



# INSTRUCTOR TRAINING COURSE

## INFORMATION PACK



# COURSE OVERVIEW



Our Outdoor Instructor Training Course offers the widest range of qualifications in outdoor activities. From our base in the Cairngorms National Park in the heart of the Scottish Highlands, we provide the abilities, knowledge, training and credentials you need for a rewarding career in the great outdoors.

Following 16-22 weeks of training, hands-on experience and assessment, you will leave this course a qualified and skilled outdoor instructor with a myriad of career prospects available to you.

**Learn  
outdoors,  
earn  
outdoors.**







**COURSE DATES**

OCTOBER START / JULY START

**DURATION**

4/5/6 MONTH OPTIONS

**COST**

£5,695 / £1,200 Accommodation



INCLUDED

- All coaching /instructing/teaching
- Self-catering accommodation
- Transport during training
- Fees for training and assessment modules
- Use of centre equipment
- Three weeks ski training and accommodation in Colorado
- Two weeks rock climbing training and accommodation in Spain
- Opportunities to assist coaches at work
- Discounted outdoor clothing and equipment



NOT INCLUDED

- Food
- Membership fees for national governing bodies
- Flights and transfers for international trips
- Snowsports lift pass in the USA
- Insurance (personal and travel)

# TECHNICAL & COACHING SKILLS



## WHAT'S INCLUDED?

### Hillwalking

- Summer Mountain Leader (ML) training or assessment

### Rock climbing

- Single Pitch Award (RCI) training or assessment

### Skiing

- PSIA Level 1 Ski Instructor qualification course\*\*
- PSIA performance awards levels 1-9\*\*

### Paddlesports

- BC Paddlesport Instructor.
- BC Paddlesport Touring Leader.
- BC Multi Day Paddlesports Touring Award.

### Mountain biking

- British Cycling MTB Leadership Award level 2 intro

### Rafting

- BC White Water Safety & Rescue Training course (WWSRT).
- BC Start, Discover & Explore Awards in Canoe, kayak & SUP.

### First aid and Safeguarding

- Outdoor First Aid Award
- Safeguarding Award

Moreover, you will also receive in house training for Canyoning/Gorge Scrambling, Duckies and Winter Walking. 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.



# GEAR LIST

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.



## 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



## PADDLESPOrts

- 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

- Jacket & Salopettes
- Goggles & Sunglasses
- Ski bag
- Winter socks
- Ski boots\*



## LITERATURE

- BC Coaching hand book
- BC Canoe & Kayak
- 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

*\*\* SML & RCI Assessments are available to those who have completed the pre-requisites prior to the course. This is available with us prior to the course. See the website or contact to discuss how it works.*

# EQUIPMENT OFFERS



As one of Active's trainees, **you have access to some amazing pro deals**, saving you hundreds on getting together the right kit.

While we do provide gear for all our training programmes, we strongly recommend you build up your own for future endeavours. Most students will invest between £500 to £1,000 in essential kit, but each person has different requirements. As such, we will provide you with a list of the personal equipment you require. As well as providing recommendations, prices and options for you to consider.

With this in mind, we advise that you order the kit with us in advance of your start date, so you have all your nice new specialist equipment ready for starting your new adventures!



## Your fastest route to a career outdoors!



# COLORADO TRIP



In December, we will jet to the other side of the pond for two weeks of ski and snowboard training.

From our base in Breckenridge Colorado, deep in the Rocky Mountains, staying in the Grand Timber Lodge, this is an ideal setting for snowsports with its high altitude and wide expanse of runs.

During your stay, we will work through the PSIA Performance Awards and PSIA Level 1 Instructor Award to help you establish good technique and on-piste awareness as well as personal development and self discovery. With half day lessons, you will have ample time to independently explore the mountains.

**Education  
through  
adventure.**





# SPAIN TRIP

**active**  
outdoor pursuits



Join us on another epic trip to Costa Blanca Spain, this time to climb some big rocks for another two weeks. Our base in Spain is in the town of Pedreguer. Our villa is nestled in the hills of the Costa Blanca just an hour north of Alicante, you will enjoy easy access to many coastal and mountain crags.

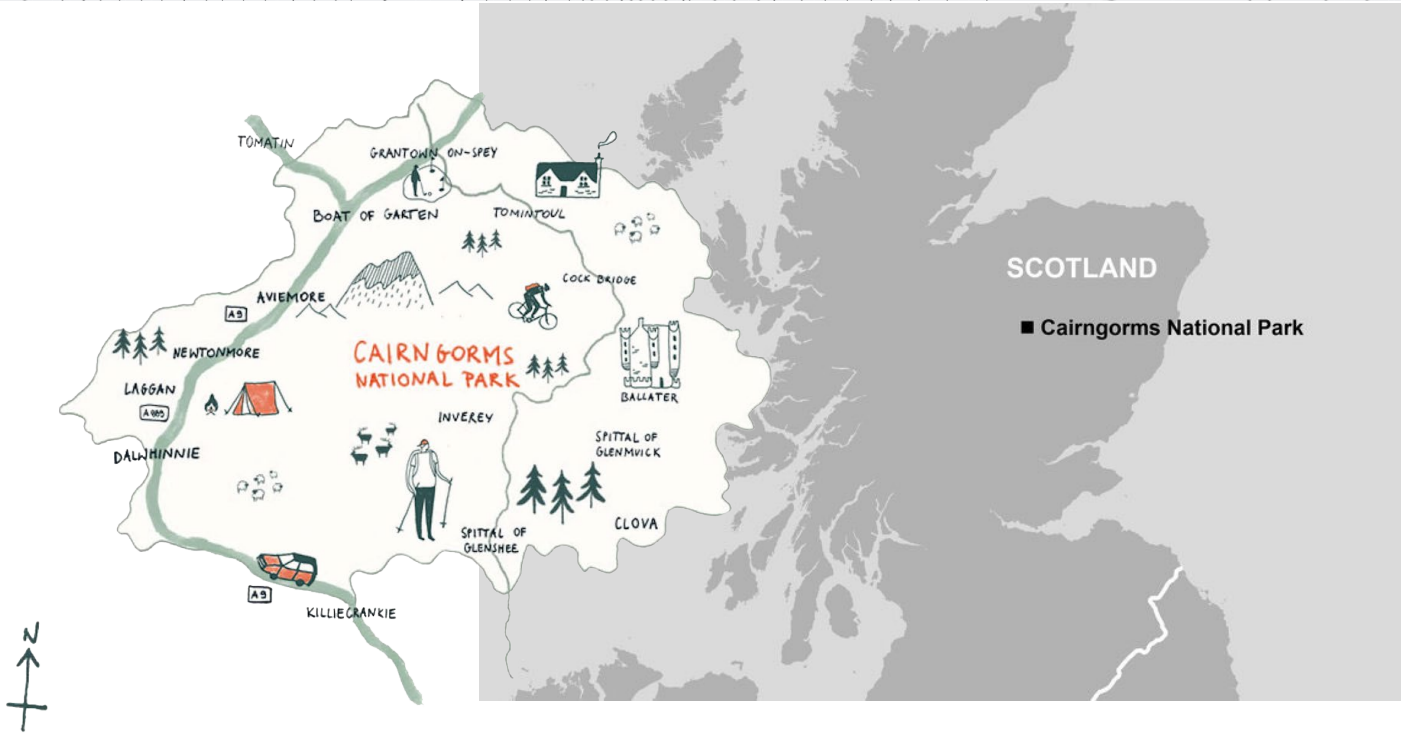
This trip is designed to cement the essential skills learned in the course while simultaneously building up your log books in time for the RCI training or assessment module.

**Answer the call  
to adventure.**





# THE LOCATION



From our base in the Cairngorms National Park, you will enjoy access to some of Scotland's finest peaks, lochs and rivers right on our doorstep. Without a doubt the ideal setting for learning to be a professional outdoor instructor, our lodge is located in Newtonmore, just 12 miles from Aviemore in the very heart of Scotland.

Our centre accommodates up to 32 candidates per course and you can choose from a shared or private room within the centre, which also offers a dedicated lounge, kitchen, washing / drying facilities and a large storage space for your equipment.

**80 wild  
days that  
will change  
your life.**

## Getting here:

- Air – Daily flights to Inverness from throughout the UK & Ireland.
- Train – Trains direct to Newtonmore from London, Glasgow, Edinburgh & Inverness.
- Bus – Direct bus links from across the UK to Newtonmore.
- Bus – Shuttle from Inverness Airport to Inverness Bus & Train Stations.
- Car Hire from Inverness, Glasgow and Edinburgh Airports.



## CONTACT US...

### PHONE

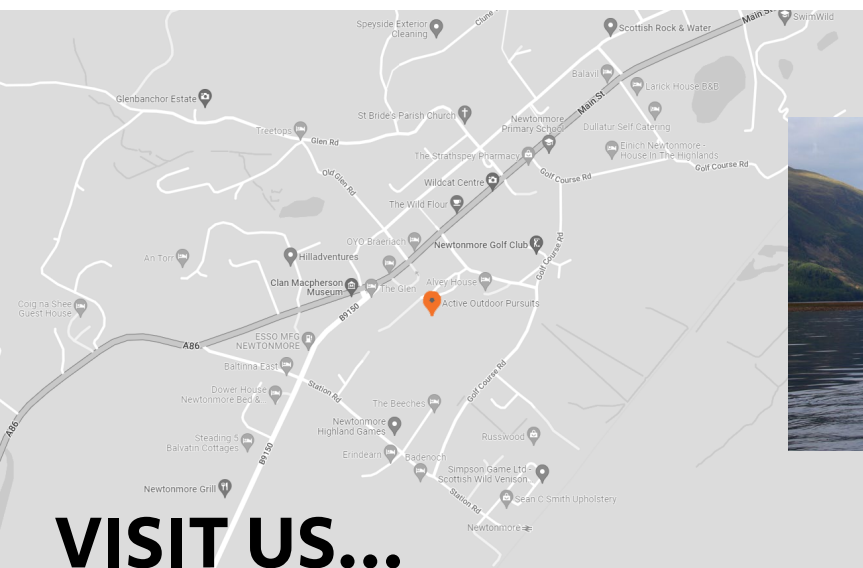
01540 210 000

### EMAIL

[info@activeoutdoorpursuits.com](mailto:info@activeoutdoorpursuits.com)

### FACEBOOK

<https://www.facebook.com/activeoutdoorpursuits>



## VISIT US...

### TRAIN

Direct to Newtonmore from London, Glasgow, Edinburgh and Inverness

### BUS

CityLink and Megabus services from across the UK

### DRIVE

Glasgow and Edinburgh – 2 hours 15 minutes

Aberdeen - 2 hours 30 minutes

Inverness – 1 hour

