

Adventure Activity Leadership Residential Courses

Outdoor Instructor Training Course : 1 year

Who is this course for?

This one year fully residential outdoor instructor training course takes students through an exciting journey of training and assessments with an intensive programme of tuition and consolidation time, a six week block of time in Switzerland in the winter and 12 weeks of work placement in the summer.

The course is primarily aimed at Christians looking for a career in outdoor activity instruction but many other people have completed the course over the years as a gap year prior to or post-university. Some have gone back to their original careers and some have realised a passion for youth work with the added bonus of being able to use their outdoor instruction qualifications. An important part of the year is the opportunity for personal Christian growth and in insight into the value of outdoor activities in Christian ministry.

What could I achieve?

What experience do I need before I join the course?

Mountaineering:

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| Mountain Leader Training | At least 20 'Quality Mountain Days' |
| Mountain Leader Award | ML Training & minimum of 40 quality mountain days – <i>these will be achieved during the course and on days off / holidays, prior to the assessment</i> |
| Rock Climbing Instructor Training (RCI) | 15 trad lead outdoor climbs, 15 indoor lead climbs, 5 sport lead climbs- <i>these will be achieved during the course and on days off/ holidays prior to the training.</i> |
| Rock Climbing Instructor Award | RCI Training, 40 logged trad lead outdoor climbs, 30 indoor lead climbs, 10 sport lead climbs, 10 outdoor supervisory sessions & 10 indoor supervisory sessions – <i>these will be achieved during the course, prior to the assessment</i> |

Skiing:

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| BASI Alpine skiing Level 1 | No previous experience required |
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Paddling:

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| 2 star Paddlesport | No previous experience required |
| Foundation Safety & Rescue Test (FSRT) | 2 star Paddlesport – <i>this will be achieved during the course, prior to the assessment</i> |
| British Canoeing Paddlesport Instructor | At the standard of 2 star and FSRT – <i>these will be achieved during the course, prior to the assessment</i> |
| 3 star Open Canoe | 2 star Paddlesport – <i>this will be achieved during the course, prior to the assessment</i> |
| 3 star Whitewater Kayaking | 2 star Paddlesport – <i>this will be achieved during the course, prior to the assessment</i> |
| British Canoeing Paddlesport Leader | A good ability of skills to lead a group in mixed craft- <i>this will be achieved during the course, prior to assessment.</i> |
| British Canoeing Coach Award Core Training | Paddling at 3* standard |

Mountain Biking:

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| Level 2 Mountain Bike Leader Award | No previous experience required |
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Orienteering:

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| Introducing Orienteering | No previous experience required |
| Archery: | |
| Archery Instructor Award | No previous experience required |
| First Aid: | |
| Outdoor Emergency First Aid | No previous experience required |
| What is included in the price? | |
| <ul style="list-style-type: none"> • All food and accommodation for the whole year (except holidays) • Coaching and practice in all of the activities listed above • Training and assessment fees for all the activities listed above • Membership to the National Governing Bodies regulating the different activities • Use of transport and equipment while taking part in training • Travel to and from Switzerland, full board accommodation, full area lift pass and travel insurance for this part of the course (6 weeks in total) • Joining the Abernethy Team houseparty – a 4 day Bible and worship conference • 12 weeks of work placement and log book consolidation, spending time at all of the Abernethy centres • School of Adventure Leadership fleece • PVG disclosure and Safeguarding & Protecting Vulnerable Groups certificates | |
| What is not included in the price? | |
| <ul style="list-style-type: none"> • Maps and map cases for the Summer Mountain Leader training and assessment courses • Any specialist clothing or equipment you may want to purchase • There is the option to travel to Poland to assist on a 2 week summer kids camp - <i>this will incur an additional cost which sometimes students fundraise for.</i> | |
| How does the programme work? | |
| <p>A typical day will start with breakfast followed by a short daily meeting. A full day of coaching or un-coached practice time will follow with a review of the day and dinner on return to the centre. During an NGB course, there may be evening input from the visiting coach.</p> <p>Trainee Instructors will be part of the morning “thought for the day” rota and will also take an active part in weekly team fellowship meetings and the local youth work which the centre has an involvement in.</p> <p>There will be two days off per week, usually at weekends which are free time, but it is expected that course participants will spend the time refining skills and taking some rest!</p> | |
| About Abernethy | |
| <p>Abernethy operates 4 Christian adventure activity centres and a bunkhouse in Scotland along with a Swiss winter ski base. The School of Adventure Leadership is in its 22nd year of operation and is home to our flagship one year fully residential Adventure Activity Instructor Training Course.</p> <p>The Abernethy staff team are all Christians and are here to provide a comfortable, welcoming and memorable experience to all who visit. Our dependence is on God and prayer underpins everything we do. We are a charitable trust - with Christian values at the core of our service. Course participants will be required to be practicing Christians.</p> | |
| How to apply | |
| <p>Applications are open throughout the year and can be made using our online form or by downloading a copy of the form and posting to Abernethy, School of Adventure Leadership, Ardgour, Fort William, PH33 7AD</p> <p>We would expect you to have questions so please feel free to contact us on 01967 411222 or using ardgour@abernethy.org.uk</p> <p>Interviews for the course take place throughout the year and places are allocated on merit on a first come, first served basis.</p> | |
| www.abernethy.org.uk | |

