OUTDOOR EDUCATION PROGRAMME

# Youth and Community Service Outdoor Education Programme 2003/4

www.nycsoutdooreducation.co.uk

Norfolk County Council at your service

## Introduction

**Youth and Community Service (YCS) Outdoor Education Programme (OEP)** offers a range of outdoor and adventurous land and water based activities for young people and the community at three activity centres and other approved sites. Our main work is with youth groups and schools during term time, with courses for individuals and families during the holiday period, evenings and weekends.

This brochure contains details of the activities available through **YCS OEP.** It provides details of our programmed courses for individuals wanting to undertake personal proficiency and coaching qualifications at national and local levels and information for groups wanting to put together single or multiple activity sessions.

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## YCS OEP Centres, Recognition and Licensing

All **YCS OEP** centres are licensed by the **Adventurous Activities Licensing Authority (AALA)** for delivering activities to young people. Further details of this licence please contact **AALA** direct on **029 2075 5715**. Website: www.aala.org.uk.

YCS OEP Filby and Eagle are also teaching establishments recognised by national governing bodies; Royal Yachting Association (RYA) for sailing and powerboating; British Canoe Union (BCU) for canoeing and kayaking specific to each centre. The programme also has recognition for a range of land based activities.



## **YCS Outdoor Education Staff**

All staff are qualified to National Governing Body and local authority level, where appropriate. All have a valid first aid certificate and have completed a Criminal Records Bureau disclosure procedure.

The **YCS OEP - Filby** is located in East Norfolk on the shore of Filby Broad. Used mainly for water activities and environmental studies, the site has its own large fleet of craft. Sailing dinghies include *Optimists, Toppers, Wayfarers* and *Lasers*. The centre also has numerous kayaks and open canoes. Onsite facilities include toilets, showers, changing rooms and training rooms, and there is also ample car parking available. **AALA** licence no R0872. The **YCS OEP - Eagle** is located by the River Wensum in Norwich. It is mainly used for kayak and open canoe activities and boasts a large and varied fleet of both types of boat. As the river is slow moving and shallow, the centre is ideal for novices. However, with Hellesdon Mill a short paddle upstream, there is also scope for the more advanced paddler. Facilities include changing rooms, showers and toilets, and the centre also has its own classroom. **AALA** licence no R0871.

The **YCS OEP - Whitlingham** is situated in the newly formed Whitlingham Country Park, on the outskirts of Norwich. The centre utilises the recently constructed Whitlingham Broads for a variety of water activities. The sheltered conditions make it an ideal venue for novice or improver level sailors. The centre currently provides mobile changing facilities, mobile toilets are available in the nearby car park. It runs a pay and play scheme for individuals wishing to hire craft for use on the Broad, together with the facility for **private launch**. The day and season launch tickets include third party liability insurance cover. **AALA** licence no R0870.

The **YCS OEP** also uses other approved activity venues in and out of county for certain activities.



The **Royal Yachting Association (RYA)** is the national governing body for all sailing activities. All our accredited **RYA** courses run at our base at **YCS OEP - Filby** which is an **RYA** training centre. Taster and introductory sailing sessions are run at **YCS OEP - Whitlingham**.

- **RYA Youth Sailing Scheme** for all young people, beginner to advanced, aged up to 16.
- **RYA National Sailing Scheme** for all people aged 16+ from beginner to advanced.

Whether it's your first time afloat on our introductory sessions or progressing through the national schemes, we have something for everyone.

Advanced Courses - as the level of courses become more advanced, and whilst tuition is geared towards successful achievement of the award, it must be recognised that students will need to have independent experience between courses to be fully prepared to work towards and achieve higher awards.

## RYA Youth Sailing Scheme (Age 8 - 16)

The scheme is a comprehensive introduction and progression through all aspects of the sport of sailing specifically for young people aged up to 16.

The scheme consists of three units:

## • Start Sailing

The aim of these awards is to provide an introduction to the sport of dinghy sailing in three easy steps. When you have completed all three stages, you will be safety conscious and you will be able to sail a dinghy confidently in light winds.

## • Advanced Sailing

Three additional awards designed to build up the skills and knowledge needed for independent dinghy sailing. By the end of the awards, the sailor should be confident, safe, seamanlike and capable of handling a dinghy in strong winds.

## • Racing

The aim of the racing awards (Red, White, Blue) is to take you from an introduction to club racing, on to open meetings and regattas and preparation for national events.

**NB: Advanced and Racing Awards** are coaching awards rather than teaching awards. They assume candidates will have the competence to sail independently, based on holding appropriate RYA stages and additional sailing experience. Although there are no guarantees of the award being achieved, the courses are structured to work towards the advanced stages.

**Beginner** - complete novice, no previous experience required.

**Improver - RYA YSS Stage 2** assumes **RYA YSS Stage 1** ability or equivalent experience, ie able to rig, launch, come alongside, reef, sail with purpose and recover from a capsize with assistance and **RYA YSS Stage 3** assumes **RYA YSS Stage 2** together with ability to recover from a capsize unaided and supported by personal sailing experience.

## RYA National Sailing Scheme - Aimed at people 16+

The **RYA National Sailing Scheme** has been developed to help you get the most from your sport, whatever your level of ability. Like any activity, greater enjoyment of sailing comes from greater competence. Good tuition and sound advice mean that you will learn quickly and enjoy the sport more.

The scheme was revised and updated in 2002 to provide a simple, versatile and easy to understand learning framework for small boat sailing in all its forms.

Having completed a RYA L2 course you can decide where you wish to pursue the sport and take the next step that suits you.

- RYA Start Sailing L1- getting afloat
- RYA Basic Skills L2 the foundations of the course
- RYA Seamanship Skills sail independently
- RYA Day Sailing go cruising
- RYA Sailing with Spinnakers kites course
- RYA Start Racing go club racing
- RYA Performance Sailing get coached sail better and faster!

**Beginner** - complete novice, no previous experience required.

**Improver** - assumes **RYA L2** ability or equivalent experience; able to rig, launch, come alongside, reef, sail with purpose and recover from a capsize unaided.

## **Paddlesport**

The **British Canoe Union (BCU)** is the National Governing Body for all paddlesport, which is the collective name given to all canoeing and kayaking activities.

All our paddlesport courses run at **YCS OEP - Eagle** in Norwich. This year we are running a variety of courses from introductory sessions to specialist skills for those wishing to progress their personal skills and work towards **BCU** star awards. For further details of the award schemes please contact the **BCU** (see page 20).

Kayak - seated position using a double bladed paddle commonly referred to as canoeing, is one of the most popular watersports in the UK. It is relatively easy to master basic control and therefore is an ideal fun activity for all ages.

Canoe - kneeling position using a single bladed paddle open canoeing with a crew of two or more is a fun way of promoting teamwork. The relative stability of these craft helps build confidence and their ease of control ensures everyone can master basic skills in a short space of time. More advanced paddlers can learn to manoeuvre their boat single-handed.

**Beginner** - complete novice, no previous experience required.

**Improver** - assumes **BCU** 1\* or equivalent experience; confidence in capsize, able to paddle in a straight line and carry out basic manoeuvres.

**Advanced** - assumes **BCU 2\*** in same discipline or equivalent experience; be a competent paddler with a background in personal paddling and having done a number of half day trips.

## Windsurfing

Windsurfing is becoming one of the fastest growing and popular watersports of today. It's fast, fun and exciting. With the minimum of technical knowledge and equipment, you'll soon be blasting across the water.

Our centre at **YCS OEP - Whitlingham** has all the equipment you need to participate in this exciting fun sport within a safe

environment to learn and practise those skills. This includes super light-weight learner rigs and wide style extra stable longboards for beginners to bigger sails and smaller boards for improvers. Courses are run by qualified windsurfing instructors.

This year we are running a range of courses so anyone can jump on a board and get windsurfing no matter what level they are at. Whether it's a first time introductory session or an improving skills course, get involved and get windsurfing.

Don't forget, windsurfing equipment is available for **'Pay and Play'** at Whitlingham so once you've learnt those first skills there's plenty of opportunity to hire out a board and build on what you've learnt.

**Beginner** - complete novice, no previous experience required.

Improver - RYA L1 or equivalent experience.

## **Multi Activity**

This year the **YCS OEP** is offering two multi activity programmes for young people.

**Multi Activity Water** offers an opportunity for young people to try out and enjoy a variety of water based activities including sailing, kayaking, canoeing, raft building and windsurfing. This year it is a fixed programme based between two of our centres - **YCS OEP - Eagle and Whitlingham** (both Norwich based) - details to be advised with joining instructions. It's fun, wet, active and guaranteed to make you smile.

Multi Activity Outdoors - offers young people the opportunity to have a go at water and land based activities to

include kayaking, canoeing, off-road biking, sailing, windsurfing, climbing, orienteering and raft building. The programme is based at **YCS OEP - Eagle**. The young people will be transported to other venues by us.

At the end of either course young people should have had the opportunity to have a go at a range of activities, weather permitting.

## Powerboating

The **Royal Yachting Association (RYA)** is the national governing body for all powerboat activities.

The **RYA** National Powerboat Scheme exists to meet the needs of those who use small open powerboats for sporting activities or to support other water based activities.

At **YCS OEP - Filby** we provide powerboat training using our own fleet of safety boats to teach powerboating skills, for high speed work we use other venues. We have a variety of powerboats including both planing and displacement craft.

**RYA Level 1 and 2** certificate courses are designed to introduce the newcomer or more experienced helm to the skills and knowledge required to operate powerboats safely and responsibly with due regard to other water users. **RYA Level 2** is a minimum requirement for all dinghy and windsurfing instructors. The **RYA Safety Boat** course allows the driver to practise and refine those techniques which are necessary to provide safety and rescue cover for a variety of other water users. This course is especially useful for those who wish to contribute to the running of club activities. **RYA PB L2** and 1 year's experience are a pre-requisite for this course. For full details of the awards and pre-requisites contact the **RYA** (see page 20).

**Beginner** - complete novice; no previous experience required.

**Improver** - assumes **RYA PB L2** and a season's powerboating experience.

### **First Aid**

**YCS OEP** is approved to run Rescue Emergency Care **(REC)** first aid courses.

**REC** courses are delivered to introduce candidates to a first aid training programme which is innovative, practical and fun to learn.

Courses are designed to introduce a systematic method of first aid for managing casualties. The courses are a balance of learning and practical, inter-mixed with scenarios of real situations.

**REC** is a national scheme recognised by the Health and Safety Executive and courses are approved by National Governing Bodies ie **RYA/BCU/MLTB**.

Certificates are awarded to successful candidates and are valid for a period of 3 years.

"People don't come to REC to learn about First Aid...They come to us to learn how to do it!"

- **REC L1 Basic First Aid -** essential skills to deal with an incident and use a basic first aid kit when help is delayed.
- **REC L2 Emergency First Aid -** developing essential skills to deal with more difficult incidents when there is no immediate help.

## **Coaching Courses**

Pre-requisites for coaching awards can be gained through the general programme or through specific courses ie: **BCU Canoe Safety Test**. For some courses which require external validation/registration, the appropriate NGB fee will be <u>added</u> to the course fee, at the appropriate rate. These sometimes vary depending upon an individual's membership status.

As well as running courses to help people learn and develop their personal skills, the **YCS OEP** provides a number of courses for those wishing to coach outdoor activities. As a course provider for the **British Canoe Union** and **Royal Yachting Association** we can offer a comprehensive range of paddlesport and sailing coaching awards, and as part of the **Local Education Authority** we also run various **LEA** outdoor education teaching awards.

We offer the **Basic Expedition Leadership Award (BELA)** as devised by the Central Council of Physical Recreation and administered by the British Sports Trust. We also provide a range of courses which cover the pre-requisites for coaching courses, ie **First Aid, BCU Canoe Safety Test** and **RYA precourse assessment**.

**RYA Dinghy Instructor Award** - is for those who are competent sailors who would like to become involved in the **RYA** coaching scheme at an **RYA** recognised school or club teaching dinghy sailing.

For full details of the award and pre-requisites contact the Royal Yachting Association (see page 20).

The **British Canoe Union (BCU)** is the national governing body for all canoeing and kayaking activities commonly referred to as paddlesport, and runs a coaching programme across all disciplines and at all levels.

For all coaching courses candidates must register and obtain the appropriate "C1" and "C2" registration forms before attending any training or assessment course.

For **BCU Level 2 and 3 Coach** the award scheme procedure consists of 4 stages.

- 1. Central registration (C1/C2 forms)
- 2. Training course
- 3. Consolidation period of personal skills and group management
- 4. Assessment course

Candidates must have registered and bring with them originals of stamped C1 and C2 registration forms, originals of all relevant qualifications (including First Aid and BCU Membership) and up to date logbook. Training and assessment cannot take place without prior registration. Please allow sufficient time for this process - minimum 3 weeks.

For further details of the coaching award scheme and to register please contact the BCU (see page 20).

## **BCU Level 3 Coach Award**

This is the correct grade for a person to be in charge of canoeing activities for a club or school which includes expedition in the relevant discipline to a specified level: Kayak - Inland waters up to grade II Canoe - Inland waters up to grade II Sea Kayak - Coastal and tidal journeys on simple shorelines. Level 3 courses run out of county and subject to demand. For details or to express an interest contact the YCS OEP office.

## • LEA Climbing Wall Supervisor Award

This course will be run at a number of venues to give candidates a range of experience. The award is aimed at enabling people working in the voluntary and statutory youth sector to safely set up and supervise taster and introductory climbing wall sessions for young people.

## • LEA Abseil Tower Supervisors Award

The award teaches a safe, releasable system for use on local abseil towers. It includes strategies for avoiding and coping with common problems and how to deal with a jammed system. It is aimed at people working in the voluntary and statutory youth sector to enable them to safely set up and operate taster and introductory abseil sessions with groups of young people.

## • Basic Expedition Leader Award (BELA)

The award is for voluntary youth workers, youth and community workers, teachers and all members of the community whose ages are over 18 and of varying backgrounds who wish to: train people in the basic skills involved in journeying on foot in the British Isles during the summer months; lead parties or groups in lowland country in the United Kingdom (below 450m) including day journey parties; organise base and standing camps.

We arrange additional courses for **OEP** and **YCS** staff as part of our on-going staff development. We are able to accommodate external candidates for a range of courses please refer to our website www.nycsoutdooreducation.co.uk for courses currently being offered, or contact us via email ycs.oep.edu@norfolk.gov.uk or telephone us on 01493 368129.

### **Group Bookings**

We provide a range of activities for groups of all sizes, ages and abilities at our **YCS OEP** centres and other venues across Norfolk. Regardless of whether you want a single session activity or an entire activity week planned, we can tailor a programme to meet your individual needs. Just choose from the list of activities. When enquiring about activities using other venues and centres please allow more time for us to make these arrangements.

### **Group Programmes**

We currently deliver group programmes for a range of schools, voluntary youth groups, scouts and guides, pupil referral units, pre and post 16 education projects, visiting teacher service, private groups of individuals, birthday parties and many more.

We can design activities to address a range of issues; team building, raising self-esteem, accreditation, communication, planning and reviewing activities built into a range of projects, venues and activities.

Multi Activity Programmes - why not 'pick & mix' from our list of activities to build up an exciting and challenging multi activity programme. We will draw up a programme to your specification, plan all the activities and arrange venues, equipment and staff.

Due to the complexity of these programmes, they are produced on an individual basis and involve planning and design time. For programmes involving groups with challenging behaviour, staff ratios and support will be negotiated. Please contact the office if you wish us to help you plan, design and deliver a programme of exciting and adventurous outdoor activities for your group.

### **YCS OEP Group Activities Available**

All activities are on an instructor to student ratio of 1:6

YCS OEP Centres - Water based activities							
	Filby	Eagle	Whitlingham				
Sailing	Yes	No	Yes				
Windsurfing	No	No	Yes				
Kayaking	Yes	Yes	No				
Canoeing	Yes	Yes	No				
Raft Building	Yes	Yes	Yes				
Team Building	Yes	No	No				

Other approved venues around Norfolk							
	Your own/public access venues	Other venues/ centres					
Climbing	Yes	Yes					
Abseiling	No	Yes					
Low Ropes	No	Yes					
High Ropes	No	Yes					
<b>Initiative Challenges</b>	No	Yes					
Off Road Biking	Yes	Yes					
Archery	No	Yes					
Navigation	Yes	Yes					

## **YCS OEP Group Activity Charges**

#### **Price Band A**

YCS districts & youth clubs NCC maintained schools YCS scheduled groups

### Price Band B

Out of county groups Commercial groups Independent schools

	Price Band A	Price Band B			
YCS OEP Centre	£22.50	£28.00			
Your own/public access venue	£28.00	£30.00			
Other venues/centres	£28.00 + venue cost @ cost	£30.00 + venue cost @ cost			
NB: all prices are per instructor per hour and include equipment, insurance, protective clothing etc					

## **YCS OEP - Whitlingham**

## **Operation Times for Pay & Play & Private Launch**

Opening times	13:00 - 17:00 hrs during:-
Weekends	4th May 2003 - 28th September 2003
Easter	19th April 2003 - 27th April 2003
Whitsun	24th May 2003 - 1st June 2003

## Pay & Play

A pay and play scheme exists allowing the opportunity to hire craft by the hour. These include open canoes, windsurfers and sailing dinghies during certain operational times. Craft are booked on-site on the day of hire. It is not possible to book craft in advance.

## Hire Charges (per hour)

Open canoe/Windsurfer - £5.00 Sailing dinghy - £6.00

### **Private Launch**

It is also possible to launch your own private boat on the Broad with fees payable by the day or through the purchase of a period or season ticket. These are available at any time when we are operating activities on the water. Due to safety precautions it is only possible to use the Broad under the supervision of **YCS OEP** staff.

The launch fee includes third party insurance for the period of use at Whitlingham. This currently provides £5m third party cover with £500 excess for property damage. Staff are also on hand to supervise whilst you are afloat and to help out in emergencies.

### **Private Launch Fees**

	Per	Per 7	Per
	launch	launches	season
Kayak/Open canoe	£3.00	£15.00	£30.00
Windsurfer/Sailing dinghy	£5.00	£25.00	£50.00

#### Please note :

- Final decision rests with the Senior Instructor in charge regarding prevailing weather conditions, kit availability and condition of craft.
- The use of buoyancy aids is mandatory.
- No private launch without a valid ticket.

## Contacts

### **Adventure Activities Licensing Association (AALA)**

17 Lambourne Crescent, Cardiff Business Park, Llanishen, Cardiff, CF14 5GF. Tel: 029 2075 5715. www.aala.org.uk

### Royal Yachting Association (RYA) (Sailing, Windsurfing & Powerboating)

RYA House, Ensign Way, Hamble, Southampton, SO31 4YA. Tel: 0845 345 0400. www.rya.org.uk

### British Canoe Union (BCU) (Canoeing & Kayaking)

John Dudderidge House, Adbolton Lane, West Bridgford. NG2 5AS. Tel: 0115 9821100. www.bcu.org.uk

## **Rescue Emergency Care (REC) (First Aid)**

4 Arnhill Drive, Westhill, Aberdeen. Tel/Fax: 0990 329242

## Eagle Canoe Club (ECC)

**ECC** meets at **YCS OEP - Eagle** on the River Wensum on Wednesday evenings and organises various paddling trips on Sundays and some weekends away. To find out more or to enrol as a member come to the centre any Wednesday night at 18:30 from 2nd April 2003 onwards or send a stamped addressed envelope to: Christine Wright, 64 Alford Grove, Sprowston, Norwich, NR7 8XA.

## Norfolk Schools Sailing Association (NSSA)

**NSSA** runs a programme of courses at **YCS OEP - Filby**. They are geared to all who want to sail from complete beginners to those who want to brush up their skills and those who would like to enter the instructor system and help others gain from the sport. For further details on membership please contact the **YCS OEP** office and request details. Visit their website at: www.nssa.co.uk or email: info@nssa.info

### **Terms and Conditions - Statement of assumed risk**

In addition to enjoyment and learning new skills, safety is of paramount importance on all **YCS OEP** courses. Outdoor and adventurous activities are hazardous by their nature and participants, parents or people with parental responsibility for young people must accept that there are risks and there may be inevitable bumps and scrapes which happen during the thrills and spills of fast moving activities. To manage and minimise these risks, as far as we are able, we have evolved a **'safe system of work'**.

- We only employ fully qualified staff
- We provide appropriate personal safety equipment for participants
- We provide up to date equipment for courses
- We teach to NGB guidelines in respect of groups our maximum staff:student ratio is 1:6, it may be on the ratio 1:2
- We have robust risk management systems in place we are AALA, BCU and RYA inspected and approved.
- We reserve the right to cancel or modify any activity if we feel that this is required due to the level of any form of risk to participants.

### **Booking Procedure - Individuals**

A **booking form** is included in this brochure. Complete the form fully and sign. Forward your booking form to us by post or fax. Bookings **must** be received with a minimum of 3 weeks before course commencement. Please note that we need one form per applicant and extra forms can be downloaded from our website or photocopied.

**Telephone enquiries** - although you are welcome to enquire about course details and booking availability, please note that we are unable to reserve places on courses without a signed and completed booking form. **Confirmation** - providing there is availability, you will receive a booking confirmation letter detailing the course applied for. If the course is full you will receive a letter to this effect. In this case please contact the **YCS OEP** office to arrange a course transfer if required.

**Joining instructions** - prior to the commencement of the course you will receive joining instructions detailing course payment, course registration, personal equipment required, course content, where applicable, and travel directions to our centres.

**Payment** - please **do not** send any money with your booking form. When you receive the joining instructions it will include your invoice. Follow the explained payment procedure detailed on the reverse side. Any queries regarding details/payment of invoice please contact the **YCS OEP** office.

**Course cancellation by YCS OEP** - we reserve the right to cancel courses in exceptional circumstances:

#### Prior to the course

 Insufficient demand. You will receive notification not less than 5 working days before course commencement. Any money paid will result in a full refund.

## **Cancellation during course**

 Algal blooms, extreme weather conditions and other operational circumstances. Monies already paid will be refundable pro rata.

**Cancellation by individual** - we only accept **written** cancellations. Those which are received more than 3 weeks prior to the start date of the course will receive a refund of the fee less a 10% course administration fee. However, less than 3 weeks notice will result in no refund of the fee. Where courses run over a number of dates we regret that

there will be no reduction or refund of the advertised fee if you are unable to attend or are unwell.

### **Booking Procedure - Group Bookings**

A **booking form** is included in this brochure. Complete the form fully and sign. Forward your booking form to us by post or fax. Bookings must be received with a minimum of 3 weeks notice.

**Telephone enquiries** - although you are welcome to enquire about group booking availability, please note that we are unable to confirm a booking without a signed and completed booking form.

**Booking confirmation** - On receipt of your booking form you will receive a booking confirmation pack containing:

- Group booking confirmation details
- Group booking information sheet
- Group attendance sheet

**Payment** - you will receive an invoice after your visit(s). Follow the payment procedure detailed on the reverse side. Any queries regarding details/payment of invoice please contact the **YCS OEP** office.

**Cancellation by YCS OEP** - we reserve the right to cancel group bookings due to algal blooms, extreme weather conditions and other operational circumstances. Wherever possible, your booking will be rescheduled.

**Cancellation by group -** we only accept **written cancellations** received **more** than **3 weeks prior to the activity date** and this will incur a £15.00 administration fee. Less than 3 weeks notice will result in a 50% charge of the activity. Less than 48 hours notice will result in a full charge.

#### **Youth Sailing Scheme - Evening Course**

A six evening course for young people to start or progress through the Youth Sailing Scheme. Good fun combined with the opportunity to gain accreditation within the Start Sailing and Advanced Sailing schemes. Young people will be allocated to groups of sailors of similar ability. Cost of logbooks and certificates is included in the course fee.

Course Ref	Dates
SFYE1	30 April - 04 June 2003
SFYE2	18 June - 23 July 2003
Cost : £50.00	No. of sessions : 6
Day : Wednesday	<b>Times :</b> 18:00 - 20:00
<b>Age :</b> 8 - 16	Level : Beginner

**Centre :** Filby

**Pre reqs :** None. Please bring your logbook if you have one. **Award bearing :** Assessment by arrangement

#### **Youth Sailing Scheme - Week Course**

A five day course for young people to start or progress through the Youth Sailing Scheme. Good fun combined with the opportunity to gain accreditation within the Start Sailing and Advanced Sailing schemes. Young people will be allocated to the appropriate level on the first day of the course. Logbooks and certificates are included in the course fee.

Course Ref	Dates
SFYW1	26 May - 30 May 2003
SFYW2	21 July - 25 July 2003
SFYW3	28 July - 01 August 2003
SFYW4	04 August - 08 August 2003
SFYW5	11 August - 15 August 2003
SFYW6	18 August - 22 August 2003
SFYW7	25 August - 29 August 2003
SFYW8	27 October - 31 October 2003
Cost : £110.00	No. of sessions : 5
Day : Monday - Frid	ay <b>Times :</b> 10:00 - 15:30
<b>Age :</b> 8 - 16	Level : Beginner

**Centre :** Filby **Pre reqs :** None. Please bring your logbook if you have one. **Award bearing :** Yes

## **Youth Afloat**

An opportunity for young people to practise and improve their skills in a safe and supervised environment. This is not an instructional course and can be joined at any time.

Course Ref	Dates
SFYA1	28 April - 02 June 2003
SFYA2	16 June - 21 July 2003
Cost: £50.00	No. of sessions : 6
Day : Monday	Times : 18:00 - 20:00
<b>Age :</b> 8 - 16	Level : Improver

#### **Centre :** Filby

**Pre reqs :** Must be able to rig and sail without an instructors help.

Award bearing : No

### Time to Sail

These six week modules are designed with an emphasis on fun - social sailing with the opportunity to gain accreditation.

Course Ref	Dates
STTS1	20 May - 24 June 2003
STTS2	01 July - 5 August 2003
STTS3	12 August - 16 September 2003
Cost : £36.00 Day : Tuesday Age : 13 - 19	No. of sessions : 6 Times : 18:00 - 21:00 Level : Beginner
Centre : Filby	

Centre : Filby Pre reqs : None Award bearing : No

## **Introduction to Racing**

Discover and practise the skills you need to take part in (club) dinghy racing. A practical course concentrating on starting, responding to wind shifts, mark rounding and demystifying the rules.

Course Ref	Dates
SIR1	1 May - 5 June 2003
SIR2	19 June - 24 July 2003
Cost : £60.00	No. of sessions : 6
Day : Thursday	<b>Times :</b> 18:00 - 20:30
<b>Age :</b> 8+	Level : Improver

Centre : Filby

**Pre reqs :** Confident in all points of sailing. Candidates are assumed to be able to sail independently and to be able to perform all the manoeuvres in RYA L2 / YSS L3. **Award bearing :** No

## **Young Sailors**

Four evening sessions where young people can learn to sail, improve existing skills or just enjoy themselves on (or in) the water.

Course Ref	Dates
SWY1	04 June - 25 June 2003
SWY2	02 July - 23 July 2003
SWY3	03 Sept - 24 Sept 2003
Cost : £30.00	No. of sessions : 4
Day : Wednesday	<b>Times :</b> 18:00 - 20:00
<b>Age :</b> 8 - 16	Level : Beginner
Centre : Whitlinghan Pre reqs : None Award bearing : No	

**Summer Sailing Skills** 

A week long course (afternoons only) for young people to learn and develop their sailing skills in a fun, practical and safe environment.

Course Ref	Dates
SWS1	26 May - 30 May 2003
SWS2	28 July - 01 August 2003
SWS3	04 August - 08 August 2003
SWS4	11 August - 15 August 2003
SWS5	18 August - 22 August 2003
SWS6	25 August - 29 August 2003
<b>Cost :</b> £57.50	No. of sessions : 5
Day : Monday - Friday	<b>Times :</b> 12:30 - 15:30
<b>Age :</b> 8 - 16	Level : Beginner
Centre : Whitlingham Pre reqs : None	

Award bearing : No

## **Try Sailing**

An introductory practical session for people to get afloat and try out this exciting sport in a fun, safe learning environment - courses for young people and adults.

Young People	Adults	Dates
Course Ref	Course Ref	
SWT01J	SWT01A	03 May 2003
SWT02J	SWT02A	04 May 2003
SWT03J	SWT03A	10 May 2003
SWT04J	SWT04A	11 May 2003
SWT05J	SWT05A	17 May 2003
SWT06J	SWT06A	18 May 2003
SWT07J	SWT07A	24 May 2003
SWT08J	SWT08A	25 May 2003
SWT09J	SWT09A	31 May 2003
SWT10J	SWT10A	01 June 2003
SWT11J	SWT11A	07 June 2003
SWT12J	SWT12A	08 June 2003
SWT13J	SWT13A	14 June 2003
SWT14J	SWT14A	15 June 2003
SWT15J	SWT15A	21 June 2003
SWT16J	SWT16A	22 June 2003
SWT17J	SWT17A	28 June 2003
SWT18J	SWT18A	29 June 2003
SWT19J	SWT19A	05 July 2003
SWT20J	SWT20A	06 July 2003
SWT21J	SWT21A	12 July 2003
SWT22J	SWT22A	13 July 2003

SWT23J	SWT23A	19 July 2003
SWT24J	SWT24A	20 July 2003
SWT25J	SWT25A	26 July 2003
SWT26J	SWT26A	27 July 2003
SWT27J	SWT27A	02 August 2003
SWT28J	SWT28A	03 August 2003
SWT29J	SWT29A	09 August 2003
SWT30J	SWT30A	10 August 2003
SWT31J	SWT31A	16 August 2003
SWT32J	SWT32A	17 August 2003
SWT33J	SWT33A	23 August 2003
SWT34J	SWT34A	24 August 2003
SWT35J	SWT35A	30 August 2003
SWT36J	SWT36A	31 August 2003
SWT37J	SWT37A	06 September 2003
SWT38J	SWT38A	07 September 2003
SWT39J	SWT39A	13 September 2003
SWT40J	SWT40A	14 September 2003
SWT41J	SWT41A	20 September 2003
SWT42J	SWT42A	21 September 2003
SWT43J	SWT43A	27 September 2003
SWT44J	SWT44A	28 September 2003
		<b>Age :</b> 8 - 17
		<b>Age :</b> 18+
Day : Saturday or Sunday		Times : 10:00 - 14:00
No. of session	ns : 1	Level : Beginner
Centre : Whitli	Centre : Whitlingham	

Centre : Whitlingham Pre reqs : None Award bearing : No

### **Start Sailing Level 1**

The aim of this course is to provide a brief taste of sailing for novices. By the end of the course participants will have had a short introduction to the sport of sailing, including basic boat handling techniques and essential background knowledge.

Course Ref	Dates
SLO1	07 & 08 June 2003
SLO2	14 & 15 June 2003
SLO3	05 & 06 July 2003
SLO4	12 & 13 July 2003
Cost : £118.00 Day : Saturday & Su Age : 16+	No. of sessions : 2 Inday Times : 09:00 - 18:00 Level : Beginner

**Centre :** Filby Pre reqs : None Award bearing : Yes



### **Basic Skills Level 2**

By the end of the course the successful sailor will be safety conscious, have a basic knowledge of sailing and be capable of sailing without an instructor on board in light winds. A largely practical course with relevant onshore and basic theory sessions.

#### **Evening Course**

Course Ref	Dates
SLTE1	22 April - 22 July 2003
SLTE2	17 June - 16 Sept 2003
Cost : £280.00	No. of sessions : 14
Day : Tuesday	<b>Times :</b> 18:00 - 21:00
<b>Age :</b> 16+	Level : Improver

#### **Week Course**

Course Ref	Dates
SLTW1	04 August - 08 August 2003
SLTW2	11 August - 15 August 2003
Cost : £280.00	No. of sessions : 5
Day : Monday - Friday	<b>Times :</b> 09:00 - 18:00
Age: 16+	Level : Improver
Centre : Filby	
Pre regs : None	

**Adult Time Afloat** 

Award bearing : Yes

An opportunity to practise and improve sailing skills in a safe and supervised environment. This is not an instructional course and can be joined at any time.

Course Ref	Dates
SAA1	28 April - 02 June 2003
SAA2	16 June - 21 July 2003
Cost : £65.00	No. of sessions : 6
Day : Monday	<b>Times :</b> 18:00 - 20:30
<b>Age :</b> 16+	Level : Improver

**Centre :** Filby

**Pre reqs :** Must be able to rig and sail independently. **Award bearing :** No

## **Day Sailing**

Designed to develop a confident and safe approach to planning and executing short cruises by sailing dinghy. The first evening will be for passage planning. A day sail will be part of the course.

Course Ref	Dates
SDAY1	30 May - 01 June 2003
SDAY2	26 Sept - 28 Sept 2003
Cost : £161.50	No. of sessions : 3
Day : Friday Eve, Saturday & Sunday	
Times : 18:00 - 21:00 & 09:00 - 17:00	
<b>Age :</b> 16+	Level : Improver

**Centre :** Filby **Pre reqs :** RYA Level 2 or equivalent experience. **Award bearing :** Yes

### **Seamanship Skills**

By the end of this weekend course the successful sailor will have a competent, safe, practical approach to the sailing of small boats and will be capable of sailing and making seamanlike decisions in moderate conditions. The emphasis will be on increasing the self reliance and all round competence of the sailor.

Course Ref	Dates
SEA1	17 & 18 May 2003
SEA2	14 & 15 June 2003
SEA3	12 & 13 July 2003
SEA4	16 & 17 August 2003
SEA5	13 & 14 September 2003

Cost : £110.00 Day : Saturday & Sunday Age : 16+ No. of sessions : 2 Times : 09:00 - 17:00 Level : Improver

**Centre :** Filby **Pre reqs :** RYA Level 2 or equivalent experience. **Award bearing :** Yes

## **Performance Sailing**

A coaching course that aims to improve boat handling in all conditions using all equipment including trapeze and spinnaker appropriately in race rigged boats. This is a course designed for people who want to build on their existing boating skills - not a course for beginners!

Dates
17 & 18 May 2003
14 & 15 June 2003
12 & 13 July 2003
16 & 17 August 2003
13 & 14 September 2003
No. of sessions : 2
unday <b>Times :</b> 09:00 - 17:00
Level : Improver

**Centre :** Filby **Pre reqs :** RYA Level 2 or equivalent experience. **Award bearing :** Yes

### **Sailing with Spinnakers**

By the end of this weekend course the successful sailor will have a practical introduction to rigging and using both asymmetric and symmetrical spinnakers. Designed to demystify the use of spinnakers through practise, kites without frights is the aim of this course!

Course Ref	Dates
SPIN1	12 & 13 July 2003
SPIN2	16 & 17 August 2003
SPIN3	13 & 14 September 2003
SPIN4	11 & 12 October 2003
Cost : £110.00	No. of sessions : 2
Day : Saturday & Su	inday <b>Times :</b> 09:00 - 17:00
Age: 16+	Level : Improver

**Centre :** Filby **Pre reqs :** RYA Level 2 or equivalent experience. **Award bearing :** Yes



### **Start Racing**

By the end of this weekend course the successful sailor will have had a sound introduction to racing at club level. Although essentially a practical course, sessions afloat will be backed by lectures ashore. The emphasis is on gaining skills and increasing confidence. After this course you will be keen to try out your new skills. This is definitely not death by rules and rig tension!

Course Ref Dates		
SRAC1 17 & 18 May 2003		
SRAC2 14 & 15 June 2003		
SRAC3 12 & 13 July 2003		
SRAC4 16 & 17 August 200	)3	
SRAC5 13 & 14 September	2003	
<b>Cost :</b> £110.00	No. of sessions : 2	
Day : Saturday & Sunday	<b>Times :</b> 09:00 - 17:00	
<b>Age :</b> 16+	Level : Improver	
Centre : Filby		

**Centre :** Filby **Pre reqs :** RYA Level 2 or equivalent experience. **Award bearing :** Yes

#### **Introduction to Paddlesport**

A six evening course to introduce you to the skills of paddling. The course is practical and fun with lots of time on the water in both canoes and kayaks. It allows for assessment for BCU Star Awards. These can be awarded to students who attain the appropriate level of competence during the course.

Young People Course Ref	Adults Course Ref	Dates
PIY1	PIA1	28 April - 02 June 2003
PIY2	PIA2	29 April - 03 June 2003
PIY3	PIA3	19 May - 23 June 2003
PIY4	PIA4	20 May - 24 June 2003
PIY5	PIA5	09 June - 14 July 2003
PIY6	PIA6	10 June - 15 July 2003
PIY7	PIA7	08 Sept - 13 Oct 2003
PIY8	PIA8	09 Sept - 14 Oct 2003
Cost : Young Pe		<b>Age :</b> 8 - 16
Cost : Adult £55.00		<b>Age :</b> 16+
Day : Monday or Tuesday		<b>Times :</b> 18:30 - 20:30
No. of sessions : 6		Level : Beginner

**Centre :** Eagle

Pre reqs : None

Award bearing : Assessment as appropriate



#### **Improving Techniques**

A six evening course to build upon your basic skills. Lots of time on the water to develop your paddling in both canoes and kayaks. You should be able to perform the skills in the BCU 1\* Award to get the most from this course. It allows for assessment for BCU Star Awards. These can be awarded to students who attain the appropriate level of competence during the course.

Young People Course Ref	Adults Course Ref	Dates
PITY1	PITA1	01 May - 05 June 2003
PITY2	PITA2	22 May - 26 June 2003
PITY3	PITA3	12 June - 17 July 2003
PITY4	PITA4	11 Sept - 16 Oct 2003
Cost : Young People £48.00 Cost : Adult £55.00 Day : Thursday No. of sessions : 6		Age : 8 - 16 Age : 16+ Times : 18:30 - 20:30 Level : Improver

**Centre :** Eagle **Pre reqs :** BCU 1 Star **Award bearing :** Assessment as appropriate

#### **Paddlesport Multi One**

A week long course in the summer holidays for young people to learn and develop their paddling skills, with lots of time on the water for fun, skills and river trips.

Course Ref	Dates
PMO1	21 July - 25 July 2003
PMO2	28 July - 01 August 2003
PMO3	04 August - 08 August 2003
PMO4	11 August - 15 August 2003
PMO5	18 August - 22 August 2003
PMO6	25 August - 29 August 2003
Cost : £110.00	No. of sessions : 5
Day : Monday - Frid	ay <b>Times :</b> 10:00 - 15:30
<b>Age :</b> 8 - 16	Level : Beginner

Centre : Eagle Pre reqs : None Award bearing : No

#### **Paddlesport Multi Two**

A week long course in the summer holidays for young people to build upon basic skills, with lots of time on the water for fun, skills and river trips.

Course Ref	Dates
PMT1	21 July - 25 July 2003
PMT2	28 July - 01 August 2003
PMT3	04 August - 08 August 2003
PMT4	11 August - 15 August 2003
PMT5	18 August - 22 August 2003
PMT6	25 August - 29 August 2003

Cost : £110.00 Day : Monday - Friday Age : 8 - 16 No. of sessions : 5 Times : 10:00 - 15:30 Level : Improver

Centre : Eagle Pre reqs : BCU 1 Star Award bearing : No

#### **River Day Trip**

A one day trip on a local river. A chance to put your skills into practise and further your experience. All kit and transport included. Just bring a packed lunch and a change of clothes.

Course Ref	Dates
PRT1	11 May 2003
PRT2	08 June 2003
PRT3	13 July 2003
PRT4	10 August 2003
PRT5	14 September 2003
PRT6	12 October 2003
<b>Cost :</b> £33.00 <b>Day :</b> Sunday	No. of sessions : 1 Times : 10:00 - 18:00
Age: 11+	Level : Improver

**Centre :** Eagle

**Pre reqs :** Basic paddling skills (BCU 1 Star or equivalent experience).

Award bearing : No

#### **Swimming Pool Session**

A two hour session to practise wet skills in the warm. Ideal for building confidence.

Dates
06 April 2003
04 May 2003
01 June 2003
06 July 2003
07 September 2003
05 October 2003
No. of sessions : 1 Times : 14:00 - 16:00 Level : Beginner & Improver

**Centre :** Hellesdon High School **Pre reqs :** None **Award bearing :** No

#### **BCU Canoe Safety Test**

Training and assessment in safety awareness and rescue skills. Pre requisite for all BCU coaching awards. We will issue a pass slip. The candidate submits this to the BCU with a cheque to receive certificate. Cost of certificate is subject to BCU membership status.

#### Canoe

Course Ref Dates	
PCSTC 03 May 2003	
Cost : £48.00 No. of sessions : 1	
Day : Saturday Times : 09:00 - 17:00	
Age : 16+ Level : Improver	

#### Kayak

Course Ref	Dates
PCSTK	04 May 2003
Cost : £48.00	No. of sessions : 1
Day : Sunday	<b>Times :</b> 09:00 - 17:00
Age: 16+	Level : Improver

**Centre :** Eagle **Pre reqs :** BCU 2 Star (in appropriate discipline) **Award bearing :** Yes

### **Try Windsurfing**

Two practical sessions over the same weekend, giving you the basic skills to get on a board and start windsurfing.

Young People	Adults	Dates
Course Ref	Course Ref	
WT01J	WT01A	03 & 04 May 2003
WT02J	WT02A	10 & 11 May 2003
WT03J	WT03A	17 & 18 May 2003
WT04J	WT04A	24 & 25 May 2003
WT05J	WT05A	31 May & 01 June 2003
WT06J	WT06A	07 & 08 June 2003
WT07J	WT07A	14 & 15 June 2003
WT08J	WT08A	21 & 22 June 2003
WT09J	WT09A	28 & 29 June 2003
WT10J	WT10A	05 & 06 July 2003
WT11J	WT11A	12 & 13 July 2003
WT12J	WT12A	19 & 20 July 2003
WT13J	WT13A	26 & 27 July 2003
WT14J	WT14A	02 & 03 August 2003
WT15J	WT15A	09 & 10 August 2003
WT16J	WT16A	16 & 17 August 2003
WT17J	WT17A	23 & 24 August 2003
WT18J	WT18A	30 & 31 August 2003
WT19J	WT19A	06 & 07 September 2003
WT20J	WT20A	13 & 14 September 2003
WT21J	WT21A	20 & 21 September 2003
WT22J	WT22A	27 & 28 September 2003
Cost : Young Pe Cost : Adult £20 Day : Saturday & No. of sessions	.00 & Sunday	Age : 8 - 17 Age : 18+ Times : 10:00 - 12:00 Level : Beginner

Centre : Whitlingham Pre reqs : None Award bearing : No

#### **Start Windsurfing**

Five sessions to take you from complete beginner to a confident and self sufficient windsurfer.

#### **Young People**

Course Ref	Dates
WSW1	03 May - 31 May 2003
WSW3	07 June - 05 July 2003
WSW5	12 July - 09 August 2003
WSW7	16 August - 13 September 2003
<b>Cost :</b> £37.50	No. of sessions : 5
Day : Saturday	<b>Times :</b> 12:30 - 14:30
<b>Age :</b> 8 - 16	Level : Beginner
Adults	
Course Ref	Dates
WSW2	04 May - 01 June 2003
WSW4	08 June - 06 July 2003
WSW6	13 July - 10 August 2003
WSW8	17 August - 14 September 2003
Cost : £45.00	No. of sessions : 5
Day : Sunday	<b>Times :</b> 12:30 - 14:30
<b>Age :</b> 16+	Level : Beginner

Centre : Whitlingham Pre reqs : None Award bearing : No

#### **Improve Windsurfing**

Following on from Start Windsurfing, on this course you can practise, improve and learn new tricks such as beach starts and flare gybes. The teaching style is more like coaching rather than instruction, meaning you can learn what you want, when you want.

Young People Course Ref	Adults Course Ref	Dates
WI1J	WI1A	03 May - 31 May 2003
WI2J	WI2A	04 May - 01 June 2003
WI3J	WI3A	07 June - 05 July 2003
WI4J	WI4A	08 June - 06 July 2003
WI5J	WI5A	12 July - 09 August 2003
WI6J	WI6A	13 July - 10 August 2003
WI7J	WI7A	16 August - 13 September 2003
WI8J	WI8A	17 August - 14 September 2003
<b>Cost :</b> £37.50		<b>Age :</b> 8 - 17
Cost : £45.00		<b>Age :</b> 18+
Day : Saturday	or Sunday	<b>Times :</b> 15:00 - 17:00
No. of session	<b>s :</b> 5	Level : Intermediate

#### **Young Windsurfers**

Four evening sessions where young people can learn to windsurf, improve existing skills or just enjoy themselves on (or in) the water.

Dates
04 June - 25 June 2003
02 July - 23 July 2003
03 Sept - 24 Sept 2003
No. of sessions : 4
<b>Times :</b> 18:00 - 20:00
Level : Beginner

Centre : Whitlingham Pre reqs : None Award bearing : No

#### **Summer Windsurf Skills**

A week long course (mornings only) for young people to learn and develop their windsurf skills in a fun, practical and safe environment.

Course Ref	Dates
WS1	26 May - 30 May 2003
WS2	28 July - 01 August 2003
WS3	04 August - 08 August 2003
WS4	11 August - 15 August 2003
WS5	18 August - 22 August 2003
WS6	25 August - 29 August 2003
Cost : £37.50 Day : Monday - Fric Age : 8 - 16	day No. of sessions : 5 day Times : 10:00 - 12:00 Level : Beginner
<b>Centre :</b> Whitlinghat <b>Pre reqs :</b> None <b>Award bearing :</b> No	

#### **Multi Activity Water**

A five day course for young people to try out and enjoy a variety of water activities. It is a fixed programme based at two of our centres. It's fun, wet, active and guaranteed to make you smile. At the end of the course you will have had the opportunity to have a go at all the following activities: canoeing, kayaking, raft building, sailing and windsurfing in a fun, safe environment.

Course Ref	Dates
MAW1	26 May - 30 May 2003
MAW2	21 July - 25 July 2003
MAW3	28 July - 01 August 2003
MAW4	4 August - 8 August 2003
MAW5	11 August - 15 August 2003
MAW6	18 August - 22 August 2003
MAW7	25 August - 29 August 2003
MAW8	27 October - 31 October 2003
Cost : £105	No. of sessions : 5 Days
Day : Monday - Fric	
<b>Age :</b> 8 - 16	Level : Beginner

Centre : Eagle & Whitlingham Pre reqs : None Award bearing : No

#### **Multi Activity Outdoors**

A five day course for young people to try out and enjoy a variety of outdoor activities. It is fun, active and guaranteed to make you smile. At the end of the course young people will have had the opportunity to have a go at some of the following activities: kayaking, canoeing, off-road biking, sailing, windsurfing, climbing, orienteering and raft building in a fun and safe environment.

Course Ref	Dates
MAO1	26 May - 30 May 2003
MAO2	11 August - 15 August 2003
MAO3	25 August - 29 August 2003
MAO4	27 October - 31 October 2003
Cost : £137.50	No. of sessions : 5
Day : Monday - Frid	ay <b>Times :</b> 10:00 - 16:00
<b>Age :</b> 10 - 16	Level : Beginner
	Level : Beginner

Centre : Eagle & other venues Pre reqs : None Award bearing : No

#### Intro to Powerboating - Level 1

A one day course to provide a practical introduction to boat handling skills and safety in powerboats.

Course Ref	Dates
PBL11	24 May 2003
PBL12	21 June 2003
PBL13	31 August 2003
Cost : £80.00	No. of sessions : 1
Day : Saturday or Su	inday <b>Times :</b> 09:00 - 18:00
<b>Age :</b> 16+	Level : Beginner
<b>Centre :</b> Filby	

**Centre :** FIIDy **Pre reqs :** None **Award bearing :** Yes - Inland qualification

#### **National Powerboat Certificate - Level 2**

A two day course to provide the skills and background knowledge needed by the competent powerboat driver and is the basis of the International Certificate of Competence. (Incorporates Level 1)

Course Ref	Dates
PBL21	26 & 27 April 2003
PBL22	31 May & 01 June 2003
PBL23	26 & 27 July 2003
PBL24	09 & 10 August 2003
PBL25	20 & 21 September 2003
Cost : £175.00	No. of sessions : 2
Day : Saturday & Su	nday <b>Times :</b> 09:00 - 18:00
Age:16+	Level : Beginner
Centre : Filby & Other Venue Pre reqs : None	

Award bearing : Yes - Inland coastal, by arrangement

#### **Safety Boat Course**

A two day course to provide the skills required when acting as an escort craft, safety boat or coach boat for a fleet of dinghies, windsurfers or canoes, for racing or training activities. Especially valuable for those performing club rescue duties.

Course Ref	Dates
PBS1	10 & 11 May 2003
PBS2	28 & 29 June 2003
PBS3	02 & 03 August 2003
PBS4	06 & 07 September 2003
PBS5	11 & 12 October 2003
Cost : £130.00	No. of sessions : 2
Day : Saturday & Su	ınday <b>Times :</b> 09:00 - 18:00
<b>Age :</b> 16+	Level : Advanced

**Centre :** Filby **Pre reqs :** Level 2 plus experience - 1 season **Award bearing :** Yes

#### **REC Level 1 - Basic First Aid**

A one day (8 hour) course. The basic First Aid course is designed to introduce a systematic method of first aid for managing casualties where help is close at hand. The course is a balance of learning and practical inter-mixed with scenarios of real situations. It is recognised as appropriate training for the RYA, BCU and BOF coaching awards.

Course Ref	Dates
RECB1	25 May 2003
RECB2	13 July 2003
RECB3	28 September 2003
RECB4	15 November 2003
RECB5	21 February 2004
RECB6	27 March 2004
Cost : £50:00 Day : Saturday or Su Age : 12+	No. of sessions : 1 Day unday Times : 09:00 - 18:00 Level : Basic
Centre : Eagle Pre reqs : None	

Award bearing : Yes

#### **REC Level 2 - Emergency First Aid**

A two day (16 hour course). The Emergency First Aid course is designed to develop essential skills to deal with the more difficult incidents when there is no immediate help. It is recognised as appropriate training for the RYA, BCU, BOF and MLTB coaching awards. It adds another day to the Level 1 course, leading to multiple casualties and working as part of a team.

Course Ref	Dates
RECE1	3 & 4 May 2003
RECE2	8 & 9 November 2003
RECE3	20 & 21 March 2004
Cost : £100.00 Day : Saturday & Sur Age : 12+	No. of sessions : 2 Days nday Times : 09:00 - 18:00 Level : Emergency
Age: 12+	Level : Emergency

Centre : Filby Pre reqs : None Award bearing : Yes

#### **RYA Dinghy Instructor Pre Course Assessment**

To be accepted for training at instructor level all candidates have to pass a practical test, conducted by an RYA Coach/Assessor, not more than one year before instructor training. (Free if part of Dinghy Instructor course run by ourselves).

Course Ref	Dates
DIPCA1	22 February 2003
DIPCA2	15 March 2003
DIPCA3	12 April 2003
DIPCA4	06 September 2003
DIPCA5	07 September 2003
Cost : £75.00	No. of sessions : 1
Day : Saturday or S	unday <b>Times :</b> 10:00 - 16:00
<b>Age :</b> 16+	Level : Coaching

**Centre :** Filby

**Pre reqs :** RYA Level 5 or equivalent skills and experience **Award bearing :** Yes

#### **RYA Dinghy Instructor**

An intensive course which leads to an assessment. It also combines the opportunity of Racing Instructor endorsement for those with the appropriate personal experience. Also includes a free pre entry assessment.

Course Ref	Dates
DI1	19 - 25 April 2003
<b>Cost :</b> £235.00	No. of sessions : 7
Day : Saturday - F	riday <b>Times :</b> 09:00 - 18:00
<b>Age :</b> 16+	Level : Coaching

Course Ref	Dates
DI2	27 October - 02 November 2003
Cost : £235.00	No. of sessions : 7
Day : Monday - Su	nday <b>Times :</b> 09:00 - 18:00
<b>Age :</b> 16+	Level : Coaching

**Centre :** Filby

**Pre reqs :** RYA Member. RYA PB L2. First Aid (minimum 7 hrs). Sailing ability to the old RYA L5. Attended a pre-entry sailing assessment.

Award bearing : Yes

**BCU Level 2 Canoe Coach** Nationally recognised training qualification for those wishing to introduce others to canoeing on simple waters only, in open canoes.

#### **BCU Level 2 Canoe Coach - Training**

Course Ref	Dates
L2CT1	31 May & 01 June 2003
Cost: £108.00	No. of sessions : 2
Day : Saturday & Su	unday <b>Times :</b> 09:00 - 18:00
Age: 16+	Level : Coaching

**Centre :** Filby & Eagle

**Pre reqs :** BCU 3 Star - canoe. Canoe Safety Test - canoe. First Aid (minimum 4 hrs). C1 & C2 registration completed (available from BCU). BCU comprehensive membership. **Award bearing :** Yes

#### **BCU Level 2 Canoe - Assessment**

Course Ref	Dates
L2CA1	14 September 2003
Cost : £80.00	No. of sessions : 1
Day : Sunday	Times : 10:00 - 16:00
Age: 16+	Level : Coaching

#### **Centre :** Filby & Eagle

**Pre reqs :** BCU L2 training completed - canoe. First Aid (minimum 4 hrs). C1 & C2 registration. BCU comprehensive membership. Minimum of 20 hours logged coaching experience.

Award bearing : Yes

#### **BCU Level 2 Kayak Coach - Training**

**Course Ref Dates** 

L2KT1 24 & 25 May 2003

Cost : £108.00 No. of sessions : 2 Day : Saturday & Sunday Times : 09:00 - 18:00 Age : 16+ Level : Coaching

**Centre :** Filby & Eagle

**Pre reqs :** BCU 3 Star - kayak. Kayak Safety Test - kayak. First Aid (minimum 4 hrs). C1 & C2 registration completed (available from BCU). BCU comprehensive membership. **Award bearing :** Yes

#### **BCU Level 2 Kayak - Assessment**

Course Ref	Dates
L2KA1	13 September 2003
Cost : £80.00	No. of sessions : 1
Day : Saturday	Times : 10:00 - 16:00
Age: 16+	Level : Coaching

#### **Centre :** Eagle

**Pre reqs :** BCU L2 training completed - kayak. First Aid (minimum 4 hrs). C1 & C2 registration. BCU comprehensive membership. Minimum of 20 hours logged coaching experience.

Award bearing : Yes

#### **LEA Climbing Wall Supervisors Award**

Course Ref	Dates
CW1	11, 18 May & 08 June 2003
	(Assessment)
CW2	21, 28 September & 26 October 2003
	(Assessment)
Cost: £90.00	No. of sessions : 3
Day : Sunday	Times : 10:00 - 13:00
<b>Age :</b> 16+	Level : Coaching
Course Ref	Dates
CW3	01, 08, 29 February 2004
	01, 08, 29 February 2004 No. of sessions : 3
CW3	
CW3 Cost : £90.00	No. of sessions : 3

#### **LEA Abseil Tower Supervisors Award**

Course Ref	Dates
AT1	11, 18 May & 08 June 2003
	(Assessment)
Cost : £90.00	No. of sessions : 3
Day : Sunday	<b>Times :</b> 15:00 - 18:00
<b>Age :</b> 16+	Level : Coaching
Course Ref	Dates
AT2	07, 14 September & 05 October 2003
	(Assessment)
AT3	01, 08 & 29 February 2004
	(Assessment)
Cost : £90.00	No. of sessions : 3
Day : Sunday	Times : 10:00 - 13:00
<b>Age :</b> 16+	Level : Coaching

Centre : TBA

**Pre reqs :** Personal experience desirable but not essential. First Aid certificate (before assessment).

Award bearing : Yes

## **Basic Expedition Leader Award (BELA)**

Course Ref	Dates
BELA	Evenings: (1 date from a, b, c & d)
	a) 29, 30 April or 01 May
	b) 01, 02, or 03 July
	c) 09, 10, or 11 Sept
	d) 24 Sept
	W/e: 10, 11 May, 07, 08 June, 21, 22 June
<b>Cost :</b> £280.00	No. of sessions : 102 hours
Day: 4 Evenings + 3 Weekends	
Times : 19:00-22:00 & 09:00-16:00	
Age: 18+	Level : Coaching
Centre : Various venues within Norfolk Pre regs : No formal requirements.	
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An interest in the outdoors

and leadership.

Award bearing : Yes

# Notes

# Youth and Community Service Outdoor Education Programme

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If you would like this brochure in large print, audio, Braille, alternative format or in a different language please contact the YCS Outdoor Education Programme on 01493 368129 and we will do our best to help.