



Longridge Trainee Instructor Scheme.

The Longridge trainee instructor scheme is open for all applicants wishing to pursue a career in the outdoor sector. The course will give you the skills and confidence in key activities to prepare you for a job instructing at an outdoor activity centre. Depending upon whether you have prior experience or are completely new to the outdoors industry we can tailor the programme so you get the most out of the trainee scheme here at Longridge.

The qualifications which you may receive during the course include:

- UKCC 1 star Kayak
- UKCC 1 star Canoe
- UKCC 2 star
- FSRT
- Bell boat Helm
- Dragon boat helm
- RYA 8 hour First aid certificate
- RYA Powerboat Level 2
- Sailing Level 1 and 2
- Vertex high ropes certificate
- European high ropes instructor
- UKCC Level 1 coach training

For those with previous experience the chance to train in the following may be possible:

- UKCC 3 star Touring
- UKCC 3 star White water
- UKCC Level 1 coach assessment

In addition to the above qualifications all in house training will be given in the following areas:

- Team building
- Challenge trail/assault course
- Water orbs
- Go Karts
- Raft Building
- Laser tag

All personal protective equipment will be supplied for all activities whilst on the training course.

Estimated Progression.

Week 1: Intro to centre life, Team building, UKCC 1 star kayak.

Week 2: UKCC 1 star Canoe, In house training and instructing techniques (Challenge trail/Assault course, Go Karts.)

Week 3: UKCC 2 star and log book hours for both kayak and canoe.

Week 4: Kayak and Canoe stroke breakdowns for instructional purposes and log book hours.

Week 5: FSRT and increased water confidence. RYA First Aid certificate. Bell Boat intro.

Week 6: Bell boat helm. Intro to Climbing.

Week 7: Climbing wall setup and safety. Including Leap of faith and Jacobs ladder.

Week 8: Giant swing setup and safety. Recap of climbing setup.

Week 9: Climbing and swing setup and safety concluding with Vertex high ropes certificate.

Week 10: In house training and instruction techniques for water orbs, raft building and team building

Week 11: Kayak and Canoe skills and 3 weir trip.

Week 12: Half way recap of all activities to date and instruction techniques.

Week 13: Dragon boat intro, racing techniques, capsize recovery. Dragon boat helm.

Week 14: Introduction to Power boating. PB2 skills.

Week 15: Power boat level 2

Week 16: Introduction to Sailing, single hander's. Sailing techniques and theory.

Week 17: Double hander's and single hander's.

Week 18: Sailing Level 1 and 2. Using a power boat as a coaching platform.

Week 19: Powerboat skills for safety and rescue techniques with sailing and bell boats.

Kayak and Canoe Skills and instruction techniques for level 1 coach training.

Week 20: Level 1 coach training (2 days).

Week 21: Level 1 coach training (2 days).

Week 22: European High Ropes Instructor

Week 23: UKCC 3 star Touring or White water

Week 24: Course completion and recap of all areas.

Costs.

To complete the 6-month training scheme will cost £5,800

Self-catering accommodation will be provided



**Application Form:
Trainee Instructor Course**

Personal Details *Please complete this section in clear handwriting*

Surname:DOB:.....

Forenames:

Surnames by which you have been known:

Permanent Address:
.....

Address for Correspondence (if different):
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.....

.....

.....

Telephone No. (Day) (Mob)..... Email:

Section 1: Current/Most Recent Employment

Job Title:

Current Salary/Benefits:

Employment Dates: From:To:..... Notice Required:

Employer's Name and Address:

.....

.....

Nature of Business (Outline your main duties, responsibilities and achievements):

.....

.....

.....

Please give your reason(s) for leaving:

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.....

Section 2: Previous Employment

Please quote your last three posts only, although you may add a separate sheet with details of posts prior to these if appropriate. (Please include any breaks in employment or unpaid work under Section 3)

A. Job Title: From To

Employer's Name and Address:

Nature of Business (Outline your main duties, responsibilities and achievements:

Give reason(s) for leaving: Final Salary:

B. Job Title: From To

Employer's Name and Address:

Nature of Business (Outline your main duties, responsibilities and achievements:

Give reason(s) for leaving: Final Salary:

C. Job Title: From To

Employer's Name and Address:

Nature of Business (Outline your main duties, responsibilities and achievements:

Give reason(s) for leaving: Final Salary:

Section 3: Employment Breaks

Please give details of any breaks in employment or unpaid/voluntary work undertaken.

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Section 4: Coaching and Instructing

Please give details of your experience in coaching/instructing at centres, clubs, schools, groups etc.

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.....(Please continue on a
.....separate sheet if necessary)

Section 5: Education and Training

A. Secondary Education. Please give details of schools/colleges attended and qualifications gained.

Schools	From	To	Examinations Taken	Grade
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B. Further/Vocational Education. Please give details of colleges/universities, attended and qualifications gained.

College/University	From	To	Title of Course	Qualification gained
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C. National Governing Body qualifacations (BCU, RYA, First Aid, etc.).

NGB/Membership No:	Qualificatiion Held	Date Gained
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D. Other relevant skills. List other relevant qualifications/skills/abilities e.g. computer, languages etc

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Section 6: General Information

A. Give details of any serious illnesses/conditions which may affect your ability to do this training

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How many days absence from work have you had in the last 12 months due to illness?	No. of Days	No. of Occasions
.....

B. Have you ever been convicted of a criminal offence, other than a spent conviction under "The Rehabilitation of Offenders' Act 1974"? YES / NO (If YES please give details)

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PLEASE NOTE THAT SUCCESSFUL COURSE CANDIDATES WILL BE REQUIRED TO COMPLETE AN ENHANCED DISCLOSURE APPLICATION FOR SUBMISSION TO THE CRIMINAL RECORDS BUREAU. A PLACE ON THE COURSE IS CONDITIONAL ON THE REPORT BEING ACCEPTABLE.

Section 7: Supporting Information

Please explain below your reasons for applying to join this course.

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Section 8: References

If following the course you are offered a role working for us, we require names of whom we may approach for information about your suitability for an instructor post. One referee should be your current/most recent employer or Teacher/Tutor for those who have not previously worked. References are taken up should an offer of employment be made and will not be taken whilst you are studying with us.

A. Name:	A. Name:
Profession:	Profession:
Address:	Address:
.....
.....
Telephone No.	Telephone No.
Do you require notice before references are requested YES / NO	Do you require notice before references are requested YES / NO

DECLARATION

I declare that the information I have given is to the best of my knowledge is accurate and complete. I accept that if I have given false information or have withheld relevant information either from my application form or interview(s) then this may lead to my application being rejected or, if I have already been accepted onto the course, my dismissal without notice or return of course fees.

Signed: Date:

Return this completed form to:

LONGRIDGE
Quarry Wood Rd, Marlow Bucks, SL7 1RE
Tel: 01628 483252 Fax: 01628 483252
Email: mark.campbell@longridge-uk.org Web site: www.longridge-uk.org

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Description

Longridge is a twelve acre site, comprising of fields fronting the River Thames, and an Island, all of which are available for camping. It is ideally situated on the Berkshire bank of the River Thames one mile down stream from Marlow and three from Hurley. Maidenhead and High Wycombe are both four miles away while Windsor and London may be reached quickly by the M4 Motorway.

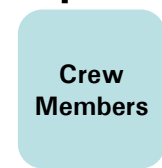
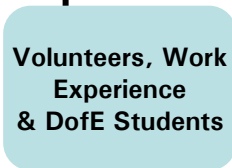
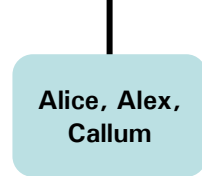
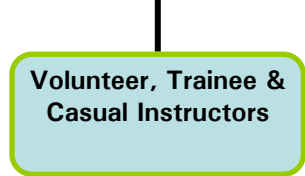
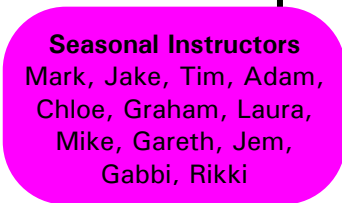
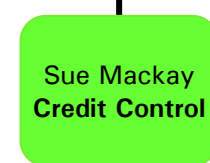
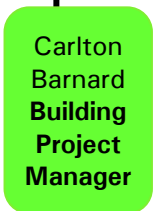
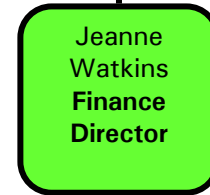
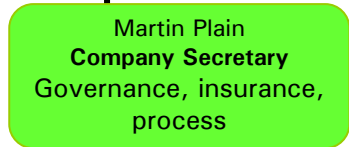
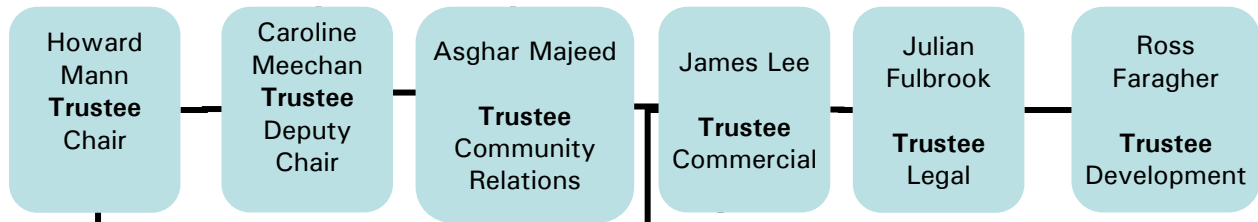
Excellent facilities exist for sailing, kayaking, canoeing, rowing and a variety of land activities, including a 13m climbing tower, ropes course and giant swing. In addition to sculling, rowing boats, canoes and kayaks there are also three bell boats, three dragon boats and rafting materials. There are sufficient craft to have over 300 on the water and 150 on the land at any one time. There is a covered wet dock and a boathouse together with adequate moorings and slipway. Indoor accommodation is available throughout the year for groups and courses.

Last year over 85,000 users were recorded.

Management

A schematic of the team is attached

Loongridge Team Structure 2010



Management Team

Seasonal

Full Time

Part Time

Volunteer

Duty Manager