



Contact

**STUART IGOE**  
OUTDOOR ACTIVITIES SERVICE  
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### Additional Training

Candidate groups who are considering Mountain Biking or Open Canoe as their mode of transport should consider additional training. For mountain biking, candidates need to be fully aware of the strenuous nature of biking. For open canoe expeditions our recommendation is that all candidates are of the BCU 2 Star Award standard and have undertaken the BCU Foundation Rescue and Safety course. OAS can deliver this training if required.

### Direct entrants at Silver and Gold

Candidate groups who are direct entrants are recommended to undertake an extra day of training. This is to assist in the additional learning required which has been missed by not undertaking the lower award(s).


### Equipment damage / lost




All equipment issued to your group needs to be treated with respect and care. Any items which are lost or willfully damaged will be charged for. It is there for your groups safety, they need to look after it!

### Note

The programme is subject to approval by your Operating Authority. It is your responsibility to contact them and confirm that it fulfils their requirements.

### Additional Accreditation







Candidates will be accredited with the  British Schools Orienteering Association BSOA, Explorer Challenge Award Scheme. It would be envisaged that they will all achieve the Acorn level and possibly the Tree level. This depends on how much navigating each candidate undertakes.

Candidates at Silver and Gold Award level can work towards the  National Navigation Award Scheme NNAS accreditation. This again is dependent on the amount of navigation each individual undertakes. Mountain Biking can be accredited with the  British Schools Cycling Association BSCA Tricks award scheme. Canoeing participants can be accredited with the  British Canoe Union Star Training scheme and the Foundation Rescue and Safety award. Details of the above schemes are available on request. First aid course are available for your group.

Leader Qualifications Course National Governing Body Training and Assessment.

For your young people

	<b>MLTE</b>	Walking Group Leader Award Summer Mountain Leader Award Single Pitch Award Climbing Wall Award Skill development / Refresher courses
	<b>BSCA</b>	Mountain Bike / Off Road Leaders Award
	<b>BCU</b>	Star Awards Foundation Safety and Rescue
	<b>ITC</b>	Outdoor First Aid 16hour course
	<b>BO</b>	British Orienteering Teaching Orienteering Part 1
	<b>NNAS</b>	Bronze, Silver and Gold Training and Assessment
	<b>GNAS</b>	Grand National Archery Society Community Spots Leader Award

	<b>BSOA</b>	Explorer Challenge Award
	<b>NNAS</b>	Young Navigator Award Scheme
	<b>ITC</b>	First Aid 6hr
	<b>BO</b>	British Orienteering Young Orienteering Leader Award
	<b>BSCA</b>	Trix Award
	<b>BCU</b>	Paddlepower Star Awards Foundation Safety and Rescue



# INTRODUCTION INFORMATION



## Safety

Here at OAS we have taken the necessary steps to ensure that the expeditions we deliver are as safe as possible without destroying the unique atmosphere, spirit and quality of the DofE expedition.

Expeditions can be very tough and your candidates will find themselves in challenging situations which will include walking on rough terrain, extended physical effort and environmental conditions such as sun, wind and bad weather. It is not unusual for candidates to experience some discomfort, frustration or disappointment, during the expedition. They need to start to think about personal fitness. Do they need to walk more? If mountain Biking do they need to get out riding more? Canoeing they will need to undertake an intensive training program well before their expedition.






Outdoor Activities Service and Alternative Adventure are licensed (R415) by the Adventure Activities Licensing Service (formally AALA), which is part of the Health and Safety Executive.

**Details can be confirmed by calling the AALS on 029 2075 5715 or by visiting their website [www.aals.org.uk](http://www.aals.org.uk)**

The licence, (copy with in this pack) indicates that we have been inspected by AALS, with particular attention being paid to our safety management systems with youth groups. We have demonstrated compliance with nationally accepted standards of good practice in the delivery of adventure activities to young people, with due regard to the benefits and risks of the activity. Schools and youth organisations – Check with your Outdoor Education Advisor / Off site visits coordinator regarding paperwork you must submit to them to gain approval for your trip.



## Tutors

All of our tutors have the necessary national governing body (NGB) qualifications, MLTE Walking Group Leader, Summer Mountain Leader, Winter Mountain Leader or Mountaineering Instructors Awards and experience to deliver DofE training and expeditions. They are also members of the  MLTA Mountain Leader Training Association,  IfOL Institute for Outdoor Learning,  BMC British Mountaineering Council,  AMI Association of Mountaineering Instructors and  BCU British Canoe Union. As part of our child protection policy our tutors have an Enhanced Criminal Records Bureau checks.

Visit our website to see additional information about our tutors. [www.altadv.co.uk /index.php/Info/About-Us.html](http://www.altadv.co.uk/index.php/Info/About-Us.html)

## First Aid

All of our tutors hold a current 16 hour  ITC certificate and have attended activity and terrain specific courses to enable them to deal efficiently with situations.

We cover the principles of emergency procedures in our pre-expedition training and each expedition group is issued with a basic group first aid kit. In addition to emergency dressings and bandages this also includes plasters and tape to treat minor cuts and blisters.

We recommend that participants undertake further first aid training, which could count towards their D of E Skill section. For more information please call about our ITC Immediate Temporary Care 6 hour first aid course leading to a nationally recognised qualification.





# INTRODUCTION INFORMATION



## Insurance

OAS is insured to carry out outdoor and adventurous activities through Activities Industry Mutual. Our policy covers our public liability up to £5 million, please see [www.activitiesindustrymutual.co.uk](http://www.activitiesindustrymutual.co.uk) for more information. A copy of our certificate is in this pack. We will not be able to offer a refund if you cannot attend or complete the expeditions. We therefore strongly recommend that your organisation takes out insurance to cover cancellation and curtailment. Duke of Edinburgh's Award provides limited personal accident insurance cover for participants see [www.dofe.org](http://www.dofe.org) for more details.

## Expedition areas

OAS are based in the heart of the beautiful West Pennine Moors. This is the area North of Greater Manchester, East of Merseyside and the Southern end of Lancashire. This is ideal terrain for Bronze and Silver groups. To the North is the Forest of Bowland which is another beautiful area offering terrain suitable for Bronze, Silver and Gold practice days. Our Gold expeditions take place in the Lake District.

Expeditions can be arranged to other areas. Please call with your ideas of where your group would like to undertake their expedition. We are able to deliver expeditions on foot, on mountain bike and on water (Open Canoeing).



	Moors Area
	Primary Road
	A Road
	B Road
	Minor or other road

West Pennine Moors

We operate through the UK



# INTRODUCTION INFORMATION



## Equipment we provide as part of your course fee

- Tents,
- Rucksacks,
- Rollmats,
- Stoves, pans and gas,
- Cup and bowl,
- Basic group first aid kit .
- Take own personal medication if required.
- (Blister packs are useful to have with you).*
- Bivi bag 1 per group,
- Maps laminated 2 per group,
- Waterproofs,

## We do not provide – (You will need to supply.)

- Transport
- Food
- Cleaning materials (Brillo pads, etc)
- Clothing
- Binbags useful as rucksack liners.
- Sleeping Bags (can be hired at a charge of £14 per bag)
- Knife, fork, spoon
- Camp site fees (usually between £4.50\* and £9\* per person per night)

\*Based on fees charge in the West Penning Moors and the Lake District as examples.

### Sample outline programmes

Enclosed in this information pack are examples of the programmers that we can deliver, however we will work with your group to design a programme that meet the needs of your young people.

This may include extra training days or practice expeditions for groups with limited experience.

