

Qualifications and courses offered by the DofE Central England Regional Office

This document is designed to support DofE leaders to choose an appropriate training course for their current level of skills, and for the activity that they want to undertake.

Please take time to look at the pre-requirements for each course and understand the time commitment that each course will take.

It can be tempting to register for a course that gives the highest level of qualification. If it takes you three years to gain the relevant logbook experience, however, then it might be worth gaining an intermediate qualification. This will be of use

straightaway while you continue working towards a higher qualification.

Leaders who have considerable experience may be able to request an exemption from training from Mountain Training and this should be discussed directly with them as this is complex and does incur a charge.

Remember that log book experience should be for a quality day, where you are responsible for navigating in the terrain and should be about six to eight hours depending on the award. Activity that is purely supporting DofE groups can not comprise the whole of your logbook.



ON FOOT

DofE Expedition Skills (DES)

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

Covers basic campcraft, navigation, cooking, equipment, DofE requirements, planning routes and expeditions and completing risk assessments. Group leadership is NOT covered on this course.

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

The two days out in the field will also be residential for at least one evening allowing practical camping and cooking skills to be experienced.

Who is this for?

- DofE Leaders with no prior outdoor experience who want to support expeditions.
- If you are not sure about using a map and a compass, or haven't put tents up and cooked on a camp stove before then this is the course for you.
- Also ideal for those who are not sure that they want to proceed through a leadership award as it requires much less time commitment.
- Most Licensed Organisations will not authorise someone with only a DES to supervise teams as there is no assessment of leadership skills.
- 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 support someone with DES Training can offer.

Lowland Leader Training

A two day training course in: Walking leadership, managing a group, navigation, risk assessment, route planning, hazards and emergency procedures and environmental awareness.

Lowland Leader assessment

Assessment of all of the above elements (two days).

Terrain:

- Walks must not cross any hazardous terrain e.g. cliffs, very steep slopes, water hazards etc.
- Throughout the walk the group should never generally be more than 3km away from a key access point such as a car park, lay-by or populated area. Any potential escape routes should also lie within the scope of the defined terrain for the Lowland Leader award.
- Walks must follow paths or tracks that are both marked on a map and clearly visible on the ground and that do not require navigation across untracked areas.

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 and taking responsibility for young people.
- The Lowland Leader Award requires a level of fitness that would enable you to walk 16-20km per day.

Before training:

- Must register with Mountain Training (£45).
- Should have knowledge of how to navigate. Should have at least ten logged day walks.

Before assessment:

- Must log a minimum of ten additional day walks in at least three different areas.
- Must complete a 16-hour first aid course.

Hill and Moorland Leader (HML) Training

A three day training course in: Walking and route finding, navigation, hazards and emergency procedures, equipment, responsibilities of the leader, group management, access, conservation and environmental knowledge, weather.

HML Assessment

Assessment of all of the above elements (three days).

Terrain:

- Walks will be in open, uncultivated, non-mountainous high or remote country known variously as upland, moor, bog, fell, hill or down
- areas enclosed by well-defined geographical or man-made boundaries such as classified roads. Areas that merge with mountain regions and do not have well defined boundaries are excluded.
- Will include areas of remoteness that are easily exited in a few hours, returning to a refuge or an accessible road.
- Will exclude areas where movement on steep or rocky terrain is required in either a planned or unplanned situation.

Who is this for?

- Those who want to lead and supervise groups in Hill and Moorland areas. Suitable for those organising Silver and Gold DofE expeditions in a centre and taking responsibility for young people.
- The HML Award requires a level of fitness that would enable you to walk 16-20km per day in open moorland.

Before training:

- Must register with Mountain Training (£45).
- Must be a member of the BMC
- Should have good knowledge of how to navigate with at least a years walking experience
- Should have at least 20 quality hill days

Before assessment:

- Must log a minimum of 40 Hill days in at least three different areas.
- Must complete a 16-hour first aid course.

Expedition Skills Module

A two day training course containing both elements of training and assessment.

When you have completed the Expedition Skills Module you should be competent in the following key areas, all of which will be covered, to a greater or lesser extent, during the two day course.

- Equipment
- Food and cooking
- Planning and leadership
- Training and supervising expedition groups

Who is this for?

- Those who wish to supervise young people on camp sites and train expedition skills having already been assessed to lead groups.

Before undertaking the course:

- Ensure that you are registered for the module on CMS.
- Have completed a Lowland Leader or Hill and Moorland Assessment.
- Have completed at least ten overnight camps of which at least two must have been assisting with group camps.
- Have a valid in date 16-hour first aid certificate.

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.
- If required an Emergency First Aid at Work Certificate can be issued for a small additional cost.

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 – Forest School 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.
- Our Forest School First Aid course is a 16-hour outdoor first aid certificate and meets all of the requirements for British Canoeing and Mountain Training. For a small extra charge delegates can receive an Emergency First Aid at Work and/or a Paediatric First Aid Certificate.

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.