

Instructor Training Programme



@
Lizard
adventure

Adventure

Introduction & Aims

BF Adventure is an established charity and outdoor activity centre with over 3 years of experience delivering outdoor adventures in Cornwall. New this year is our collaboration with Lizard Adventure who will be delivering the paddlesports, coasteering and beach lifeguard elements of the training programme.

The instructor training course is tailored to provide students who are looking for a career in the outdoor activities industry a well rounded set of skills and qualifications to enable them to work at most outdoor centres.

The Aims of the Instructor Training Programme (ITP) are:

1. Offer excellent training on how to operate as an instructor which will be transferable beyond the ITP
2. A range of certified internal training which is useful when applying to jobs at traditional outdoor centres
3. Offer relevant* training for NGB's in climbing, archery and paddlesports transferable beyond BF Adventure
4. Offer direct route into seasonal employment subject to success at interview

Note:

*Subject to candidates needs and strengths



Paddlesport Leader

Qualification Outcome:

PSL (Paddlesport Leader) and FSRT (Foundation Safety and Rescue Training)

Details:

BC Paddlesport leader - 1 day assessment giving you the entry level qualification to become a paddlesports instructor in sheltered water conditions in a range of different craft. The course lasts a lifetime so long as you keep your British Canoeing membership up to date and 3 years CPD (must complete at least one piece of paddlesport training every 3 years and have up to date safeguarding). For further details check out [Paddlesport leader on the British Canoeing Paddles up Training website](#).

Progression:

Sea Kayak Leader, Canoe Leader, Coastal SUP Leader

Prerequisites:

Rescue skills from various craft (FSRT covered as part of course) as well as leadership and group management skills.



A photograph of a first aid training session. Two people are kneeling on a blue cloth-covered floor, attending to a white medical training mannequin lying on its back. To the left, a red and black AED (Automated External Defibrillator) is open, showing its internal components. In the foreground, there is a clear plastic bottle and a white plastic container. The background is slightly blurred, showing an outdoor setting.

First Aid

Qualification Outcome:
ITC 2 day Outdoor First Aid

Details:
This training is suitable for all outdoor qualifications

Progression:
Advanced First Aid

Prerequisites:
None



Climbing

Qualification Outcome:
Climbing Wall instructor (CWI) training.

Details:

This award allows you to teach on indoor walls and is assessed by mountain training. Training and assessment is planned as part of the programme but assessment will be subject to external feedback from the training course.

Progression:
CWI assessment.

Prerequisites:
Previous experience would be beneficial but not essential, confident with heights is important!



Archery

Qualification Outcome:
Archery Leader

Details:
This award allows you to run archery
for most outdoor centres

Progression:

Prerequisites:
None required



Paddle Boarding

Qualification Outcome:

Stand UP Paddleboard (SUP) sheltered water award

Details:

This is a higher level of proficiency which your employers can choose to use alongside your PSL award to deploy you in multiple craft in sheltered environments.

Progression:

SUP coastal leader

Prerequisites:

None but previous experience SUPing would be an advantage



Foundation

COSHH

Safeguarding

*NLP
Training*

*Level 2
Food &
Hygiene*

Qualification Outcome:

COSHH - Basic training relevant to all work in relation to UK law based around working with chemicals, online course.

Safeguarding - Important for any future line of work.

L2 Food and Hygiene - An entry level course, very useful for instructors who may handle food for groups.

NLP training - internal introduction

Progression:

N/A

Prerequisites:

None



Sea Kayaking

Qualification Outcome:

Sea Kayak Award

Details:

This is a higher level of proficiency which your employers can choose to use alongside your PSL award to deploy you in multiple craft in sheltered environments.

Progression:

Sea Kayak Leader

Prerequisites:

None but previous kayaking experience will be advantageous.



Beach Lifeguard Award

Qualification Outcome:

Qualified Beach Lifeguard

Details:

RLSS National Vocational Beach Lifeguard Qualification - recognised by the RNLI as beach lifeguarding qualification. Covering practical assessment on beach theory, life support, first aid, swimming pool practical and open water practical. If you are successful the qualification is valid for two years from the assessment date. For further details check out <https://www.rlss.org.uk/national-vocational-beach-lifeguard-qualification>

Progression:

Active Beach Lifeguard

Prerequisites:

Surface dive to a depth of 1.5 metres. Tread water for two minutes Climb out of deep water unaided and without steps. Be competent at swimming in the sea Before the course, candidates must be able to swim at least 200 metres in a pool (of recommended length 25 metres, but no less than 20 metres) in five minutes or less For the assessment, candidates must be able to swim 400 metres in a pool (recommended 25 metres, but no less than 20 metres) in eight minutes or less using a continuous front stroke and showing urgency



Coasteering Guide

Qualification Outcome:
National Coasteering Charter Guide training

Details:

Coasteer guide award training - Two day training course designed to give future Coasteering Guides training in how to lead coasteering groups. At the end of it, you will have a clear action plan on what skills and techniques that you may need to work on to increase your performance in coasteering. The course is best suited for those who already have experience instructing, coaching and guiding in the outdoors, and are keen to adapt these skills to lead coasteering. For further details check out the [National Coasteering Charters Guide Award](#).

Progression:
NCC Guide Award.

Prerequisites:
Previous coasteering experience and a confident swimmer are highly desirable.



Hill Walking

Qualification Outcome:
Hill and Moorland leader training

Details:

This award allows you to take groups walking in low land areas. We will support you in gaining half of the walks you require to enter training which is 10 quality walking days but you will be expected to gain the other 10 before the training course or on your day's off.

Progression:
Hill Mountain Leader assessment.

Prerequisites:

Previous quality days walking in the mountains or hill/moorland would be beneficial and would reduce the additional work needed to meet the prerequisites for training.



Calendar & Dates

November	<ul style="list-style-type: none">Initial assessmentsIndividual action plansFoundation training for climbing, navigation, coasteering and paddle sportsRegister with national governing bodies (NGB's) for training and assessment courseOrdering personal equipmentUndertake initial basic training courses
December	<ul style="list-style-type: none">Skill development in all areas in line with personal action planNGB training courses for climbing, coasteeringOff site trips, expeditions and experience building to Bodmin and DartmoorRevisit personal action plan with coach and adapt
January	<ul style="list-style-type: none">Consolidate skills and prepare for assessmentGain practical training experienceRevisit personal action plan and prepare for assessmentsUndertake assessments for paddle sport
February	<ul style="list-style-type: none">Final training for walking, coasteer and climbingGain more experience working with groups of people



Timetable example

<i>Time</i>	<i>Content</i>	<i>Notes</i>
<i>Before 0800</i>	TBC - Some days could start off with some fitness routines such as running	This will be aligned with personal action plans
<i>0830-0930</i>	Breakfast	Provided as part of the course
<i>0930-1000</i>	Action planning, setting daily aims and review from previous day	
<i>1000-1230</i>	Morning session 2.5 hours	
<i>1230-1300</i>	Lunch	Packed lunch provided as part of the course
<i>1300-1530</i>	Afternoon session 2.5 hours	
<i>1530-1630</i>	Review of day, action plan for tomorrow, practice/ further training (optional)	This is self guided learning to support the programme
<i>1630-1800</i>	Free time, rest, relax etc	
<i>1800-1900</i>	Dinner	Provided as part of the course
<i>2000-2030</i>	Thursday lecture night, optional Tuesday night bouldering/ climbing	Coaches/ students/ external staff will take it in turns to teach an evening class room based session. Additional cost for entry fees and petrol



Costs & other Fees

Course fees -

For training, accommodation and kit package	£12,950
For training and accommodation but without kit package	£10,950
For the training but no accommodation or kit package	£7,800

Other fees -

Professional memberships - must be paid by candidate, these include Mountain Training (MT), British Canoeing (BC) and Royal Life Saving Society (RLSS) estimated to be around £165

Non refundable 20% deposit must be paid to secure your place on the course
Full payment must be made 30 days in advance





Accommodation

The full board package includes:

1. Your own basic room with heater, bed, power
2. Communal space with power, wifi and computer with projector
3. Kitchen facilities with unlimited tea, coffee, fruit
4. Hot showers and toilets
5. Fresh bedding on a weekly basis
6. Breakfast continental Monday to Sunday
7. Packed lunch Monday to Sunday (weekend would require you to prepare your own packed lunch)
8. Dinner (Monday to Friday this will be cooked for you and on weekends food will be left for you to cook)

Notes:

1. You will be expected to keep your living space clean and tidy or you may incur cleaning fees
2. A deposit will be required at the start of the course and will be returned on completion of the course unless we need to clean and make repairs
3. There will be guidance on living arrangements, drugs and alcohol, visitor etc due to the residential area being in an active residential area with young and vulnerable young people
4. A DBS will need to be undertaken. Unfortunately, due to the nature of the young people on site, any disclosure of a safeguarding concern will mean you cannot reside on site.
5. Christmas has a 2 week break, no charges for that period.



Kit Package

<i>Item</i>	<i>RRP</i>	<i>Notes</i>
Dry suit	£800	Mid range dry suit from nookie to enable full participation in paddle sport activities over the winter.
PFD - Personal Floatation device	£150	Instructor level PFD suitable for all paddlesport and coasteering
Helmet - water sports	£100	Essential kit for all water sport staff
Wetsuit boots	£50	Essential kit for all water sport staff
Wetsuit gloves	£50	Essential kit for winter learning
Winter wetsuit	£150	Essential kit for lifeguard and coasteer instructors
Climbing harness	£100	Instructor harness with gear loops and comfortable
Belay equipment	£50	Personal climbing equipment suitable for belaying
Climbing helmet	£100	Personal helmet essential for any instructor
Climbing shoes	£150	Personal climbing shoes needed for developing staff
Waterproof coat	£150	Basic waterproof coat for winter learning
Waterproof trousers	£100	Basic waterproof trousers for winter learning
Waterproof hiking boots	£150	Basic waterproof boots essential for winter learning



Employment

BF Adventure is a great place to volunteer and work. We're dynamic, diverse and different. If you're interested in being part of our team, we have a great range of opportunities to gain experience and develop new skills.



How to Book

We look forward to hearing from you and welcoming you onto the Instructor Training Programme!

Contact us on: enquiries@bfadventure.org 01326 340912

