

CAH Leaders Training 7-15 July 2017

Summary

Module	Time	Options
1	Saturday pm – Saturday am	<ul style="list-style-type: none"> • Standard Training Week offer - see separate information
2	Friday evening – Monday evening meal	<ul style="list-style-type: none"> • 3 day Mountains • 3 day Mountain Biking • 3 day Ghyll • 3 day Kayak/ Canoe • 3 day Rock Climbing • 3 day Sailing
3	Monday Evening – Wednesday Evening	<ul style="list-style-type: none"> • 2 day Outdoor First Aid • 2 day Spiritual leadership • 2 day Catering
4	Wednesday Evening- Friday evening meal	<ul style="list-style-type: none"> • 1 day EFAW first aid • 1 or 2 day Spiritual leadership • 2 day Mountain biking skills • 2 day Activity experience logging
5	Friday	<ul style="list-style-type: none"> • One day site specific training / assessment <ul style="list-style-type: none"> ○ Raft Building ○ Low level mountain walking
6	Sunday	<ul style="list-style-type: none"> • Mountain Bike Leadership Refresher run by Cyclewise

CAH Leaders Training 7-15 July 2017 Module Details

Module 1: See separate information

Module 2: Friday evening (arrival between 7pm and 9pm) **until Monday teatime**

Cost: £100 (50% training grant available to CAH members)

Get refreshed: Aimed at Leaders who have led on camp at least once or have attended at least one training week in the past.

Activity Options	Outline programme	Pre-requisites	numbers to run
Mountains: (staff: GT)	Saturday: Leaders hill day. Sunday: Steep ground day +night nav. Monday: Group leadership and sharing routes	ML training minimum	Min 2 Max 6
Mountain Biking: (staff: PB+ external)	3 days riding looking at best practice with a variety of routes including Whinlatter trails. Consideration of mountain bike maintenance. Led by Penny Butler plus one day of external trainer input.	Bring own bike Be a keen mountain biker with experience of riding off road for full day rides.	Min 2 Max 6
Ghyll exploration: (self led + 1 day AO)	2 days doing a variety of Ghylls with the aim of gaining pre-requisite experience for leadership day on Monday with technical advisor	Desire to lead Ghyll scrambles ML or SPA or LCL	Min 2 Max 6
Kayak /Canoe: (MA + 1 day AO+ MH(sea))	Saturday: Thirlmere or Ullswater, Opportunity to hone rescue skills and try different craft Sunday: Day on Derwent water with technical advisor Monday: Sea kayak trip	2 star and FSRT minimum	Min 2 Max 6
Rock Climbing: (1 day AO + self led)	Saturday: with technical advisor looking at group venues and best practice. Sunday and Monday: Opportunity to go to new crags, and do multipitch routes	attended learn-to-lead course or SPA training	Min 2 Max 6
Sailing: (Lead Instructor tbc)	Take down our boats or Hire boats from Nichol End/ Derwent Water Marina? Brush up on all skills and develop familiarity with Derwent Water. Consider viability of taking a dinghy to sail on the sea?		Min 2 Max 6

Module 3: Monday evening (arrival between 7pm and 9pm) **until Wednesday teatime****Cost:** £100 (50% training grant available to CAH members)**Get trained:** Choose to do a two day first aid course, Spiritual Leadership or Catering

Options	Outline programme	Pre-requisites	numbers to run
Outdoor First Aid	Tuesday, Wednesday 9am – 6pm	none	Min 6 Max 12
Spiritual Leadership	Looking likely this will be co-ordinated by Sam Gibb - to help build on your development for sharing the gospel	none	Min 2 Max 6
Catering:	Spend time looking at policies and procedures with input on food allergies. Camp food planning and costing. Sharing favourite recipies.	part of CAH catering team for minimum of one week 2015-2017	Min 2 Max 6

Module 4: Wednesday evening (arrival between 7pm and 9pm) **until Friday teatime/Saturday morning****Cost:** £60 - £80 (50% training grant available to CAH members)**Get trained:** Choose a one day first aid course, Spiritual Leadership, Mountain Biking or Log Experience

Options	Outline programme	Pre-requisites	numbers to run
EFAW First Aid	Thursday: 9am – 4:30pm Emergency First Aid at Work Friday: Join one of other options	none	Min 4 Max 12
Spiritual Leadership	Led by Sam Gibb?	none	Min 2 Max 6
Mountain Biking skills	Improve skills under the leadership of Penny Butler with 2 days riding plus mountain bike maintenance	none	Min 2 Max 4
Logging Experience	Use the time to log own experience in your chosen activity. Self led/team up with others	competence to look after yourself	Min 1 Max 8

Module 5: Thursday evening (arrival between 7pm and 9pm) **until Friday teatime/Saturday morning****Cost:** £30 (50% training grant available to CAH members)**Get trained:**

Options	Outline programme	Pre-requisites	numbers to run
Low Level Walking	Assessment	Previously led on CAH	Min 1 Max 4
Raft Building	Training and validation to be able to run raft building sessions	Water NGB – kayak/canoe/sailing/powerboat	Min 2 Max 6

Module 6: Sunday day**Mountain Bike Leadership Refresher run by Cyclewise**

This is an important day ideally to be attended by all wishing to lead or help with mountain biking at CAH in 2017. CAH are covering the cost of the training day. There would be a nominal cost for accommodation and food at the Manor if required - £20 for Saturday night. £30 for both Saturday and Sunday night.