



# active

outdoor pursuits

## INSTRUCTOR TRAINING COURSE

INFORMATION PACK - 4 Month







Want a career in the outdoors?  
Don't just dream it...live it!

**active**  
outdoor pursuits



Do something different with your life...



Active's Instructor Training Courses are designed to offer individuals who are passionate about the outdoors, a breakthrough to a career as an instructor or guide. No other course offers students such a wide range of activities and possible outcomes, in an area as spectacular and diverse as the Cairngorms National Park. Our team of highly experienced and qualified instructors looks forward to meeting and working with you. More importantly though, the company relishes the opportunity to inspire and guide you on your outdoor journey.



The aim of this 4-month course is to introduce you to a comprehensive range of adventure activities including: canoeing, kayaking, rock climbing, mountain biking, white water rafting, hill walking and more. During the course we will help to develop your practical and coaching skills to a standard where you can gain a variety of National Governing Body (NGB) Awards.

We are aware of how challenging and time-consuming gaining this experience is for people. This course aims to reduce these barriers, offering an intensive four months of training and practice, with the aim of developing you into a skilled and employable person in the outdoor industry. If this is not your goal, the course will still equip you with a range of skills that will give you confidence to venture into wild and remote places with friends and family.

The course is aimed at people who have a keen interest in outdoor activities and instructing others, or have some experience/basic awards in one or more activities on offer. You must be at least 17 to take part, but there is no upper age limit for this course and we regularly have candidates in their 30s and 40s. Most importantly you will be a highly motivated and reasonably fit person, prepared for the challenges this intensive course will present to you.

This may be your first course since leaving school/college or the first step in a radical change in career or lifestyle. Regardless, this is a fantastic opportunity which will have a significant impact on your life and open up opportunities to work in this exciting and rewarding industry.





**Course Dates:** July - November (for exact dates check website)

**Duration:** 4 months - 5 days a week (average)

**Cost:** £6,495 (Inc. 20% VAT)

## INCLUDED:



- All coaching/instructing/teaching
- Self-catering accommodation
- Transport during training
- Fees for training and assessment modules (approx £1,700)
- Use of centre equipment (in accordance with centre Health & Safety Policy)
- Opportunities to assist coaches at work
- Discounted outdoor clothing and equipment available through our shop.

## NOT INCLUDED:



- Food
- Membership fees for National Governing Bodies (NGBs)
- Insurance (personal and travel)



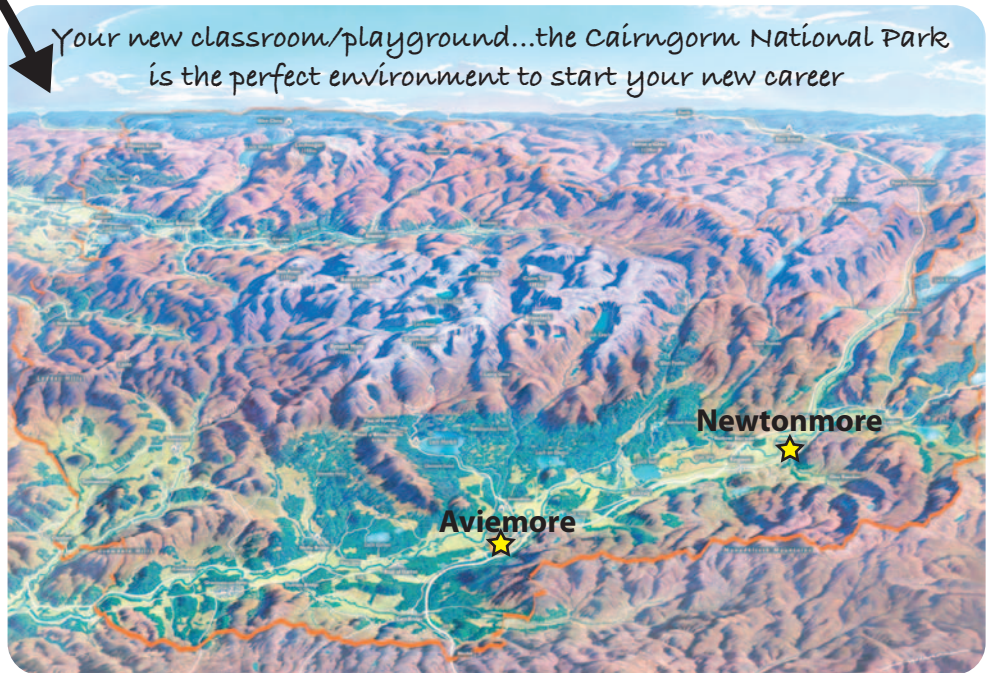




The course is based at Craigower Lodge Outdoor Centre in Newtonmore, set in the magnificent Cairngorms National Park. From here we have quick and easy access to some of Scotland's finest mountains, rivers and ski areas. In fact the Cairngorms is the hub of adventure tourism in Scotland and supports many outdoor industry jobs. This has to be one of the finest places in the UK to learn and develop your outdoor skills!

Most of your training will take place within the National Park, but we will make forays to other parts of the country too, including the west coast and the far north. You will also have the opportunity to take part in our two week winter trip to the Colorado Rockies (more on this later). This is an optional extra and is not included in the course fees. If you would like to discuss this option in greater detail just get in touch.

Your new classroom/playground...the Cairngorm National Park is the perfect environment to start your new career



Craigower Lodge Outdoor Centre 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. There is a dedicated drying room and plenty of storage space for all your equipment. You will also get to know our staff, who live on-site, and be able to learn from their experiences, many of whom started out on this very course!



## DID YOU KNOW?



*Within 30 minutes of Craigower Lodge you can access around 50 Munros, 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 only 30 minutes from Cairngorm Mountain ski area and 45 from the Nevis Range. We are also surrounded by hundreds of miles of superb mountain biking trails.*

This could be the best back garden you've ever experienced...



On this page you will find the different outdoor activities you will train in during the course, as well as possible outcomes of the Instructor Training Course here at Active Outdoor Pursuits. We believe that this provides you with a comprehensive set of skills to start your new career.

## \* HILL WALKING

Summer Mountain Leader (ML) Training or Assessment

## \* SKI / SNOWBOARD

Snowlife  
Snowsports Awards  
Levels 1 - 9  
(Snowsports trip is an optional extra and comes at an additional cost)

## \* ROCK CLIMBING

Single Pitch Award (SPA) Training or Assessment

# WHAT'S ON OFFER?

## \* CANOE

British Canoe Union (BCU) Star test 1 - 4 & UKCC Level 1 or 2

## \* KAYAK

British Canoe Union (BCU) Star test 1 - 4 & UKCC Level 1 or 2

## \* WHITE WATER RAFTING

Scottish Rafting Association (SRA)  
Level 1 Guide Award or Level 2 Restricted

## \* MOUNTAIN BIKING

British Cycling MTB Leadership Award Level 2

## \* FIRST AID

Outdoor First Aid Award

On top of all this, you will also receive in-house training for **Canyoning, Gorge Scrambling and Duckies**. These skills will directly transfer into other activities you will be training for, helping to broaden your overall skillset as an outdoor instructor.

\* *Assessments and higher level qualifications may be available to those who have previously completed the appropriate courses prior to starting the ITC in October. Please contact us if you would like to chat regarding what you can hope to achieve on this course.*



Below is a list of equipment students should have for the course, some of which is required for the first few weeks. The list is not exhaustive; it contains what we would describe as your "Tools of the Trade", essential kit for working as a professional in the outdoor industry. All of the equipment listed can be purchased from Active's Outdoor Shop in Aviemore. This is a great way to see and try what you are buying, as well as get expert advice from our instructors who will accompany you.



## HILLWALKING

Waterproof trousers and jacket  
3/4 Season walking boots  
Rucksack - day pack  
Rucksack - expedition pack \*  
Head torch & whistle  
Compass  
Swiss army knife  
Winter walking socks  
Map OS Land ranger 35 & 36  
Map OS Explorer 402 & 403  
Map case - waterproof

## PADDLE SPORTS

River buoyancy aid (with cow's tail & harness)  
Wet suit 5mm (or a dry suit \*)  
Helmet \*  
Dry bag 50- 80 litre \*  
Neoprene gloves \*  
Neoprene socks \*  
Rescue knife / saw  
Throw bag 12-15 metre \*  
Throw bag 20-25 metre  
Canoe / kayak paddle \*

## ROCK CLIMBING

Harness  
Helmet \*  
Belay plate  
HMS screw gate karabiners x2  
Rock shoes  
Lead rack \*  
Climbing rope  
Chalk bag & chalk

## CAMPING

Tent 1-2 man (3 season) \*  
Sleeping bag (3 or 4 season)  
Camping mat (4 season) \*  
Stove \*  
Pots, pans & cutlery\*

## SKI / BOARD (optional extra)

Jacket & salopettes\*  
Goggles & sunglasses\*  
Ski/board bag  
Winter socks\*  
Ski/board boots\*

## RECOMMENDED BOOKS

BCU Coaching hand book  
BCU Canoe & kayak handbook  
White water safety & rescue  
MLTUK Hill walking  
MLTUK Rock climbing  
Go ski DVD & handbook  
Hostile habitats  
PSIA Manuals:  
- Core concepts for snowsports\*  
- Alpine technical manual\*  
- Snowboard teaching handbook\*

## Mountain Biking

Cycle trip meter \*  
Cycle helmet \*  
Mountain bike repair kit\*  
Mountain bike \*

## MISCELANEOUS

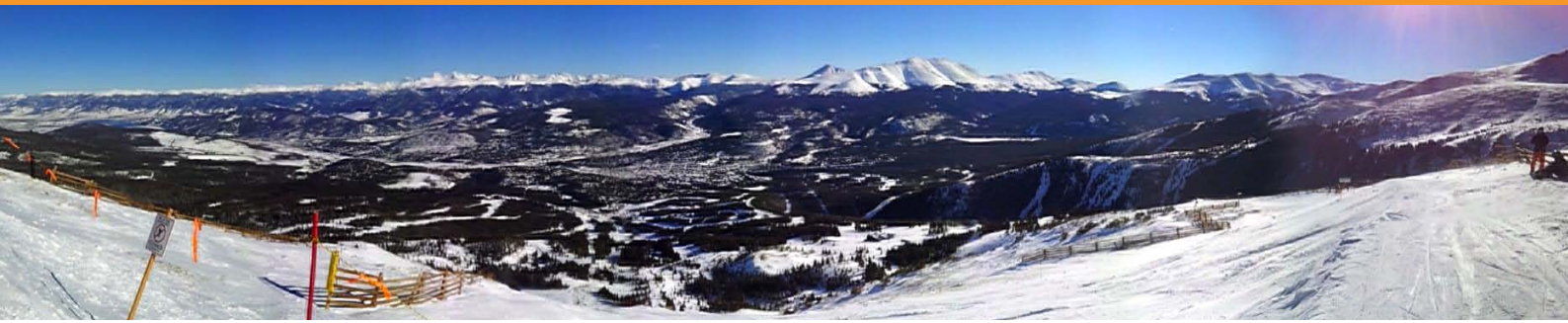
Base layers (merino)  
Warm outdoor clothing  
Personal first aid kit  
Dry bags (various sizes) \*

Items marked with an asterisk are recommended but optional, these can be purchased during the course. Many (but not all) of these are also available from the centre stores, but may not be of the same quality.

Kingussie crag, our local spot for a bit of time on the rock

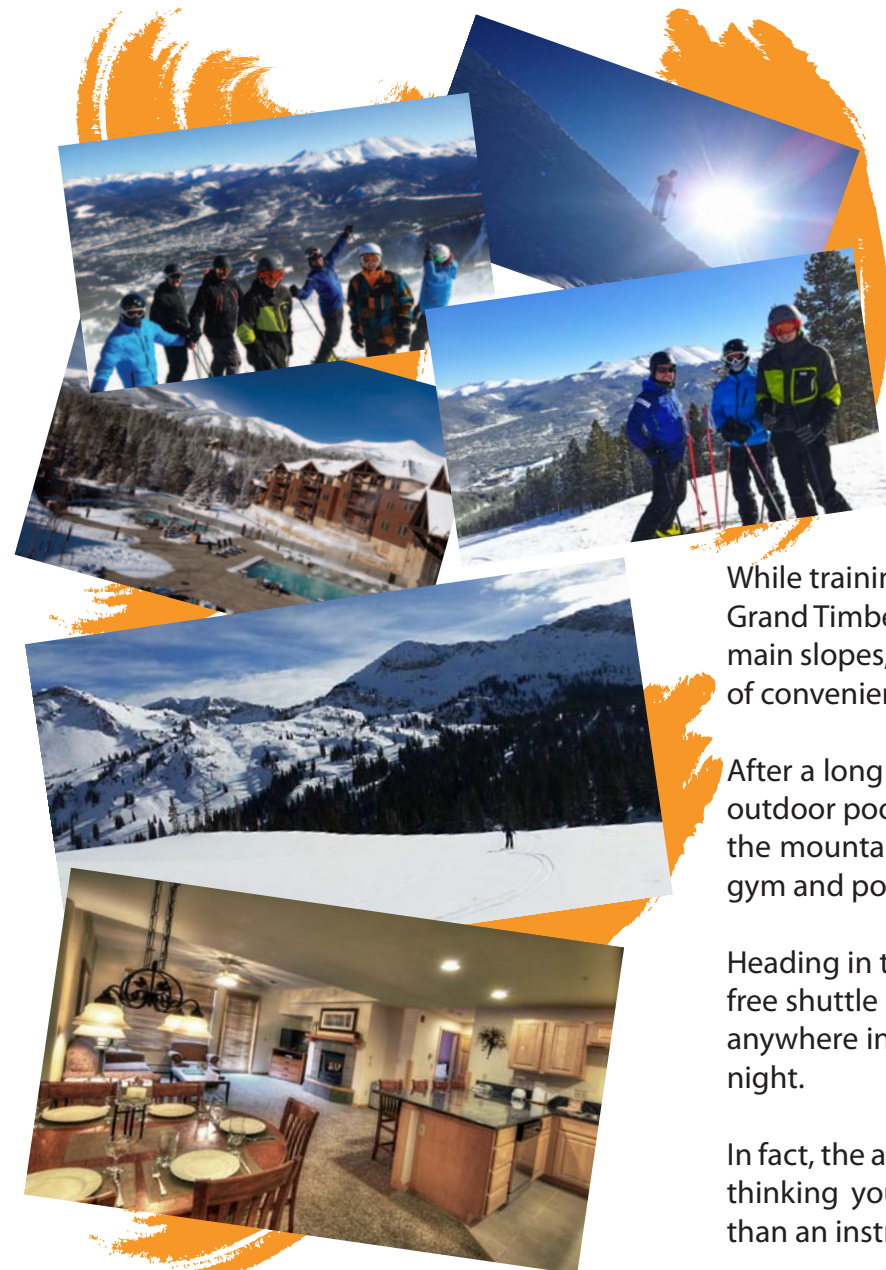






If you enjoy our 4 month course, there is an opportunity to extend the fun and learning. We are pleased to offer candidates a space on our winter trip to North America with the 5-month ITC students.

For two weeks in December, you will jet off to the other side of the pond and spend two weeks learning how to ski or snowboard. We base ourselves in Breckenridge, Colorado, deep in the Rocky Mountains. This is an ideal location to use with its high altitude (the town sits at roughly 9,600ft) and wide expanse of runs. During your stay here we will bring you step by step through the Snowlife Award levels, helping you to establish good technique as well as on piste awareness. Our aim is to not only develop your skills through teaching, but also self-discovery. So only half of each day is lesson based, the rest you are free to explore the mountains. This helps promote a feeling of independence as well as making the most of your time on the slopes.



## \* **Special Offer** \*

2 weeks training in  
Colorado only

**£995**

(Excludes flights, transfers  
and lift pass)

While training in Breckenridge, you will be staying at the Grand Timber Lodge. Ideally located at the foot of one of the main slopes, this accommodation is the perfect combination of convenience and comfort.

After a long day on the slopes, why not recline in one of the outdoor pools/hot tubs with a cool drink in hand, basking in the mountain views. Alternatively you can make use of the gym and pool tables available to guests.

Heading in to town for some shopping or a meal? There is a free shuttle bus provided by the lodge that will drop you off anywhere in town... and pick you up again at the end of the night.

In fact, the accommodation is so good, you may find yourself thinking you've found yourself on a luxury holiday rather than an instructor training course!





Ready to sign up? Want to ask us some questions? Get in touch:

PHONE

**0044 (0)1540 210 000**

EMAIL

**info@activeoutdoorpursuits.com**

VISIT

TRAIN  
Direct trains to Newtonmore from London, Glasgow, Edinburgh and Inverness

BUS  
CityLink and Megabus services from across the UK

DRIVE  
Glasgow & Edinburgh - 2hrs15  
Aberdeen - 2hrs30  
Inverness - 1hr

FACE BOOK

**www.facebook.com/activeoutdoorpursuits**

ONLINE SHOP

**www.activeoutdoorequipment.co.uk**

*This really is an unbeatable location to start life as an outdoor instructor*







GET A NEW CAREER  
GET OUTDOORS  
GET *active*