



### The Lochgoilhead Centre Volunteer trainee instructor program

Your training program has been carefully designed with both your development and the centres needs. Over the fourteen weeks you will be learning the hard skills of our core activities provided at The Lochgoilhead centre. As your competencies improve we will then teach you how to instruct, coach and supervise your new skills to others. During the final weeks of your training program we will provide you with the opportunity to practice by delivering activities to your peers and customers under direct supervision.

#### The program

- Week 1 Introduction to centre procedures and operations
- Week 2 Sail introduction
- Week 3 Kayak/canoe introduction
- Week 4 Sail/ kayak/ canoe skills

#### Christmas Holidays

- Week 5 VHF radio operator's licence and first aid course
- Week 6 Sail development
- Week 7 Kayak/ canoe development
- Week 8 In house training – archery, orienteering, hill walking
- Week 9 In house training – climbing, ropes courses
- Week 10 BCU UKCC level one kayak and canoe coach
- Week 11 CTC trail mountain bike leader award
- Week 12 RYA assistant instructor, RYA powerboat level2
- Week 13 Mock activity week
- Week 14 In house validations and disability awareness

Above is subject to change.

Please note that every effort will be made to help you prepare for each assessment however the final outcome will be your own achievement. This may mean that you may need to give up some of your weekends to practice, research or gain valuable logbook experience before assessments.

