

Qualifications and courses offered by the DofE Central England Regional Office

ON FOOT

DofE Expedition Skills DES course (three days)

Training course in basic expedition skills enabling DofE leaders to support expeditions.

Covers basic campcraft, navigation, cooking, equipment, DofE requirements, planning routes and expeditions, risk assessment.

Delegates will spend one day classroom based covering theory and two days out in the field learning practical skills.

Residential for at least one evening.

Who is this for?

- DofE Leaders with no prior outdoor experience who want to support expeditions.
 - Ideal for those who are not sure that they want to proceed through a NGB award.
 - Most Licensed Organisations will not authorise someone with only a DES to supervise teams as there is no assessment of leadership skills.
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- Moderate level of fitness required to walk 6-10km per day.
 - Two pre e-learning courses required before attending (30 min each).
 - Other courses such as first aid can be undertaken to extend the usefulness of those with DES training.

Lowland Leader Training and Assessment

Training course (two days) in walking leadership, managing a group, navigation, risk assessment, route planning, hazards and emergency procedures, environmental awareness.

Assessment of all of the above (two days).

Expedition Skills module: Training and assessment (two days) in camping, cooking and camp-craft is a separate course once the Lowland Leader Assessment has been completed.

Who is this for?

- Those who want to lead and supervise groups in Lowland areas. Suitable for those organising Bronze and possibly Silver DofE expeditions in a centre.
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- **Before training:** Must register with Mountain Leader Training (£40). Should have knowledge of how to navigate. Should have at least ten logged day walks. Level of fitness to walk 16-20km per day.
 - **Before assessment:** Must log a minimum of another ten day walks in different areas. Must complete a 16-hour first aid course.
 - **Expedition Skills module:** Can only be undertaken once the Lowland Leader Assessment has been completed.

ON WATER

Paddlesport Instructor Award (previously Level 1 Coach Award)

- Four-day combined training and assessment course covering how to coach paddlesport activities. Covers risk assessments, equity, coaching models, structuring sessions, rescues and safety.
- Often run over two weekends.
- Paddlesport Instructors would normally work under the supervision of a more experienced coach.

Who is this for?

- Those who want to coach basic paddlesport techniques, for running introduction sessions and teaching novices how to paddle.

Before the course

- Must register with British Canoeing (£45).
- Must have British Canoeing 2 Star Award.
- Must have British Canoeing Foundation Safety and Rescue Training (within last three years).

Coach Award – Sheltered Water (previously Level 2)

- Two-day core training looking at coaching skills, coaching models, structuring coaching sessions.
- Two-day discipline specific training either sheltered water (canoe/kayak or canoe and kayak) or in a moderate water environment. This further develops the core training and applies it in the relevant environment.
- One-day assessment in the environment chosen.

Who is this for?

- Those who want to coach paddlers to a more advanced level. Those holding the Coach Award can work autonomously in the environment in which they are qualified and deploy other instructors.
- Suitable for Bronze, Silver or Gold depending on the Discipline (environment) chosen.

Before the training must have

- Registered with British Canoeing (£39).

Before assessment must have

- Eight-hour first aid certificate (for sheltered water).
- Safeguarding certificate.
- Core training and discipline specific training.
- Completed a minimum of 20 hours of coaching.
- Completed Coach e-learning (all modules).
- Completed assessment task (written paper).

Note: Neither the Paddlesport Instructor Award or Paddlesport Leader Award cover camping, cooking, trip planning or expedition skills. Paddlers may have these skills from other outdoor disciplines. Alternatively; there is a British Canoeing Campcraft and Expedition Skills module.

British Canoeing recognises that a **Paddlesport Instructor** with the **Paddlesport Leader Award** would be well placed to coach and deliver trips in a club or centre environment with a degree of autonomy. However, these instructors would usually be working under a more senior coach with a greater level of experience.

Paddlesport Leader Award

- Training is offered but is not mandatory, paddlers with good experience and skills may progress directly to assessment.
- One-day assessment looking at leadership skills, personal paddling skills, rescue skills and trip leadership.

Who is this for?

- Those who want to lead paddlesport trips or groups on sheltered water, canals, lakes, slow moving rivers. Ideal for Bronze or Silver expeditions.
- Not a coaching award so not able to teach paddling skills.

Before the assessment

- Must register with British Canoeing (£39).
- Must have eight-hour first aid certificate.

A Sheltered Water **Coach** will work in the same environment as a Paddlesport instructor but will have more experience and will be able to make decisions without support. They can also deploy other instructors. They will have considerably more coaching skills and knowledge. Coaches qualified in a moderate water environment can work on the Sea, on White Water, large lakes or Lochs which may be appropriate for Gold expeditions.

FIRST AID QUALIFICATIONS

QNUK Level 3 Award – Emergency Outdoor First Aid

- A one-day first aid course designed for those working in the outdoors. Meets the requirements of some NGB qualifications (LEL and some British Canoeing Qualifications).
- Covers all of the content of an Emergency First Aid at Work Certificate.

Who is this for?

- Those needing a one-day or eight-hour first aid course to validate outdoor qualifications or those wanting to learn first aid to support participants on expeditions. Help will not be too far away from the incident normally.

No pre-requirements

- Valid for three years

QNUK Level 3 Award – Outdoor First Aid

- A two-day first aid course designed for those working in the outdoors. Meets the requirements of all NGB qualifications.
- Covers all of the content of an Emergency First Aid at Work Certificate with considerable additional material.

Who is this for?

- Those needing a two-day or 16-hour first aid course to validate outdoor qualifications, those wanting to learn first aid to support participants on expeditions.
- Designed for situations where help may be up to two hours away.

No pre-requirements

- Valid for three years

DofE Leaders with outdoor qualifications

DofE Leaders with outdoor qualifications should ensure that they choose a first aid course that meets the requirement of their governing body.

Not holding an appropriate qualification or any qualification will mean that the outdoor qualification ceases to be valid.

Teaching participants first aid

- A one-day CERO course which supports DofE Leaders to deliver first aid training to participants helping to reduce costs.
- Course covers teaching expedition first aid and teaching first aid as a Skills section activity.
- Covers health and safety issues around teaching first aid and gives the confidence to deliver to young people.
- Essential resources are made available electronically to delegates. This includes scenario cards, lesson plans, activities and the opportunity to accredit the students learning.

Who is this for?

- Those Leaders who want to teach first aid to their participants. Will give Leaders the confidence to run first aid training sessions for participants and teach first aid correctly.
- Can help reduce costs to centres and participants if organisations are currently paying for this support.

Leaders attending should have an in date first aid certificate.

Centres will need to have access to CPR manikins after the course to deliver CPR Training.