Instructor Training

With almost 20 years of experience in the adventure industry, we have a huge amount of knowledge to share! We offer a growing number of courses to train and assess instructors in the skills they need, from First Aid courses to qualifications for individual National Governing Body (NGB) awards in various disciplines, to intensive multi-week courses covering a variety of awards.

Kayaking and Open Canoeing

We are a Welsh Canoeing Association (WCA) Approved Centre, and we offer both personal skills awards and coaching awards from the British Canoe Union (BCU) awarding body – Star Tests from 1 to 4, and Coaching Levels 1 to 3 in kayak and canoe. We also offer foundation and white-water safety and rescue courses.

Mountain Biking

We run Level 1 and 2 Training and Assessment courses under the Mountain Bike Instructors Award Scheme (MIAS). Level 1 allows the instructor to lead groups cycling on low-level terrain such as canal towpaths, country parks, and non-wilderness areas. Level 2 allows progression to leading groups in more remote areas, with focus on navigation skills.

First Aid

We run the Rescue Emergency Care (REC) "Emergency First Aider" 16 hour course. The course is aimed at those working in or spending time in the outdoors, and is suitable for almost all UK-qualified outdoor instructors and teachers requiring a 16 hour first aid certificate.

Intensive Courses

For those looking for a change in career, or simply needing a foot in the door to the outdoor industry, we run two different instructor training courses, over either 6 weeks (SWITCH) or 16 weeks (SWITCH+), giving you the opportunity to learn and develop your skills in a variety of activities, and gain essential instructor qualifications along the way. These qualifications are nationally recognised, and will enable you to work as a full time, seasonal or freelance instructor around the UK. So if you're bored being stuck behind a desk all day, need inspiration or are simply looking for something different, why not SWITCH your career?

SWITCH

The SWITCH course takes place over 6 weeks, during which time you will learn physical skills and technical knowledge in a variety of outdoor activities. Alongside the NGB awards and physical skills, you will also experience how an outdoor centre runs, and learn various different styles and methods of teaching. Depending on your personal development, by the end of the course you should be able to achieve:

- BCU 1 & 2 Star
- BCU Level 1 Coach
- MIAS Level 1 or 2
- Rock Climbing skills training
- REC Emergency Care

SWITCH+

The SWITCH+ course takes place over 16 weeks - based on the same concept as the shorter course it will give you more time to learn, practice and develop your skills, and look at each activity area in more depth. The SWITCH+ course also offers training and personal skills development in additional areas of outdoor pursuits, such as Mountain Walking and Navigation, and Bushcraft and Survival. You will also learn various different styles and methods of teaching - this will be done on real activity sessions with real clients, under the supervision and direction of an experience and qualified instructor. Depending on your personal ability and development, by the end of the course you should be able to achieve:

- BCU 1 & 2 Star, plus 3 Star training in the discipline of your choice
- BCU Level 1 Coach, plus work towards Level 2 Coach Training
- MIAS Level 1 or 2
- Rock Climbing skills training
- MLTE Single Pitch Award Training
- REC Emergency Care
- RTI Flood and Swiftwater Technician - Rescue 1

The above rates are for tuition only - accommodation can be booked on your behalf if required - please see page 34 for details.

For SWITCH and SWITCH+ courses we provide all necessary specialist equipment. For individual instructor training or assessment courses candidates are expected to provide their own equipment.

See www.proadventure.co.uk for full details and dates for the above courses.