Outdoor Learning and Adventure
Schools Programme

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South Lanarkshire Leisure and Culture’s (SLLC’s) Outdoor Learning and Adventure service brings together the Outdoor Resource Base, James Hamilton Heritage Park and the resources of Country Parks to create a unique and vibrant resource to support outdoor learning through curriculum for excellence. We offer:

- Programmes within school grounds
- A wide range of land and water based programmes
- Duke of Edinburgh award expeditions
- Personal development programmes
- Certificated courses
- Leadership qualifications and CPD training

With many years of experience in the field, our experienced and highly qualified staff provide bespoke programmes for schools from across central and southern Scotland.

Programmes focus on developing potential through outdoor adventure, team exercises and residential experiences. These programmes can contribute to curriculum for excellence and lifelong learning.

Groups are usually accompanied by a member of school staff. Ratio information is given for guidance and may be varied depending on the needs of your group. Instructional staff, transport and equipment are provided for all our activities.
Programmes within school grounds

These programmes are designed to introduce young people to the excitement of the outdoors, within the school grounds. We can also provide these activities either locally or at a venue of your choice.

Our school based programmes are exciting ways to deliver health and wellbeing, numeracy and literacy.

**Exploring**

This activity teaches pupils essential map skills and involves locating various markers and points indicated on maps and can involve a range of puzzles and problems which link to the curriculum. It offers opportunities for skill progression, in order for the participants to get the most learning from the activity.

Ratio for activity – one Instructor to every 12 participants

**Mountain bikes**

In addition to our standard sized bikes we have a number of mountain bikes especially designed for younger children i.e. mini mountain bikes! This activity can initially be carried out in the school grounds to help build the pupils confidence and learn cycle safety skills. On a two day course we may then take the pupils to a park and let them experience riding on tracks and trails.

Ratio for activity – one Instructor to every eight participants (within school grounds)

**Sailing**

An introduction to how a sailing dingy works in your own school grounds. We linked into the Royal Yachting Association’s curriculum for excellence based programme, Sail to Learn. Why not follow this up with a sailing session at our water sport centre at James Hamilton Heritage Park?

Ratio for activity – one Instructor to every 12 participants for school based programme

**Team building**

This involves activities using props and tools to simulate exciting scenarios which require team work, communication, listening, cooperation, motivation (and more!) in order for the group to be successful.

Ratio for activity – one Instructor to every 12 participants
We can accommodate up to three activities on any one day with as many as 80 pupils taking part:

- Mini mountain bikes
- Team building/orienteering

The activities are set up and ready to go for 9.00am and run until the end of the school day. We work with you to make a timetable that allows pupils to form groups ensuring that everyone got a taste of each activity.

These sessions are often used as part of Health Weeks or fun days.

Sample programme

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We can offer tailor made programmes for older pupils from a one week five day course or a six week course of different activities.

Venues: We use a wide range of outdoor venues within Lanarkshire and further afield. For a small additional cost we can help you choose from a number of other venues which are further afield and which offer you even greater choice!

Transport: For all the activities listed below we provide minibus transport from your school or establishment.

**Sailing**
The Royal Yachting Association’s curriculum for excellence based programme, Sail to Learn, offers an exciting introduction to sailing and an innovative and exciting way to explore the curriculum. This activity is based at the James Hamilton Heritage Park.

Ratio for activity – one Instructor to every eight participants

**Skiing and Snow Boarding**
Our fully qualified instructors will teach you how to ski on man made slopes—no experience necessary! All equipment and clothing is provided. Additionally we can also offer skiing at Scotland’s ski resorts (contact us for full details!)

Ratio for activity – one Instructor to every ten participants

**Gorge Scrambling**
A challenging, exhilarating and exciting activity that develops team work and self-esteem. This activity is ideal for the older pupils looking for something different. Experience first-hand the geology and hydrology that shapes these fascinating land features!

Ratio for activity – two Instructors for a maximum of eight participants (ratios may vary)
**Hill walking**

Enjoy a hill walk and learn about navigation, equipment and hill skills. This activity may be remotely supervised in order for the participants to get the most learning from the activity. Hill walking is an exciting way of delivering numeracy and involves calculations and angles at an appropriate level for learners. Typical venues may include the Falls of Clyde, Tinto Hill, Ochils, Pentlands and Lowther hills with other venues available.

Ratio for activity – one Instructor to every eight participants

**Rock climbing**

Great for developing confidence and health and wellbeing, we use a range of local indoor climbing centres and outdoor crags to teach rock climbing skills including: movement on rock, rope work, safety equipment and communication skills.

Ratio for activity – from one Instructor to every six participants

**Orienteering**

This activity involves locating various markers and points indicated on maps to find either codes or answers to puzzles and problems. The activity may be remotely supervised in order for the participants to maximise their learning and can also be run as a competition for those with a competitive streak! The activity is an exciting way of developing health and wellbeing or teaching numeracy and can be used innovatively to deliver other areas of the curriculum.

Ratio for activity – one Instructor to every ten participants

**Team building**

Team building involves activities using props and tools to simulate exciting scenarios which require team work, communication, cooperation, motivation and more in order for the group to be successful. An excellent way of developing confidence and teamwork skills as well as a whole range of core life-skills.

Ratio for activity – one Instructor to every 12 participants

**Archery**

This activity involves using bows and arrows to fire at targets in a confined and designated safe area. The activity develops control skills and is an exciting way to explore mechanics and develop personal discipline. Archery can be combined with other activities such as team building or orienteering.

Ratio for activity – one Instructor to every 12 participants
**Mountain biking**
Riding on a wide range of tracks and trails you’ll have a great experience learning bike handling skills. We can also explore bike mechanics and maintenance in addition to looking at safe cycling. Health and well being doesn’t get more exciting than this!
Ratio for activity – one Instructor to every six participants

**Kayaking**
Why not try your hand at kayaking with our experienced Instructors? Learn about the natural world and hydrology whilst undertaking a physical challenge. Kayaks are used widely in the frozen north by indigenous people and this activity links into a wide range of curricular areas.
Ratio for activity – one Instructor to every eight participants

**Canoeing**
Canoeing is similar to kayaking but involving larger open boats that can accommodate two people. Canoes have a great history and played a key role in developing the new world; they are also a fun way of getting to see the environment from a different perspective. In addition to learning paddle skills canoeing is an excellent way of developing communication skills.
Ratio for activity – one Instructor to every eight participants

**Duckies**
This is similar to white water rafting and can take place in many destinations. All waterproofs are provided and full instruction at all times. This activity is challenging, fun and exciting – a great way to achieve!
Ratio for activity – one Instructor to every six participants

**Power boating**
Power boat activity sessions at James Hamilton Heritage Park are more than just taking a trip, they provide the opportunity for participants to drive our power boats at speed and learn the manoeuvres and skills required of a safety boat driver. As well as being a thrilling experience participants will lean about technical aspects of the craft, the role of safety equipment and how such craft can be used in a variety of roles.
Ratio - one Instructor to every three participants (minimum age 11)
Raft building
This is an exciting team activity requiring organisational skill, initiative, communication, teamwork and confidence. Teams design and manufacture a raft from materials provided and can take the challenge of taking to the water and achieving a number of activity goals. The design aspect of this challenge readily compliments areas of the curriculum.
Ratio - one instructor to every eight participants

Windsurfing
This is a bit like skateboarding on water, using a sail and wind to push you along. It is an activity that is both physical and mentally challenging and a real favourite with the young and the young at heart. The Royal Yachting Association’s Sail to Learn programme linking to curriculum for excellence is available as part of a windsurfing programme.
Ratio - one Instructor to every six participants

Bushcraft
Learn how to make shelter and build fires during this exciting and popular activity that typically takes place within our country parks.
Ratio - one instructor to every ten participants

Sample programme

Example of a typical programme for a primary school running for over one week:
We provided three activities per day for four days which enabled this primary school to have 23 pupils out over the course of the week.

Day one - kayaking, archery, mountain biking
Day two - climbing, kayaking, archery
Day three - archery, mountain biking, climbing
Day four - mountain biking, climbing, sailing
As one of only a handful of D of E Accredited Activity Providers (AAP) who can deliver both the expedition and residential elements of the D of E award we can:

- Provide support to establishments (schools, youth groups and organisations) and individuals in the expedition component of the Award
- Deliver the expedition training and assessment for all levels of the Award
- Provide leadership training, guidance and support for your team of trainers/assessors in their delivery of the Award expeditions section
- Provide training and assessment in National Governing Body leadership awards in disciplines related to the expedition section (Hill Walking, Kayaking, Canoeing and Cycling)
- Provide opportunities for more remote and exciting expeditions including overseas expeditions
- Provide equipment and logistical support

We have both the skills and experience to run land and water-based expeditions or residential almost anywhere in Scotland. With two national parks, munros and miles and miles of paths, rivers, trails, and coast on our doorstep you will be spoilt for choice.

Expeditions will take place throughout the expedition season. Please call for more information.

**Sample programme**

Example of a typical programme for a secondary school running for over six weeks:

- **Week one** - team building/archery at Chatelherault Country Park
- **Week two** - indoor climbing at Glasgow Climbing Wall
- **Week three** - hill walk at Tinto hill
- **Week four** - mountain biking at Carron Valley
- **Week five** - sailing at James Hamilton Heritage Park
- **Week six** - skiing
Personal development programmes

Positive Engagement Programme (PEP)

The Positive Engagement Programme is designed to develop key life skills: increased self confidence, problem solving skills, team working and general health and wellbeing, all with the aim of increasing opportunities for further education, training or employment.

The programme provides six to eight days of activity for groups, participants will complete an ongoing log book of experiences and learning points which will help shape an action plan at the conclusion of the programme.

Please contact us for further information.

Certificated courses

We offer a range of activities that can lead to your pupils gaining nationally accredited awards.

National Navigation Award Scheme (NNAS) Bronze Award

At the end of this two-day course, participants will be able to plan and follow simple walks in the countryside (mainly on paths and tracks). The skills you will learn include: understanding a map, taking six figure grid references, simple navigation strategies and routes, estimate distance on both map and ground and relocation skills.

Go mountain biking

This course develops mountain biking skills at levels 1-3. Each section contains a number of skill levels that you may progress through. When you complete each level, a certificate will be awarded. An excellent learning resource and gives accreditation to young people who commit to taking part in a mountain bike programme. A log book is provided.
National Indoor Climbing Achievement Scheme
The National Indoor Climbing Achievement (NICAS) is a UK wide scheme designed to promote development and accredit individual achievement on artificial climbing structures. The award is open to all candidates aged 7 and upwards. The scheme comprises a range of award levels aimed at complete novices upwards. A log book is provided.

First aid
A one day First aid essentials programme covering all the key elements of first aid. Fully certificated. (First Aid for leadership qualifications are detailed in the next section).

Canoe and kayak awards
We offer paddle power certification (up to 16 year olds) and the Scottish Canoe Association’s star awards up to three star level both in kayak and canoe.

Ski awards
For those wishing to develop their skiing skills, we offer Snow Life awards level 1-9.

Royal Yatching Association Sailing and Windsurfing qualifications
At the James Hamilton Heritage Park we offer a personal development pathway for pupils in both Sailing and Windsurfing, we have courses which are nationally accredited and offer a development pathway.

These courses can be adapted to have an emphasis on the RYA’s curriculum for excellence based programme Sail to Learn.
Leadership qualifications and CPD opportunities

Qualifications and awards

First aid
This training course is for those wishing to learn first aid with an emphasis on the outdoors. The course is two days in duration and is suitable for those undertaking the Basic Expedition, Day Walk Walking Group Leader, Scottish Canoe Association awards. Our First Aid courses are available for groups or for individuals. Please contact us for further information.

Lowland Leader Award
This training course is for those wishing to lead groups in easy terrain. The terrain for this award is less remote than that of the Hill and Moorland Leader. This course is delivered at ORB and at other venues as appropriate. Participants will need to register for the award individually with Mountain Training.

Trail Cycle Leader Training
Aimed at keen cyclists with 10+ quality cycling days on trails who wish to work towards leading groups biking on easily navigable tracks and trails, this training is delivered to the Mountain Bike Leader Association (MBLA) syllabus. Participants will need to register for the award individually with the MBLA.

Trail Cycle Leader Assessment
For those who have completed Trail Cycle Leader training, this one day course is the assessed part of the syllabus. Successful candidates will gain the Trail Cycle Leader award and be able to lead groups in terrain designated by the scheme.

Hill and Moorland Leader Training
This training is aimed at keen walkers with 20+ quality hill days who wish to work towards leading groups in hills, moors, fells and downs. This is a four day course. Participants will need to register for the award individually with Mountain Training.
Outdoor Learning Cards training
The Outdoor Learning Cards are an excellent resource for teachers and practitioners who wish to deliver outdoor learning within their establishments. The Cards contain four key themes: bouldering, journeying, orienteering and team building. This course will take you through the cards themselves and give you all the information you need to deliver exciting outdoor learning that links to experiences and outcomes contained within curriculum for excellence.

Using outdoor amenities for learning: risk assessment and best practice CPD
This course is aimed at staff from nurseries, primary schools and others who wish to use parks, fields and other areas as categorised in Health and Safety for Educational Excursion guidance as Category A. This half day course builds on risk assessment knowledge inside the classroom and explores how to use this in an outdoor setting, with reference to Outdoor learning for Curriculum for Excellence, best practice guidance, Health and Safety for Educational Excursion guidance and site visits. Part of the course is delivered outdoors.

Planning outdoor adventure activities: exploring best practice, risk assessment CPD
This course is for staff from primary and secondary schools and others who wish to use outdoor adventure activities the as categorised in Health and Safety for Educational Excursion guidance as Category B. Includes a full Introduction to risk assessment within an outdoor context, best practice guidance, outdoor learning for curriculum for excellence, Health and Safety for Educational Excursion guidance, SLC E6 procedures, Adventure Activities Licensing Regulations and site visit. Part of the course is delivered outdoors.

Navigation for Walkers CPD
This course aimed at those wishing to learn or improve hill navigations skills. It is ideal for those who aspire to be leaders whether through the Duke of Edinburgh (D of E) Award, or those who wish to undertake leader qualifications. The course is one day in duration.

Duke of Edinburgh leader validation
This is the validation course for those who will be leading South Lanarkshire D of E expeditions. This is an annual course which is a pre-requisition for expedition leadership and comprises both a theory twilight session and a practical hill day.

For further information or to book a course, telephone: 01698 307095
email: outdoor_recreation@southlanarkshireleisure.co.uk