

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)

When Will You Have Your Next Outdoor Adventure?



The outdoor environment will be crucial to improving our health and well-being post the latest pandemic wave. So having endured several months of movement restrictions when will you be seeking your next adventure in the outdoors? With the easing of restrictions when will you want to, once again, explore the great outdoors - mountains, hills, rivers, lakes and mountain bike trails to satisfy the thrill of excitement and a physical challenge? Who will you want share in the experience – Cadet Adult Volunteer colleagues and/or your detachment/contingent cadets? When might you consider planning your next expedition in the UK or abroad or deliver an adventurous activity as part of the ACS 21? If you have asked or starting to consider these questions do you have the qualifications to Lead/Instruct to inspire those who wish to join you on the next adventure?

All our courses are a great deal of fun and we promote our own style of F2F social media – meeting new people, making lifelong friends, sharing in a unique adventure experience and making memories.

The first rung of the ladder is to maybe attend one of our Basic skills development courses. These courses will provide an insight and hopefully inspire you to embark on a Leader or Instructor qualification scheme pathway. So what National Governing Body (NGB) qualifications are available through CCAT?

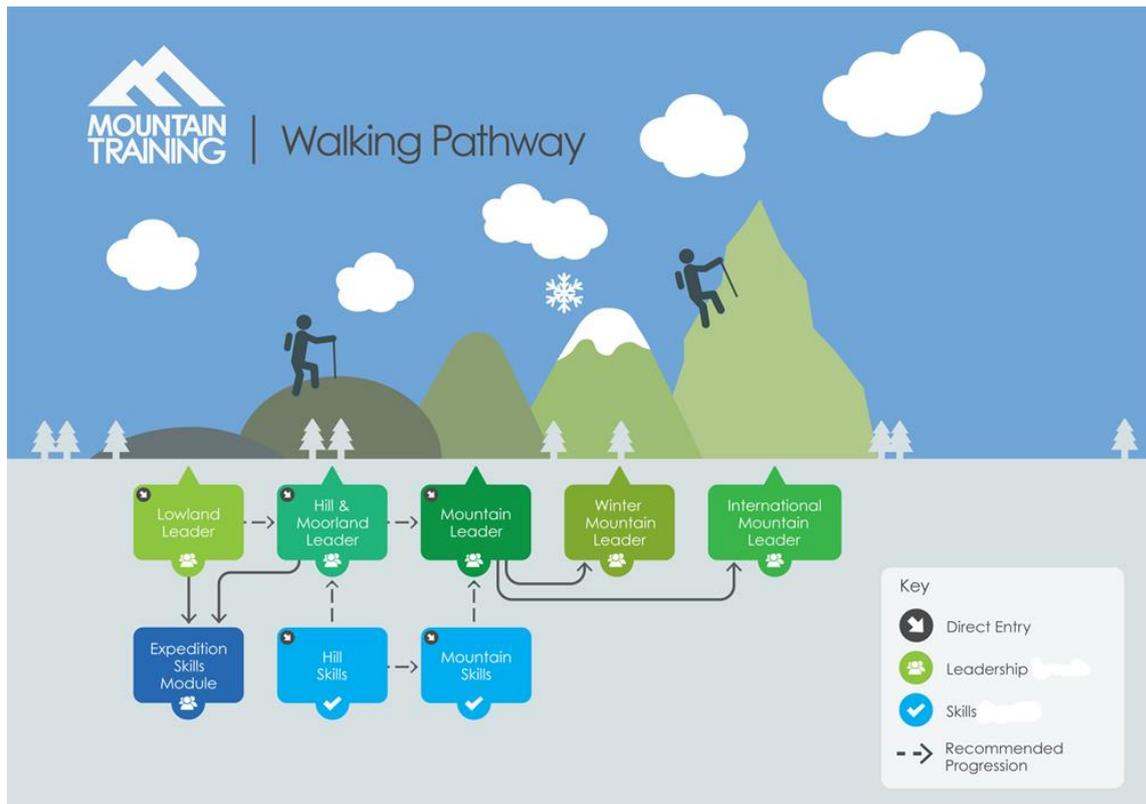
Firstly you have to register for the NGB qualification schemes through Mountain Training (MT), British Canoeing (BC) or British Cycling. All NGB qualification training and assessment courses require a prescribed level of pre-course experience. The pre-course experience has to be evidenced in a personal logbook, usually digitally, prior to being accepted onto the course. Remember these are NGB administered courses organised by CCAT which are highly subsidised by the Cadets organisation. CCAT is an accredited Provider accountable to the NGB as a custodian for the professional standards and national integrity of the qualification. The additional Intermediate skills courses and overseas expeditions will help you grow your skill, knowledge and experience along the qualification development pathway. We can't do it all for you as it does require some personal commitment but once qualified it opens up a whole world of opportunities for you and your cadets.

The perception within the Cadets organisation is it takes too much time and you have to be super fit to gain a nationally recognised AT qualification. Great quality AT Leaders and Instructors come in all shapes, sizes and ages, all you need is passion.

The time and commitment required is simply to ensure that you have the essential level of skill, knowledge and experience to safely manage a group of peers or cadets to enjoy their outdoor activity experience.

Mountain Training

www.mountain-training.org and www.armycadetadventure.co.uk



Lowland leader Award (LLA)

The Lowland Leader award trains and assesses candidates in the skills required to lead others on walks in lowland countryside and woodland - walks must not cross any hazardous terrain (e.g. cliffs, very steep slopes, water hazards etc.), throughout the walk the group should never generally be more than 3km away from a key access point such as a car park, lay-by or populated area, walks will require the ability to plan routes, use simple navigation skills using a map and compass and be self-sufficient, walks must follow paths or tracks that are both marked on a map and clearly visible on the ground and that do not require navigation across untracked areas, walks must use bridges or other recognised water crossing points and walks must only take place in summer conditions.

Training Course – 2-days (16hrs) **21-22 May, 11-12 Jun, 3-4 Jul, 5-6 Nov** and Assessment Course – 2-days (16hrs) **25-26 Jun, 26-27 Nov 22**

Hill & Moorland Leader (H&ML)

The Hill and Moorland Leader award trains and assesses candidates in the skills required to lead others on walks in hill and moorland areas - open, uncultivated, non-mountainous high

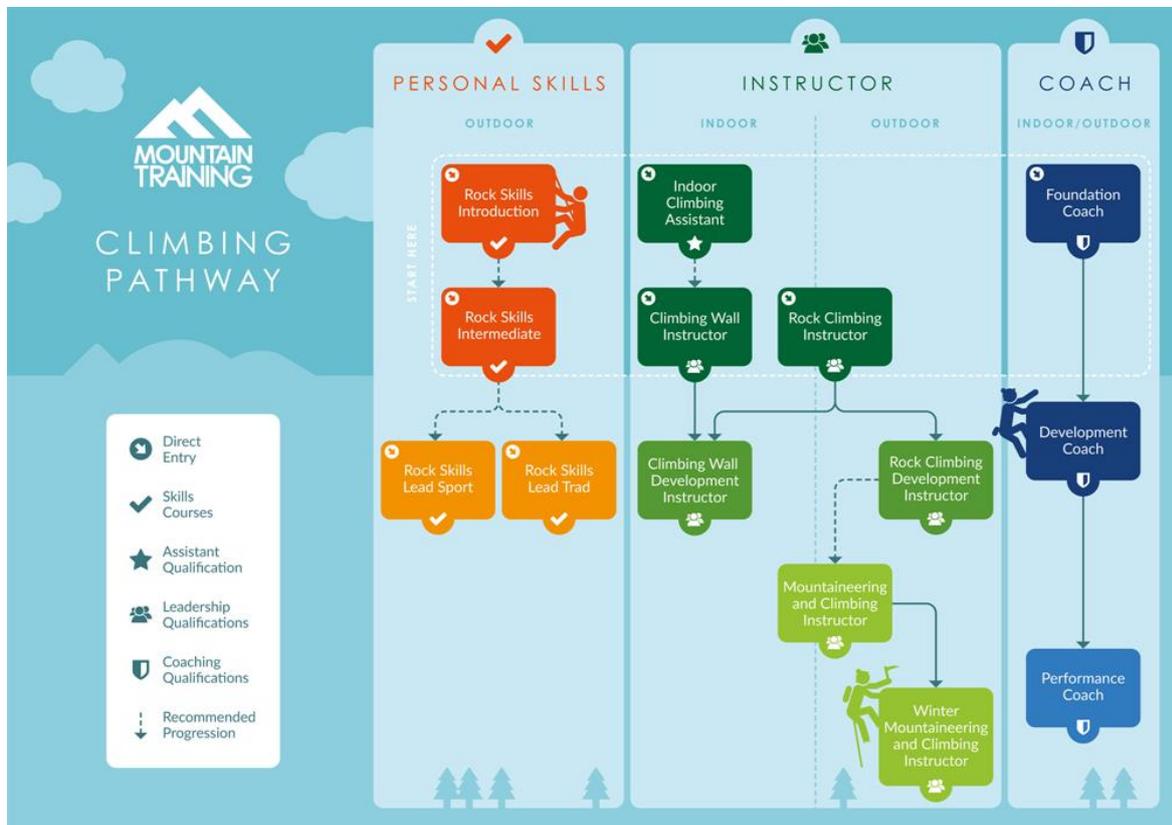
or remote country known variously as upland, moor, bog, fell, hill or down, areas enclosed by well-defined geographical or man-made boundaries such as classified roads, areas of remoteness that are easily exited in a few hours, returning to a refuge or an accessible road, areas where movement on steep or rocky terrain is not required and walks must only take place in summer conditions.

Training Course – 3-days (30hours) **7-9 May, 24-26 Sep** and Assessment Course – 3-days (30hours) **25-27 Jun, 26-28 Nov 22**

Mountain Leader (MLS)

The Mountain Leader award trains and assesses candidates in the skills required to lead others on walks in the lowlands, hills and mountains of the UK and Ireland. The scheme does not cover the skills required for the planned use of a rope.

Training Course – 6-days (60hours) **19-24 Jun, 25-30 Sep** and Assessment Course **22-26 Aug 22**



Climbing Wall Instructor (CWI)

The Climbing Wall Instructor award holder can teach climbing skills, take people climbing and bouldering and manage groups safely in these activities. A qualified award holder can operate on indoor and outdoor artificial bouldering venues and indoor and outdoor climbing walls.

Training Course – 2-days **21-22 May, 11-12 Jun, 17-18 Sep** and Assessment Course – 2 days **5-6 Nov, 19-20 Nov 22**

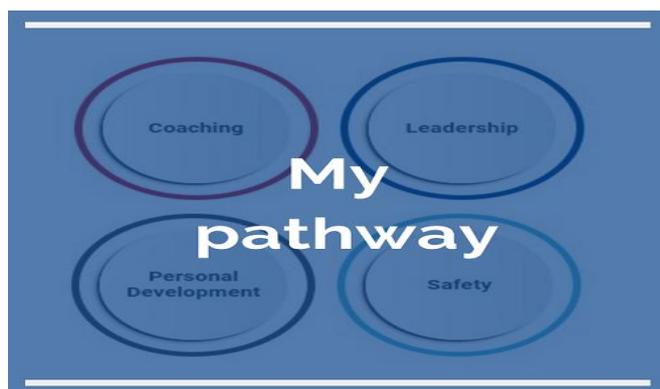
Rock Climbing Instructor (RCI)

A qualification holder can operate on single pitch trad and sport crags, indoor and outdoor bouldering venues and climbing walls & towers.

Training Course – 3-days **7-9 May, 17-19 Sep** and Assessment Course 3-days **24-26 Sep 22**

British Canoeing

www.britishcanoeing.org.uk and www.armycadetadventure.co.uk



Paddlesport Instructor (PSI)

A Paddlesport Instructor is someone who runs starter and taster sessions and short journeys in very sheltered water, within the safety management systems of your clubs/centres or other organisations. Paddlesport Instructors enable newcomers to have a great first time experience on the water, by creating a fun and safe environment, encouraging new paddlers to come back. A Paddlesport Instructor is an enthusiastic paddler, who is keen to introduce people to the sport. Candidates can choose the craft they wish to complete the qualification – kayak, Canoe, Touring, Stand Up Paddleboard

Paddlesport Instructor Course – 5-days (includes Foundation safety & Rescue Training course 1-day plus Explore Personal Performance Course 2-day and Paddlesport Instructor 2-day. Three qualifications rolled up into 5 days **2-6 May, 3-7 Jul, 3-7 Oct 22**

Paddlesport Leader (PSL)

The primary role of the Paddlesport Leader is to lead safe, quality and enjoyable trips based on their group's needs and aspirations. Safety, quality and enjoyment will primarily be achieved through choice of venue, equipment and leadership strategies that match the group's specific needs. The award does not include progressive coaching of technical skills but focuses on learning through experience. The qualification is designed such that the Leader can choose the craft from which they work, and can look after others in both single discipline and mixed fleets. This may include for example; touring kayaks, open canoes, suitable sit-on-tops, general purpose kayaks, stand-up-paddleboards, crew boats, or racing craft.

Paddlesport Leader Training – 2-days **7-8 May, 11-12 Jun, 5-6 Nov** and Assessment 2-days **3-4 Dec 22**

Open Water Canoe Leader (OWCL)

The OCWL training is a 2-day course designed to develop selected candidates with the essential personal skills and knowledge as preparation for an assessment. The environmental conditions remit for the OCWL qualification is: large areas of open water that exceed the sheltered water definition, where the paddlers are no more than 500 metres offshore and in wind strengths that do not exceed Beaufort force 4. The 2-day training programme will include leadership skills, personal paddling skills, rescue skills and underpinning background knowledge.

Training Course – **19-20 Nov 22**

Sea Kayak Leader (SKL)

The SKL training is a 2-day course designed to develop selected candidates with the essential personal skills and knowledge as preparation for an assessment. The environmental conditions remit for the SKL qualification is: a stretch of coastline with some areas where it is not easy to land but there will always be straightforward land points a maximum of two nautical miles apart. Crossings not exceeding two nautical miles. Up to 2 Knots of tide (but not involving tide race or overfalls). Wind strengths do not exceed Beaufort force 4. Launching and landing through surf (up to 1 metre, trough to crest height). The 2-day training programme will include leadership skills, personal paddling skills, rescue skills and underpinning background knowledge.

Training Course – **19-20 Nov 22**

British Cycling Mountain Biking

www.britishcycling.org.uk/mtbleadership and www.armycadetadventure.co.uk

Mountain Bike Fundamentals

Together with Scottish Cycling and experts in the outdoor industry, British Cycling have developed a course that combines online learning with face-to-face training and assessment to give you all the skills you need to lead mountain bike rides. The course is ideal for anyone who wants to lead groups using mixed road and off-road environments. This might include rides that are already taking place but require development and insurance, or perhaps you are looking to organise activity for your school, college, activity centre – or simply a group of friends. Your remit would be to lead on terrain that ranges from the urban fringe and gravel tracks through to open countryside, woodland and most trail centre blue routes.

2-days Training and Assessment **4-5 Jun, 25-26 Jun, 24-25 Sep 22**

Mountain Bike Level 2

The Level 2 Mountain Bike Leadership Award is the entry point for experienced mountain bikers wanting to use their experience to safely guide others on off-road terrain. The award is ideal for anyone, who is either working in the outdoor sector, volunteering at a club, looking to start up their own lead MTB rides or simply has a personal interest in gaining additional skills.

The course covers topics such as planning and delivery of rides, leading techniques for effective group management, map reading and navigation, management of accidents and emergencies, equipment set-up, trailside repairs and core mountain bike techniques.

MBL Level 2 Training Course – 2-days **5-6 Nov 22**

First Aid Qualification Requirement

All NGB Leader/ Instructor qualification assessments require the candidate to hold a current recognised first aid qualification (min 16hour) **REC Course 3-4 Dec 22**

WESTMINSTER

All applications are to be processed through WESTMINSTER. The full course description is stated on WESTMINSTER and the CCAT website. Read the relevant candidate handbooks or course guides available on the NGB websites as it fully explains the qualification pathway process. All NGB training and assessment courses require a stipulated minimum number of candidates to be authorised by the NGB.