- Maintain a consistent British Canoeing 2 Star standard of performance in an open canoe is required for anyone starting to work towards the British Canoeing 3 Star Open Canoe Award. It is recommended that the candidate holds the British Canoeing 2 Star Award
- Have the ability to swim confidently in the open water and river environment, wearing normal paddling clothes

Course Content:

The training will cover the following skills followed by a one day assessment;

Personal Paddling Skills

- ✓ Lifting, carrying, launching and landing
- ✓ Efficient forward paddling
- ✓ Reverse paddling
- ✓ Turns whilst on the move
- ✓ Moving sideways, both static and on the move
- ✓ Supporting, both static and on the move
- ✓ Entering, crossing and exiting a simple flow
- ✓ Poling
- ✓ Sailing
- ✓ Securing
- ✓ Painter use (launching, shallows, securing to a jetty etc.)

Rescue Skills

- ✓ Capsize, swim and self-rescue
- ✓ Deep-water rescue
- ✓ Towing

Part C – Safety, Leadership & Group Skills

- ✓ Personal risk management
- ✓ Awareness of others
- ✓ Paddle a section of open water in wind conditions of Beaufort Force 3 as part of a led group

Part D – Theory

- ✓ Equipment (including paddle selection and injury prevention)
- ✓ Safety
- ✓ Weather
- ✓ Wellbeing, health and first aid
- ✓ Access
- ✓ Environment
- ✓ Planning
- ✓ Group awareness
- ✓ General knowledge
- ✓ Navigation
- ✓ Etiquette

3 Star White Water Kayak

Summary: After completion of the 3 Star White Water Award the paddler can consider themselves an intermediate white water paddler, as they can now paddle on moving waters. Paddlers will also have the knowledge and ability to help the smooth running of a trip while being led down a river with sections up to grade two.

Prerequisites:

- Provide evidence of at least 8-10 paddling sessions (minimum 40 hours) in varied locations where possible; this should include evidence of having paddled grade two water
- Maintain a consistent British Canoeing 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the British Canoeing 3 Star White Water Kayak Award. It is recommended that the candidate holds the British Canoeing 2 Star Award
- Have the ability to swim confidently in moving water, wearing normal paddling clothes

Course Content:

The training will cover the following skills followed by a one day assessment;

Personal Paddling Skills

- ✓ Lifting, carrying, launching and landing
- ✓ Efficient forward paddling
- ✓ Moving sideways on the move
- ✓ Supporting
- ✓ Rolling
- ✓ Breaking in and out
- ✓ Ferry gliding
- ✓ S-turns
- ✓ Maintaining direction
- ✓ Changing direction
- ✓ Reverse paddling and stopping
- ✓ Surfing

Rescue Skills

- ✓ Use of tape and karabiner
- ✓ Eskimo rescue
- ✓ Throwline rescue
- ✓ Capsize, swim and self-rescue
- ✓ Rescue a capsized, swimming paddler and their equipment

Safety, Leadership & Group Skills

- ✓ Personal risk management
- ✓ Awareness of others
- ✓ Paddle a section of grade 2 water as part of a led group

Theory

- ✓ Equipment
- ✓ Safety
- ✓ Weather
- ✓ Wellbeing, health and first aid
- ✓ Access
- ✓ Environment
- ✓ Planning
- ✓ Group awareness
- ✓ General knowledge
- ✓ Navigation
- ✓ Etiquette
- ✓ Personal paddling skills

Paddlesport Instructor

Summary: The Paddlesport Instructor is the first step on the paddlesport coaching pathway, and the entry point for most paddlesport coaches.

This qualification develops the foundation coaching skills that underpin coaching practice. Specifically, it introduces the fundamentals of safe, ethical and effective paddlesport coaching and is available as a bank-based or a boat-based qualification. The qualification is not discipline specific and is suitable for coaches who work with paddlers from any of the competitive and recreational paddlesport disciplines.

The course prepares coaches, for running taster sessions, coaching introductory core skills, coaching paddlers in a variety of craft and coaching in sheltered and very sheltered water conditions, normally with the support of a more qualified coach.

The course will help candidates develop the ability to plan, deliver and review short coaching sessions in a safe, effective manner. The course will cover 'how to coach' skills alongside technical understanding of 'what to coach', specifically relating to the skills that beginners need.

Prerequisites:

- Foundation Safety and Rescue
- 2 Star (or higher)
- Member of Home Nation association
- Home Nation Coach Registration (CR) Form

Foundation Safety and Rescue

Summary: The course will help you gain the tools to problem solve simple and common paddling scenarios in flat / sheltered water regardless of the craft. During the course you will learn skills which will ensure the safety of yourselves and others. You will learn the appropriate rescue skills which can be used to help yourselves and/or others in difficulty.

Prerequisites:

- Able to swim in normal clothing suitable for prevailing conditions
- Hold the 2 Star award or be at the equivalent ability

Coasteering Guide Training

Coasteering originated commercially here in Pembrokeshire, and we have the most diverse coastline for exploring, jumping off, climbing and getting washed around in the play spots. Believe it or not, there is no recognised Governing Body (like Mountain Training and British Canoeing) for this fast growing sport, and as such, no official qualification (despite some companies trying to sell them!)

What we consider to be the way forward, is to have the relevant personal skill set and group management knowledge alongside the first aid and rescue skill set – lets call this a “Base Level Competency” in Coasteering.

Then whatever company you work for, it is up to them to ensure you have a high level of local knowledge (alongside you Base Level Competency) to lead groups at the venues they use. This would take the form of ongoing personal development, experience and “In-House Sign Offs”.

Base Level Competencies

- Personal ability in the combined rock and water environment
- Knowledge of the sea, swell, tides
- Kit – personal, group and safety
- Life saving and Emergency Action Plans
- First aid in the water environment
- Leadership ability
- Environmental knowledge
- The weather/sea state and its effect on venue choice and activity undertaken

Consolidation

- Venues during different sea states
- Personal exploration gaining dynamic decision making and risk assessing
- Local knowledge of access, rules and regulation
- Personal fitness and swimming strength in rough water
- Recognised relevant lifesaving award – eg – beach lifeguard
- 16 hour Outdoor First Aid certificate
- Rescue scenarios
- Experience assisting with groups under an experienced Coasteer Guide

When are you ready to lead?

This will vary depending on prior personal experience, personal ability and effort put in during consolidation period. The National Water Safety Forum has produced some guidelines on MINIMUM time frames, but we believe these are too minimal in most cases. We would expect everyone to leave with the Base Level Competencies, and be in a position to shadow sessions until deemed competent to lead through ongoing development and an “In -House Sign Off” from the companies Technical Advisor.

RYA Powerboat Level 2

Summary: This two day course covers all you need to know for self-sufficient Powerboating at a basic level. The course includes launching, mooring, anchoring and recovery plus all the boat driving skills required for basic competence in a powerboat.

Prerequisites: None

RYA Safety Boat

Summary: This two day course provides the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes and for racing or training activities. Includes boat handling, towing, fleet management, rescue techniques for sailing dinghies, windsurfers and canoes .

Prerequisites: RYA powerboat level 2 certificate must be held prior to this course

REC 16hr First Aid Course

Summary: A 16hr first aid course is a 'must' when gaining or working using any NGB leadership qualification. It will be the minimum criteria for any future employer. The course covers both basic and advanced first aid techniques in an outdoor environment. The two day course takes a 'hands-on' approach at dealing with the management of casualties in real-world scenarios. It is a non-examined course and certificates gained by candidates remain valid for three years.

Prerequisites: None

Team Games, Bushcraft, Initiative Challenges etc...

Much of working within an outdoor centre is based around smaller activities that don't have formal training and assessments (some listed below do..), but rely on your knowledge and creativity as an instructor! When applying for a job in the outdoors, having an in-depth understanding of these activities can be what sets you apart from other candidates during interviews.

Often people see these activities as "time fillers" or as alternatives when the weather is too poor for other sessions, however, if done well, they can have a lasting and profound effect on a group.

Activities

We will spend time developing your knowledge base of the following activities:

- Ice Breakers
- Team Building
- Team Challenges
- Bushcraft
- Orienteering
- Raft Building