

In the UK, outdoor qualifications are administered and awarded by the **National Governing Bodies (NGB's)** of the sports concerned.

Over the next few pages we have simplified the coaching and leading pathways for entry into the outdoor industry which are relevant to Cape Adventure's Instructors Course and the realistic outcomes of the 12 week course.

There are a huge number of courses, assessments and qualifications available to aspiring outdoor instructors and leaders covering a diverse range of activities. However, there are three main areas that we feel should be the initial focus of ambitious and aspiring outdoor instructors and which we feel are of most value to potential employers. These are **mountain walking, rock climbing** (and abseiling) and **paddlesports** (canoeing and kayaking).

### Mountain Walking and Rock Climbing

The **Mountain Leader Training Board (MLTB)** administers the recognised qualifications for leading groups in the mountains in summer and winter conditions, introducing groups to rock climbing and abseiling and teaching and guiding on multi-pitch rock and ice climbs through four different award schemes. Candidates must register with the MLTB in their Home Nation for each award undertaken.

Candidates for any of the MLTB awards must also be either a member of the **British Mountaineering Council** or the **Mountaineering Council of Scotland**. These bodies keep members up to date with changes in legislation and best practice, and can offer preferential insurance rates for personal and professional outdoor activities at home and abroad.

The **Mountain Leader Award (Summer)** is the qualification for leading groups in non-technical mountainous terrain in the UK both on day walks and longer expeditions including wild camping with groups. Whilst not strictly within the remit of the award it is currently recognised by some organisations sending groups abroad where trekking may form part of a wider itinerary. The award, assessed over five days, is also a benchmark of general responsibility for groups in potentially remote environments.

The **Single Pitch Award** is the qualification for supervising introductory rock climbing and abseiling sessions for groups and individuals and is widely used by outdoor centres across the UK and abroad.

*After registration with the MLTB candidates receive a logbook in which to record their personal experience.*

A minimum of 20 quality mountain days (i.e. days that have required navigation with a map and compass, away from marked paths and in a variety of areas and weather conditions) are required before candidates can attend the **six day formal training course**.

We will put course members through this formal training course.

A further consolidation period is required and a minimum of 40 quality mountain days recorded in total before candidates can present themselves for the five day formal assessment.

A minimum of 15 lead climbs are required before candidates can attend the **two day formal training course**.

We will put course members through this formal training course.

A further consolidation period is required and a minimum of 40 lead climbs recorded in total (of which 20 must be graded 'Severe') before candidates can present themselves for the two day formal assessment.

## Paddlesports – Open Canoe and Kayak

The **British Canoe Union** administers the recognised qualifications for teaching and leading groups in all paddlesport disciplines. There are four Home Nation Associations (Scottish Canoe Assoc., Welsh Canoe Assoc., Canoe England and Canoe Assoc of NI) which candidates join, depending on their country of residence, prior to commencing any coaching courses.

Membership of one of the four Home Nation Boards not only allows access to the coaching scheme and formal qualifications but provides insurance for the member during their paddlesport activities.

### **Personal Performance Awards**

The BCU 2 Star award is a cross discipline (canoe and kayak) award of personal paddling performance. It is the benchmark in personal paddling required before candidates can enter the BCU UKCC coaching scheme.

### **Foundation Safety and Rescue Training**

A one day course in safety and rescue strategy for paddlers which is required before or as part of the completion of the UKCC Level 1 Coaching Certificate in Paddlesports.

### **UKCC Level 1 Coaching Certificate in Paddlesports**

In order to become a paddlesports coach, candidates must register with the BCU Coaching Scheme. The UKCC Level 1 Course is a combined training and assessment course run over four days. Successful Level 1 Coaches can assist higher level coaches, delivering coaching sessions under their supervision. Clubs and centres can task Level 1 Coaches to run taster sessions at specific venues.

Completion of the Level 1 Certificate will allow coaches to progress to higher level coaching awards.

## First Aid

### **Emergency First Aid**

This two day course is required by all National Governing Bodies prior to completing any assessments as is an introduction to emergency first aid and basic life support. The course contains a short assessed element and is useful in any future career path. The certificate is valid for three years and needs to be kept current in order to validate any NGB qualifications.

## NGB and Home Nation Board Memberships and Registration Fees (current for 2009 rates, to be updated in 2010)

Fees not included in course cost.

<b>Membership of the British Mountaineering Council</b> (annual) (if joined whilst registering for ML and SPA)	<b>£24.00</b>
or <b>Mountaineering Council of Scotland</b>	<b>£21.75</b>
<b>MLTB Mountain Leader Registration</b> (one-off)	<b>£35.00</b>
<b>MLTB Single Pitch Award Registration</b> (one-off) (when registering along with ML)	<b>£30.00</b>
<b>Membership of BCU Home Nation Canoe Association</b> (annual) (different home nations vary in price)	Up to <b>£40.00</b>
<b>Registration for UKCC Level 1 Coach Certificate</b> (one-off during Instructors Course and known as Central Registration or CR)	<b>£39.00</b>
<b>BCU 2 Star Certificate Fee</b> (one-off during Instructors Course)	<b>£5.00</b>

### Note

We will provide course members with all the documentation required to apply for the necessary memberships and registration before the start of the course. It is then the course members responsibility to complete the forms and make the appropriate payments promptly.

Failure to register in good time may mean that course members are unable to take part in the NGB training courses arranged for them.