

# Christian Adventure Holidays Training Week 2017



Christian Adventure Holidays is a Charity registered in England no 1156296

**Date:** Saturday 8 to Saturday 15 July 2017

**Age:** Eighteen Plus

**Venue:** Bassenfell Manor Christian Centre, Bassenthwaite, Keswick, CA12 4RL [www.bassenfell.org.uk](http://www.bassenfell.org.uk)

| Courses Available   |  | CAH affiliate <sup>1</sup> | Non CAH affiliate |
|---|--|----------------------------|-------------------|
| Mountain Leader (ML) Training                               |  | £200                       | £500              |
| Learn To Climb Skills Course                                |  | £200                       | £300              |
| Sailing:  | RYA Awards: Level 1 Start Sailing,<br>Level 2 Basic Skills,<br>Level 3 Better Sailing,<br>Seamanship Skills,<br>Assistant Instructor | £200                       | £300              |
| Kayaking BCU 2☆ Award & Foundation Safety & Rescue Training |  | £200                       | £300              |

The week is for Christian leaders to gain further experience and training in a chosen activity to assist at CAH holidays. During the week the emphasis will be on developing skills, safety and spiritual leadership. It is intended that by the end of the week participants will have reached a standard in their activity to enable them to complete the relevant training course/award.

Everyone attending the week will be expected to participate in the entire programme including serving one another, duties around the manor (e.g. washing up/cleaning), activity theory sessions and spiritual and leadership training. Transport is not included - this should be arranged amongst the individual activity groups (so you may have to make a nominal contribution to others transport running costs). Food is included in the price with the exception of the expedition aspect of the Summer ML Training.

Information on course content/syllabus, equipment notes and preparation required (mandatory for some courses) is provided in the pages following this summary. The booking form is online [here](#). If you are missing any of this information you can request it via email: [trainingweek@christian-adventure-holidays.org.uk](mailto:trainingweek@christian-adventure-holidays.org.uk). We can help provide guidance for gaining qualifications for other activities (e.g. mountain biking, rafting) - please contact Rachel with any enquiries.

Being prepared will help you get the most from the intense training week. CAH does have some activity equipment which will be available for use. The courses information includes minimum and maximum numbers. Bookings are on a first come, first served basis, and we may have to cancel courses and refund deposits where minimum numbers are not achieved.

If you a CAH affiliate and are obtaining the qualification to assist at a week of CAH within the next two years, a grant to contribute towards the course fees may be available. Contact your Director for the Training Grant application form and guidelines. The grant must be agreed **well before** the training - to obtain a maximum grant, the deadline would be Saturday 15 April 2017.

## How to Book:

Please fill in the online application form which you can access [here](#) and follow up with a non-returnable £50.00 deposit by BACS Transfer:

- BACS Transfer Sort Code: 40 19 20 Account No: 72311712. Please start the reference with TW17 followed by YOUR NAME OR INITIALS e.g. TW17 R PARNHAM

**Please direct any queries to Rachel Parnham** [trainingweek@christian-adventure-holidays.org.uk](mailto:trainingweek@christian-adventure-holidays.org.uk)

Rachel will confirm receipt by email ONCE YOUR PAYMENT HAS BEEN RECEIVED and to let you know how many applications have been received to date for your course.

**Closing date for bookings: Wednesday 31 May 2017.** The balance will be requested early June and must be paid by 30 June.

<sup>1</sup> A CAH affiliate is someone who has attended CAH before as a leader/helper, or are looking to pursue being a leader for the first time within the next two years (in agreement with one of the CAH Directors).



## **Mountain Leader Award Training** (min: 4 max: 2 groups of 6)

For experienced mountain walkers (completed 20 walks) who want to train to lead others on mountain walks in British summer conditions. Syllabus includes group management, navigation, the environment, coping with steep ground, wild camping, emergency procedures and the weather.

Membership of the BMC and registration with the MLTE is essential prior to the course and is not included in the course fee.

BMC membership: <https://www.thebmc.co.uk/membership> U18 / Student / Unemployed: £18.35, Standard: £31.45 or £15.72 for new members who pay by direct debit (first year price only)

MLTE Mountain Leader Award Registration and DLOG (new digital logbook): <http://www.mountain-training.org/walking/skills-and-awards/mountain-leader> £44.00

Web links and prices correct at time of publication, February 2017.

The following 3 pages provide details of the programme and required kit.

There is also more information on the course syllabus on the MLTE website: <http://www.mountain-training.org/walking/skills-and-awards/mountain-leader>

If you are interested in this course but need further information specific to the CAH programme before booking, please talk to Rachel Parnham [parnham.rachel@gmail.com](mailto:parnham.rachel@gmail.com) 07974 928396 so she is able to gauge the level of interest.

## **Learn To Lead Climbing Skills Course** (min: 4 max: 8)

Climbed at an indoor wall quite a bit, and want to progress outdoors? Enjoyed being part of a group climbing outdoors? Want to learn to lead climb? This course is for you. It's for people interested in rock climbing who want to learn the skills, with a view to further training (e.g. SPA training) in the future.

The course will focus on doing lots of climbing: learning skills to help improve your movement on rock and giving you confidence to lead up climbs. Route choice, rope handling, gear placing and constructing belays will be taught and the aim is for all to become safe lead climbers, hopefully completing many routes through the week. Topics such as choice of venue, correct use of equipment, crag etiquette, access, and conservation will all be considered through the course.

# Mountain Leader Course Training

## Log books

Please bring your log books or have your Dlog up to date. You will need to have the following:  
The pre - requisite 20 mountain days.

## Maps

Please bring either:

- AA Central fells 1:25,000 map and the SE1:25,000
- Or if you already have all 4 of the 1:25.000 of the Lake District.

Also you will need

- AA Central fells 1:50.000 map **or** Sheet No 90 1:50:000
- 1:40 Harvey Lake District (not essential)

The course Starts at **9:00am**.

## Day1

- Introductory Navigation

Please pack your sack as if you were leading a group on the mountains for the day. This should include what you consider to be suitable emergency & first aid kit as well as personal kit.

Please do not go out and buy any specialist kit (eg ropes, group shelter) if you do not have them as there will be opportunity to discuss different equipment and what is best suited to a leader.

There will be a chance to look at first aid kits at some stage in the week.

**Evening** Weather lecture

## Day 2

- Security on steep ground

Please bring a helmet if you have one. You will also need grippy gloves, these could be leather palmed or the rubber palmed builder style.

**Evening** Access and conservation lecture and route planning exercise.

## Day 3

- River crossings and expedition planning

We will cover river crossings in the morning so please bring spare boots.

In the afternoon we will look at expedition food, tents and route choice as expedition planning.

There is time on this day to do food shopping for the expedition.

## Climb365

Stuart Carter MIC Anna Carter MIC



## Day 4-6

- Expedition

You will be out for 2 nights, 3 days. We will return for lunch on day 6 after which we will have a review of the week and round up.

Individual debrief and action plans before assessment.

Please bring your own tent, food and stoves. We will have a look at all the different tents and it may be that you share with another course member if you are happy for this.

We will be out for at least one night navigation, Please ensure you have sufficient batteries should we be out for a 2<sup>nd</sup> night.

**Climb365**

Stuart Carter MIC Anna Carter MIC

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## ML Expedition Kit list

Tent  
Pegs  
Poles  
Rucksack 45 litre  
Sleeping mat  
Sleeping bag  
Hat  
Stop watch  
Maps as on course info sheet  
Stove  
Lighter  
Fuel  
Pans and lid  
Windshield  
Spoon  
Cup  
Pan holder  
Loo roll  
Trowel  
Midge cream  
Sun cream  
Sun glasses  
Maps (see course info)  
Map case (Ortelieb are best)  
Compass (silva type 4 or similar)  
First aid  
Head torch  
Dry bags  
Grippy gloves for rope work  
Phone  
Group shelter (optional)  
Waterproofs  
Food and drink  
Boots and gaiters  
Thermal shirt  
Jumper  
Trousers

Spare socks  
Spare jumper  
Spare hat  
Spare gloves  
Mountain rope if you have one

## BUNK HOUSE Extra's

Pillow for accommodation  
Sleeping bag for bunk house

This list is not exhaustive and you might or will not carry all these items.

This list acts as a reminder of the items you might need.

Each exped is different.

Hope this list helps with your preparation.

**Sailing:** Royal Yachting Association (RYA) Level 1 Start Sailing, Level 2 Basic Skills, Level 3 Better Sailing, Seamanship Skills and Assistant Instructor awards (min: 8 max:12)

Instructor: tbc (RYA Senior Instructor)

For those who have a little dinghy sailing experience, but are keen to learn, the RYA Level 1 Start Sailing and Level 2 Basic Skills qualification could be gained by the end of the course.

For those with Level 2 and sailing experience Level 3 Better Sailing or Seamanship skills may be achievable.

If you don't already have one you will need to buy and bring a RYA National Sailing Scheme Syllabus and Logbook to the week in order to gain your award. Certificates for completed courses cost £5, not included in the course fee.

During the course we intend to cover the following elements of the Royal Yachting Association National Sailing Scheme syllabus, however the list is not exhaustive and will also include towing, coming-along-side. anchoring, etc) but it is consistent with the RYA syllabus

Recent experience is important as well as knowledge - every year we have to remind people that they can't progress through the awards if they don't do some practise in between training weeks.

All candidates will cover all areas of the syllabuses (eg Level-2s will do Seamanship exercises as a valuable part of their learning)

You should learn to tie the following knots as this will save us a lot of time during the week:

- Figure of eight
- Round turn and two half hitches
- Bowline
- Sheet bend
- Clove hitch
- Rolling hitch

The following table has been devised from the information relating to the Sailing Scheme on: [www.rya.org.uk](http://www.rya.org.uk)

|   | <b>Level 1 Start Sailing -</b><br>This course introduces you to the sport of sailing. It covers all you need to know to get afloat under supervision.  | <b>Level 2 Basic Skills -</b><br>The course sets out the foundations of sailing for you. By the end of it you'll be a competent sailor in light winds. | <b>Level 3 Better Sailing</b><br>Consolidating skills and trying new ones                        | <b>Seamanship Skills -</b><br>This course teaches you how to handle a boat in all circumstances and solve problems afloat.   |
|---|--|--|--|--|
| <b>Assumed knowledge</b>                | none   | Sailing skills to the standard of Level 1  | Sailing skills to the standard of Level 2  | Sailing skills to the standard of the Level 2/3  |
| <b>Course content</b>                   | How to sail in all directions, including an awareness of launching and recovering  | Rigging, launching, sailing in all directions. Capsize recovery and essential safety knowledge   | Coaching of level 1 and 2 skills and taster sessions from the advanced modules                   | Launching and recovering the boat in different circumstances, stopping, reducing sail, recovering a man overboard, anchoring |
| <b>Ability after course</b>             | Able to sail in light winds under supervision  | Able to sail and make decisions in good conditions   | More confident in sailing skills and techniques, and ready to progress onto the advanced modules | Able to handle a wide range of situations afloat   |
| <b>Minimum duration</b>                 | 2 days   | 2 days, but often combined with Level 1 into 4/5 day course.   | 2 days or equivalent   | 2 days   |
| <b>Logbook REQUIRED &amp; Handbooks</b> | <b>ALL - RYA National Sailing Scheme Syllabus and Logbook - Product Code: G4 ISBN: 9781906435998</b><br><b>ALL - RYA Start Sailing - Beginners Handbook - Product Code: G3 ISBN: 9780901501820</b><br><b>SEAMANSHIP - RYA Dinghy Sailing Advanced Handbook - Product Code: G12 ISBN: 9781906435585</b> |  |  |  |

**During the week the syllabus we will cover:**

- Rowing and paddling
- Handling boats ashore
- Rigging on a boat
- Reefing - setting sails according to conditions
- Sailing – basic skills
- Sailing - basic manoeuvres
- Sailing - righting a capsized dinghy
- Man overboard recovery

**Theory - onshore teaching**

- Basic knowledge of boat parts and their uses
- Rope work
- Capsize recovery
- Safety
- First Aid and Resuscitation

- Safety in distress
  - Sea sailing
  - Inland and river sailing.
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## Assistant Instructor Award (min: 1 max: 4)

The Assistant Instructor programme is also available for those who have Seamanship skills and are looking to gain more experience, develop their sailing for CAH and working towards Dinghy Instructor. Sailing venue: Bassenthwaite Lake. Course director: Dave Law (Dinghy SI)

The programme for the week is to hone your sailing skills, using the Assistant Instructor programme as a guide, and incorporating valuable experience for the pre entry to the Dinghy Instructor course.

**Logbook REQUIRED:** You will need the RYA Dinghy Coaching Handbook and Logbook G14 (ISBN: 9780901501967) **Recommended Handbook:** G12 Advanced Handbook (ISBN: 9781906435585) you may already have a copy from your Seamanship qualification [www.rya.org.uk](http://www.rya.org.uk)

The sailing syllabus (page 1) for the start sailing, basic skills and seamanship skills is applicable for you to consider, to jog your memory on the kind of skills the course will be looking to help you hone.

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## Sailing Kit List

- Sleeping bag
- Pillowcase and single sheet
- Washing kit, toothbrush and toothpaste
- Towels (and recommended to bring an old one for your "sailing kit bag")
- Bible, Notebook and pen
- RYA Logbook and Handbook (see syllabus table)
- Flask, water bottle, and lunch box
- Personal first aid kit
- Swimwear (for under wetsuit/sailing clothes)
- Wetsuit\*
- Waterproof top and trousers\*
- Buoyancy aid\*
- Footwear suitable for sailing, such as wet boots/shoes or old trainers
- Sailing gloves
- Rash vest / Thermal top (not essential but recommended for comfort/warmth under wetsuit)
- Shorts (not essential but recommended for protection/comfort/warmth over wetsuit, particularly if using a CAH wetsuit)
- Hat(s) – for both cold and warm weather conditions
- Sunglasses
- Sun cream
- Bin liners (good for putting dry/wet kit in if you don't have another suitable bag for carrying sailing kit in, as well as sitting on in cars when wet)
- Two or three sweaters/warm jumpers (e.g. fleeces)
- Joggers or similar warm comfortable trousers
- Socks
- Informal casual clothes and footwear for leisure wear
- Warm gloves (good for if you are cold straight after coming off the water, along with aforementioned jumper)

\* CAH do have some available for use

## **Kayaking: BCU 2★ Award & Foundation Safety & Rescue Training**

(min: 4 max: 8)

Instructors will be provided by Tom and Anna Sibbald of Canoe Coaching,

Enjoyed kayaking before? Come and receive coaching to develop skills, paddling at a variety of venues. The 2\* is a personal paddling skills awards in both kayak and canoe, and the foundation safety and rescue training (FSRT) a one day training course, to equip you with the essential safety and rescue skills appropriate for flat water paddling

Please find the BCU 2 star award and FSRT syllabi in accompanying separate documents. The BCU charge the following fees: 2\*- £5, FSRT- £10 (£5 if a BCU member) which is not included in the course fee, payable to the instructor during the week.

### **BCU 2 Star Syllabus Canoe and Kayak:**

<http://www.canoe-england.org.uk/media/pdf/BCU%202%20Star%20Syllabi%20V3-0%20Oct13.pdf>

### **BCU 2 Star Assessment Notes**

<http://www.canoe-england.org.uk/media/pdf/BCU%202%20Star%20Assessment%20Notes%20V3-0%20Oct13.pdf>

### **BCU 2 Star Training Notes**

<http://www.canoe-england.org.uk/media/pdf/BCU%202%20Star%20Training%20Notes%20V3-0%20Oct13.pdf>

### **Foundation Safety & Rescue Training Syllabus:**

<http://www.canoe-england.org.uk/media/pdf/FSRT%20Syllabus.pdf>

## **Kayaking Kit List**

- Sleeping bag
- Pillowcase and single sheet
- Washing kit, toothbrush and toothpaste
- Towels (and recommended to bring an old one for your "kayaking kit bag")
- Bible
- Notebook and pen
- Flask, water bottle, and lunch box
- Personal first aid kit
- Swimwear (for under wetsuit)
- Wetsuit\*
- Waterproof top\*
- Buoyancy aid\*
- Footwear suitable for kayaking, such as wet boots/shoes or old trainers
- Rash vest/Thermal top (not essential but recommended for comfort/warmth under wetsuit)
- Shorts (not essential but recommended for protection/comfort/warmth over wetsuit, particularly if using a CAH wetsuit)
- Hat(s) – for both cold and warm weather conditions
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