



OUTDOOR EDUCATION TRAINING & DEVELOPMENT OPPORTUNITIES FOR LEADERS

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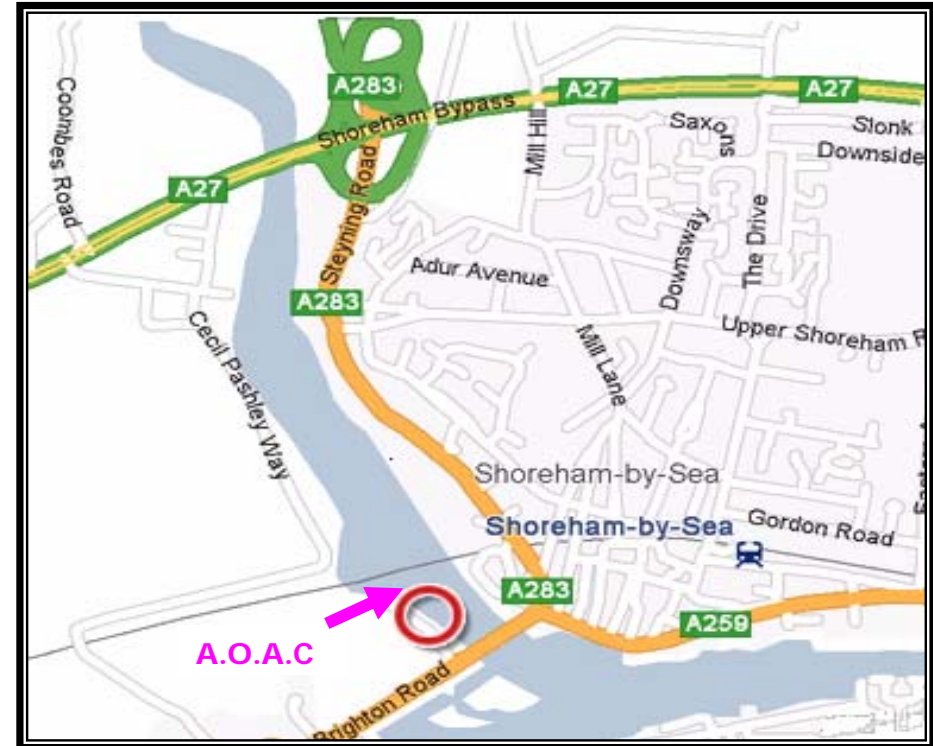
Fax: 01273 441990

www.aoac.org.uk

adur.outdoor@westsussex.gov.uk



HOW TO FIND US



HOW TO BOOK:

Please contact the centre (see front page) to check availability for the chosen course and to reserve a place.

You then have 7 days to complete and send in the booking form along with payment to secure your booking. (Appropriate forms can be downloaded from the website or picked up from reception).

Please refer to terms and conditions on the booking form for more information.

BASIC EXPEDITION LEADERSHIP (BEL)

Sports Leaders UK Level 2 Award in Basic Expedition Leadership

This qualification is for anyone that has the responsibility of looking after others, particularly young people, in the outdoors; or who wishes to train others to carry out day-journeys or expeditions in lowland areas. It has nothing to do with mountains, climbing or ropes.

The purpose of the Award is to produce leaders who can make the outdoors more enjoyable, anticipating the hazards and risks, which exist on our coasts or in our countryside.

The course is run over 4 weekends (the first weekend has the option of being residential; the other 3 will involve camping out). It includes the following elements of training:

- *Instructional and organisational methods in expedition leadership*
- *Apply basic navigation skills during an expedition*
- *Planning and preparing for an expedition*
- *Demonstration of expedition leadership skills*
- *Understanding conservation and access*
- *Planning and completing an outdoor activity*
- *Selecting and using appropriate equipment for an outdoor activity*
- *Understanding fitness and weather conditions in the outdoor environment*
- *Deal with first aid and emergency situations whilst outdoors*
- *Undertaking a 2-night walking expedition carrying own equipment*

BEL continued

Following this candidates are required to gain a minimum of 30 supervised group leadership hours before submitting their logbooks for completion.

Full details of the course can be obtained from AOAC.

This Award is to train and lead groups in the outdoors. It does not qualify you to lead groups in remote or mountainous areas. If you require any further information, please see the BEL website; www.sportsleaders.org
Or contact reception.



	Dates	Cost	
		West Sussex	Out of County
Spring Course	Jan-Apr	£250	£320
Summer Course	TBC	£250	£320

In order to attain this award, candidates must have a valid 1st aid certificate.

You should be able to supply all your own equipment required for this course (Some exceptions maybe made to the course director).

BEL is seen as a minimum requirement by many local authorities and Duke of Edinburgh Award

OUTDOOR FIRST AID COURSES

First Aid Supplies and Training, facilitate high quality first aid courses throughout the year at AOAC.

This course is specific to the outdoors and is **Recognised by MLTE, BCU, SMBLA and RYA.**

Dates of courses

13th & 14th February 2010

24th & 25th April 2010

12th & 13th June 2010

7th & 8th August 2010

9th & 10th October 2010

Cost £115 per person

To book onto any of the First Aid courses you need to contact Simon Whitmore directly on the details below.

Do not contact the centre to book on.

E-mail Simon at:

simon@firstaidsuppliesandtraining.co.uk

Or ring him on 07919 408527

Or go directly to his website:

www.firstaidsuppliesandtraining.co.uk



First Aid
Supplies and Training



GRAND NATIONAL ARCHERY SOCIETY (GNAS)

GNAS is the recognised Governing Body for all forms of archery in the United Kingdom. It is affiliated to the International Archery Federation (FITA) and is a member of the British Olympic Association.

What is on the course?



Unit A: General

Candidates will gain knowledge of:

1. All safety observances and rules
2. Alternative range layouts with regard to public and participant safety
3. Suitable rounds for beginners and juniors
4. Various forms of archery
5. Various incentives schemes

Unit B: Shooting

Candidates will learn how to hit the target consistently at up to 20 yards using basic Bare-Bow & Freestyle methods.

Unit C: Teaching and improving

Candidates will be able to:

1. Teach basic Freestyle
2. Teach basic Bare-Bow style
3. Improve performance in both

Unit D: Equipment care, safety and use

Candidates shall learn how to:

1. Understand the importance of equipment maintenance ref. safety and accident prevention
2. Advise on suitable equipment for activity groups and individuals
3. Recommend sources of supply and be aware of costs
4. Maintain equipment in good working order

Date	Cost
10 th /11 th & 17 th /18 th April	£250

All equipment is provided on this course.

MOUNTAIN BIKE LEADERS AWARD (West Sussex only)

This course is for adults (18+) who wish to lead groups off-road cycling locally, and is validated by West Sussex County Council. It is aimed at teachers, youth leaders or other adults interested in the leadership of groups off-road. This course addresses many of the problems specific to the use of mountain bikes, together with more general aspects of group leadership and making use of the environment for personal & social development.

The course is run over 2 days and includes the following elements of training:

- **Group Control**
- **Rights of Way**
- **Riding techniques**
- **Navigation**
- **Route planning**
- **Equipment**
- **Access**
- **Basic maintenance**

Date	Cost
13/14 March	£95
26/27 June	£95

In order to attain this award, candidates must have a valid 1st aid certificate.

Please ensure your bike and equipment is suitable for the course and weather.

Equipment is available to hire from the centre, including bikes, at an additional charge. Please contact the centre for more information.

BCU 1* & 2* AWARD ASSESSMENT DAYS



The 1* is a clear stepping-stone to becoming a paddler (BCU). Candidates must be water confident.

The 2* is an improvement award that helps develop fundamental paddlesport skills on flat water (BCU). Candidates must have experience of paddling 2 different craft. The 2* is required to progress through the BCU coaching scheme.

www.canoe-enlgand.org.uk

Pre-requisites for these assessments **MUST** be met before booking on. If unsure please check the BCU website (address above). Or contact the Centre to discuss.

There is NO guaranteed pass on these assessments!

GROUP: Maximum 6 participants per course

COST: 1* Adult- £30 / Junior (9-17yrs)-£25

2* Adult- £45 / Junior (9-17yrs)-£40

Course Number	Date	Day	Time
1 star assessment days			
1STA 01	15 th May	Saturday	11am-3pm
1STA 02	10 th July	Saturday	9am-1pm
1STA 03	14 th Aug	Saturday	1pm-5pm
1STA 04	9 th Oct	Saturday	11am-3pm
2 star assessment days			
2STA 01	20 th Mar	Saturday	10.30am-4.30pm
2STA 02	15 th May	Saturday	10am-4pm
2STA 03	31 st July	Saturday	12pm-6pm
2STA 04	9 th Oct	Saturday	10am-4pm
2STA 05	11 th Dec	Saturday	11am-5pm

These are 1-day courses.