

CLA Training Course Outline

This is for guidance only, after requests from providers for something to work from. Please use any parts you find helpful, but don't feel obliged to follow this format.

Intro Day

Morning - Classroom

- 9:30 - Welcome:
 - Introductions
 - Attendance sheet
 - Collect logbooks
- Classroom-based exercises and discussions might include:
 - CLA Tour, Scope and Best Practice presentations from download section of provider area, with discussion and exercises
 - Route-plan on OS maps (in CLA scope in borderline areas)
 - Introduce some learning resources (here are mine, but there are many more): www.climbingcourse.co.uk/navigation/teaching_resources.shtml
 - Countryside awareness; maintaining good relationships with landowners/farmers
 - Remote supervision and an exercise / discussion
 - Emergency procedures
 - Leader and participant kit
 - Camping weekend

Of course you won't have time to do all of this, and you may prefer to talk about many of these subjects in the field.

Afternoon - Outdoors

- Walk and intro to navigation
 - Orienteering
 - Basic navigation methods
 - OS maps
 - Compass
- 4.30 - Confirm details for weekend / any questions

You may decide to keep logbooks until the end of the camping weekend to give you time to look through them, to help inform your decisions for consolidation plans, and to minimise the chances of students forgetting to bring them!

Camping Weekend

Day 1

- Meet 9:30 at a base (easy access and with shelter for debriefs at end)
- Students should have all their kit and be ready to go
- Walk, say, 10 to 14km to campsite, during which you can cover many parts of the syllabus. *The idea is to learn lots rather than cover distance.*
- Arrive at campsite early evening
- Tents, stoves (meths and gas)
- Cook meal
- Students to plan for tomorrow (in a classroom or pub if appropriate!):
 - Their route back to the station
 - How tomorrow should run to best meet their learning outcomes. Direct or remote supervision? Type of terrain? They will soon be running training courses themselves so this is a good exercise.

This gives you a chance to think about consolidation plans and complete what paperwork you can.

Day 2

- 9:00 - Strike camp and leave
- Run day as students have planned (or as you see fit)
- 3:00 - Arrive back at base
- Tea and debriefs, logbook and consolidation plans
- 4:30 - Finish