

active

outdoor pursuits



INSTRUCTOR TRAINING COURSE

INFORMATION PACK - 5 Month



GET A NEW CAREER
GET OUTDOORS
GET *active*



Do something different with your life...



Active's Instructor Training Courses are designed to offer people who are passionate about the outdoors, the opportunity to breakthrough to a career as an instructor or guide. No other course offers such a wide range of activities and outcomes. In addition to this, you will train in the magnificent Cairngorms National Park and have opportunities to venture throughout the Highlands.

The course also boasts two magnificent overseas training trips to Colorado & Spain.

Our team of highly experienced and qualified instructors look 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 our 5-month course is to introduce and develop skills in a comprehensive range of adventure activities including: canoeing, kayaking, rock climbing, mountain biking, white water rafting, hill walking, snowsports and more.

During the course, we will help to develop your practical and coaching skills to a standard where you will gain a variety of National Governing Body (NGB) Awards.

We are aware of how challenging and time-consuming it can be to gain this experience. The course aims to reduce these barriers, offering an intensive 5 months of full time training with the aim to develop you into a skilled and employable person in the outdoor industry. Even if this is not your main goal, the course will give you skills and confidence to travel and explore wild & remote places.

It is likely that you will have some experience in adventurous activities or coaching or even have some entry level awards in one or more of the activities. You must be at least 17 years old to take part, there is no upper age limit, we often have students in their thirties and forties. Most importantly though, you must be highly motivated and reasonably fit as well as prepared for the challenges of this intensive course.

This could be your first formal training course since leaving school or college or your first step in a radical change in career or lifestyle. Regardless, this is a fantastic opportunity, that will have a significant impact upon your life. It will open many opportunities to work in this exciting, rewarding and growing industry.



Course Dates: **October - April** (for exact dates check website)

Duration: **5 months** (23 weeks inc; two x 2 week breaks)
5 days per week (average)

Cost: **£7,495** (Inc. 20% VAT)

INCLUDED:

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- All coaching/instructing/teaching
 - Self-catering accommodation
 - Transport during training
 - Fees for training and assessment modules
 - Use of centre equipment (in accordance with centre Health & Safety Policy)
 - Two weeks ski/snowboard training & accommodation in the USA
 - Three weeks rock climbing training & accommodation in Spain
 - Opportunities to assist coaches at work
 - Discounted outdoor clothing and equipment.

NOT INCLUDED:

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- Food
 - Membership fees for National Governing Bodies (NGBs)
 - Flights & transfers for international trips
 - Snowsports lift pass in USA
 - Insurance (personal and travel)

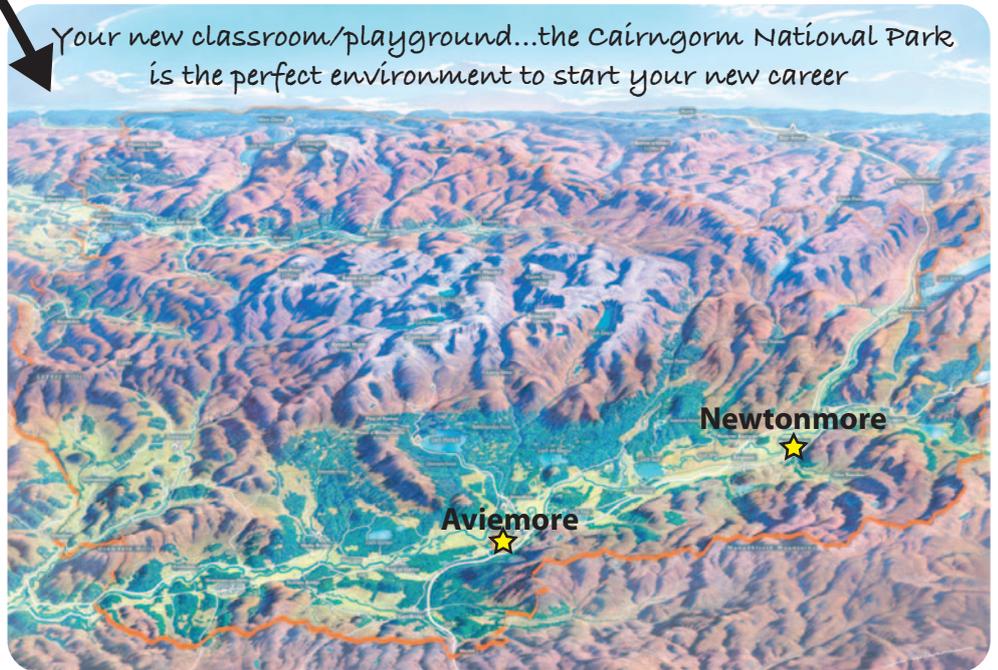




The course is based at Craigower Lodge Outdoor Centre in Newtonmore, set in the magnificent Cairngorms National Park. From here we have quick and easy access to some of Scotland's finest mountains, rivers & ski areas. In fact the Cairngorms is the hub of adventure tourism in Scotland, supporting many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

Most of the training will take place within the National Park, but we will also make forays to other parts of the country, including the west coast and the far north. In addition to all of this, you will spend 3 weeks rock climbing in Spain and 2 weeks skiing and snowboarding in the Rocky Mountains of Colorado or Utah (more on that later).

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.



On top of all this, you will also receive in house training for **Canyoning/Gorge Scrambling, Duckies** and **Winter Walking**. These skills will directly transfer in to 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 at discounted prices (Please ask).



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 meter *
Throw bag 20-25 meter
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

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.

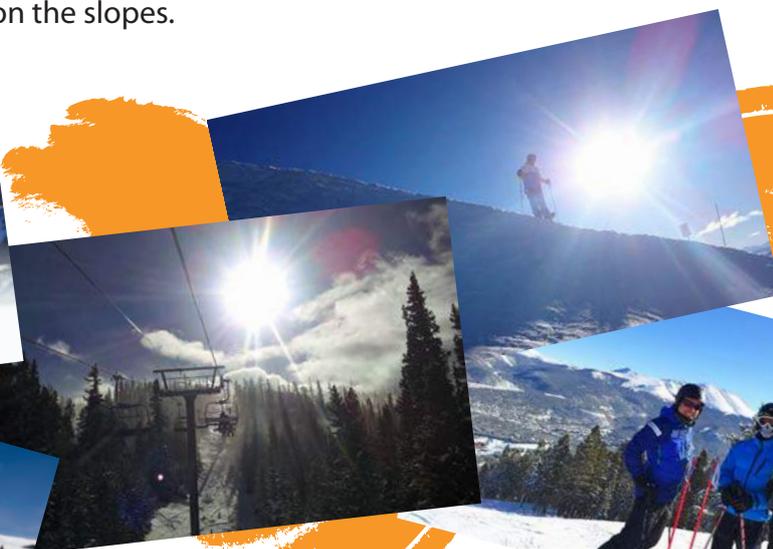
Kingussie crag, our local spot for a bit of time on the rock





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.



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!



In January you will head over to the Costa Blanca, Spain, for another three weeks, this time with focus on rock climbing. Based in Parcent, with dozens of crags within easy reach, this is the perfect place to establish your lead climbing credentials. This trip is used to embed essential skills and knowledge, as well as help to build your log books in preparation for the SPA training or assessment module. This usually takes place at the end of the ITC in March. It is also a great opportunity to experience different rock types to Scotland and get a feeling for what life on the rock is all about.

We stay at the Finca La Asmoladora, nestled in the hills of the Costa Blanca, a wonderfully peaceful location. Just over an hour north of Alicante, we can easily access a wide range of crags either on the coast or up in the mountains. This variety is perfect for aspiring climbing instructors and means we can help individuals develop at a pace that suits them. After a long day on the rock you can relax by the pool, use the on site BBQ, play a few games of tennis or just watch the sun go down.

These international trips are a unique feature for instructor training courses. Here at Active, we pride ourselves on ensuring you are in the very best environments for learning the respective activities. Both of these trips are always hugely memorable for our trainees, as well as being an invaluable part of their overall professional development.





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

