

Come Outside! Activity Skills Learning Programme

Introduction

This learning programme is made up of 4 units.

Unit A – Taking Part in Outdoor Activities

Unit B – Taking Part in Outdoor Activities with Friends and Family

Unit C – Outdoor Activity Assistant

Unit D – Outdoor Activity Leader

Units A and B cover all of module 1 and part of modules 2 and 3. Units C and D cover all the modules and build on the learning from Units A and B:

Module 1. Keeping safe

Module 2. Having a memorable experience

Module 3. Making plans

Module 4. Taking the lead

Each module is made up of 4 elements. Each element takes about an hour to deliver.

The purpose of this Learning Programme

Involvement in outdoor activities benefits health and well-being and there is lots of research to support this. However, about three quarters of Wales' population don't do enough physical activity to benefit their health. A survey of stakeholders and participants involved in the Come Outside! programme showed that the most significant barriers to involvement in outdoor activities are:

- Lack of knowledge about what to do and where to go
- Lack of confidence
- Lack of experience
- Lack of the necessary skills

This learning programme has been designed to address those barriers. The 4 units are appropriate for people who want to get involved in outdoor activity independently, and/or with their friends and family, or with their group (as an assistant, a volunteer leader or a support worker responsible for service users) or as a leader of low level outdoor activity¹ in their community or career. This learning programme fills a gap in the current provision of outdoor activity skills learning in Wales.

¹ Low level outdoor activity does not require special sites, facilities, equipment or skills to be delivered.

This learning programme recognises that when people feel comfortable and confident outdoors, they are more likely to continue their involvement in outdoor activities. The same applies to support workers and volunteer leaders. They are more likely to involve their group in outdoor activities if they feel confident in their ability to lead them, keep them safe and help them have an enjoyable time. The programme also provides an opportunity for individuals who don't feel ready to take on leadership, to develop in an assistant role.

The purpose of the 4 units

Unit A - To enable participants to be informed, confident and motivated so that they can take responsibility for their own enjoyment and safety, whilst doing low-level outdoor activities which don't require any particular activity skills, equipment or facilities.

Unit B - To enable participants to be informed, confident and motivated so that they can take responsibility for their own and their friends and families' enjoyment and safety, whilst doing low-level outdoor activities which don't require any particular activity skills, equipment or facilities.

Unit C – To enable participants to develop the skills required to be able to assist a Outdoor Activity Leader when they take responsibility for the enjoyment and safety of groups doing low-level outdoor activities which don't require any particular activity skills, equipment or facilities.

Unit D - To enable to develop the skills required for outdoor activity leadership, so they can take responsibility for the enjoyment and safety of groups, whether they know the group members or not, whilst doing low-level outdoor activities which don't require any particular activity skills, equipment or facilities.

This Learning Programme also offers transferable knowledge and skills: internet use; healthy living; health and safety; risk assessment; assessing user need; record keeping; communication; planning; organising; assisting; and leadership.

Accreditation with Agored Cymru

Unit A – Taking Part in Outdoor Activities

Level: Entry 3

Credit Value: 1

Unit B – Taking Part in Outdoor Activities with Friends and Family

Level: One

Credit Value: 1

Unit C – Outdoor Activity Assistant

Level: Two

Credit Value: 2

To achieve levels Entry 3, One or Two learners will need to provide evidence to the trainer (verbally, by demonstration, with photographs, video, pictures or written, as appropriate) that they have understood and remembered the key learning points set out in the unit’s assessment criteria (see below). The evidence and the trainer’s assessment of it is recorded in a short workbook.

Unit D – Outdoor Activity Leader

Level: Three

Credit Value: 3

To achieve Level Three learners will need provide evidence to the trainer (verbally, by demonstration, with photographs, video, pictures or written, as appropriate) that they can plan and lead an activity and reflect on its success, in line with the key learning points set out in the unit’s assessment criteria. The evidence and the trainer’s assessment of it is recorded in a workbook. In addition, the learner will undergo a 3 hour assessment during which they prepare and lead an outdoor activity of their choice. Clear guidance is provided.

What will you learn?

Unit A – Taking Part in Outdoor Activities

Learning Outcome	Assessment Criteria
The learner will:	The learner can:
1. Be able to prepare for an outdoor activity	1.1 Identify an outdoor activity 1.2 Identify venues where the activity in 1.1 takes place 1.3 Estimate how long the outdoor activity in 1.1 may take 1.4 Identify what clothing to wear for the outdoor activity in 1.1 for different types of weather 1.5 State equipment needed for the outdoor activity in 1.1
2. Be able to participate in outdoor activity	2.1 Participate in an outdoor activity
3. Know features of the countryside code	3.1 State the purpose of the Countryside Code 3.2 State some points given in the Countryside Code 3.3 Identify how to access the countryside and public open spaces

Assessment Information

1.5 This could include safety equipment and other essential items - a minimum of 4 in total

3.2 A minimum of 3 points

3.3 This could include for example:

- Finding out the opening times of parks
- Use of car parks
- Use of public rights of way
- How to obtain permission for using private land

Unit B – Taking Part in Outdoor Activities with Friends and Family

Learning Outcome	Assessment Criteria
The learner will:	The learner can:
1. Know about outdoor activities	1.1 Give examples of a range of outdoor activities 1.2 Identify the benefits of outdoor activities
2. Be able to plan an outdoor activity for friends/family	2.1 State goals/outcomes for the activity 2.2 Identify the needs of participants and how these can be met 2.3 Identify safety equipment and other items needed for outdoor activities and their purpose 2.4 Identify potential hazards 2.5 State how hazards can be minimised on an outdoor activity
3. Be able to participate in an outdoor activity with friends/family	3.1 Participate in an outdoor activity with others 3.2 Use necessary equipment and clothing on an outdoor activity

Assessment Information

1.1 At least three

1.2 At least three benefits

2.3 This should include safety equipment but could also include clothing and refreshments

Unit C – Outdoor Activity Assistant

Learning Outcome	Assessment Criteria
The learner will:	The learner can:
1. Know about outdoor activities	1.1 Describe a range of outdoor activities 1.2 Identify where to find information about outdoor activities 1.3 Describe ways that outdoor activities benefit participants
2. Understand how to assist with outdoor activities	2.1 Describe the role of a group activity assistant 2.2 Describe tasks that an outdoor activity assistant can be responsible for
3. Be able to assist a group activity leader during outdoor activities	3.1 Assist with an outdoor activity session 3.2 Meet the needs of participants on a planned outdoor activity session
4. Understand risk/benefit analysis on an outdoor activity programme	4.1 Define the terms hazard and risk 4.2 Identify potential risks on a proposed outdoor activity session 4.3 Carry out safety checks for an outdoor activity

Assessment Information

1.1 At least four activities.

1.3 At least three ways it can benefit others

2.2 – A minimum of 5 tasks

Unit D – Outdoor Activity Leader

Learning Outcome	Assessment Criteria
The learner will:	The learner can:
1. Understand the requirements for managing a group taking part in outdoor activities	1.1 Summarise the roles and responsibilities of a group activity leader 1.2 Explain how the needs of a group should be established
2. Understand the benefits of participating in outdoor activities	2.1 Explain ways that outdoor activities can benefit the participants
3. Be able to plan outdoor activities	3.1 Develop outdoor activities for a specified group 3.2 Produce an activity risk assessment
4. Be able to deliver outdoor activities	4.1 Lead an outdoor activity session 4.2 Demonstrate how to communicate information to the group about the outdoor activities

	4.3 Demonstrate how specific needs of participants have been met
5. Be able to reflect on the planning and implementation of the outdoor activities	5.1 Reflect on her/his personal learning and development 5.2 Explain how the reflection has informed her/his outdoor leadership practice

Assessment Information

As part of the outdoor activity sessions, the learner will be observed and assessed leading an activity.

AC3.1 A minimum of 3 activities. This should include identifying the needs of her/his outdoor activity group

AC3.2 This should be for each of the activities developed in 3.1

How long will it take?

Unit A - 7 hours of learning which would be delivered over about 10 hours of activity sessions, for example 4 x 2-3 hour sessions

Unit B - 8.5 hours of learning which would be delivered over about 12 hours of activity sessions, for example 5 x 2-3 hour sessions

Unit C - 14 hours of learning which would be delivered over about 20 hours of activity sessions, for example 7 x 2-3 hour sessions

Unit D - 17 hours of learning which would be delivered over about 24 hours of activity sessions, for example 8 x 2-3 hour sessions

In addition, for Unit D there will be a half day assessment so that learners can demonstrate that they have acquired the necessary learning and can apply it to planning and delivering a successful outdoor activity. Participants will also be expected to carry out some independent learning particularly involving the planning of the assessed activity.

In total Unit D will take about 30 hours to complete.

How will the learning be delivered?

The units have been designed to be delivered mostly outdoors, during the outdoor activities that the learners enjoy and are already doing, individually or with their group. By integrating the learning into existing activity, learners aren't required to commit significant additional hours, outside of their existing activities, to do the units.

Each element is usually delivered during a 2-3 hour activity session in 10-20 minute blocks. Some activities have been identified as more suitable as vehicles for

delivering the units (a list is available). A short period of time, usually at the start and end of the session, are best delivered in an indoor or undercover location.

The units are delivered through a variety of approaches using a range of tools and techniques, with the emphasis on interactive and practical learning and less emphasis on the use of written words.

Learners are given a colour-coded, illustrated hand-out after each element is completed. This provides an easy-to-read checklist, enabling participants to refer back to the key points learnt, at a later stage.

Who are the units for?

Unit A is suitable for anyone who is not particularly confident about doing outdoor activity independently and who is therefore unlikely to have lots of experience in outdoor activities.

Unit B is suitable for anyone who is also not particularly confident about taking responsibility for friends and family when doing outdoor activity together and who is therefore unlikely to have lots of experience of doing this.

The lower age restriction for Units A and B is dependent on age restrictions within the trainer/provider's licence. The Units are suitable for people enjoy interactive, practical, outdoor learning which doesn't involve much reading or writing.

Unit C is suitable for anyone who does not want to take on the responsibility of a leader and who is not particularly confident about assisting a leader of groups doing outdoor activity and who is therefore unlikely to have lots of experience of doing this.

The lower age restriction for Unit C is dependent on age restrictions within the trainer/provider's licence. The Unit is suitable for people who enjoy interactive, practical, outdoor learning which doesn't involve much reading or writing.

Unit D has a lower age restriction of 18 years old and is suitable for anyone who is not particularly confident about taking responsibility for and leading a group when doing outdoor activity and who is therefore unlikely to have lots of experience of doing this. This might be in the capacity of volunteer group leader or as a support worker responsible for service users.

Before doing this unit, participants need to have completed Unit B or be able to demonstrate that they have the knowledge and understanding of someone who has.

Participants must hold a valid and appropriate first aid qualification (minimum 16 hours training).

Participants must have successfully completed an Introduction to Navigation Course (minimum 16 hours training) or be able to demonstrate the knowledge and ability of someone who has.

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