



# Come Outside! Activity Skills Learning Programme

It's only when people feel comfortable and confident outdoors that they feel able to get outside, enjoy the experience and feel the benefits. Groups are more likely to get outside when their leader has the skills and knowledge to keep them safe and having fun.

## Learning Programme Aims

- To enable everyone to be informed, confident and motivated so they can take responsibility for their own enjoyment and safety, whilst doing low-level outdoor activities, on their own or with friends and family.
- To enable group leaders to have the knowledge and skills to lead low-level outdoor activities, ensuring everyone has fun and stays safe, and to enable assistants to support them.

## Who is it for?

Anyone who doesn't feel particularly confident about doing outdoor activity independently and is therefore unlikely to have a lot of outdoor experience.

The Leader and Assistant units are for support workers who are responsible for services users; volunteer group leaders; and low-level activity leaders. It's aimed at those who aren't comfortable taking responsibility for a group outdoors, or assisting a leader.

To be assessed as a competent leader, learners will need to have successfully completed recognised 2-day courses, in both outdoor first aid and navigation skills.

“I'll definitely go round those places again. I can look on the map and choose where to go now.”

“I really want to go and improve my reading skills now!”

“The group have enjoyed all aspects of the training, and can't wait for the next session, whatever the weather.”



## Gain transferrable knowledge, skills and experience

- Knowledge about healthy living, internet use and record keeping
- Skills in communication, map reading and navigation, risk assessment and health and safety.
- Experience of assessing user needs, planning for groups, organising, assisting, and leadership

## Bridging the gap

This programme bridges the gap between having no or limited outdoor activity skills and knowledge, and accessing leader training offered through the various outdoor National Governing Bodies.

## An innovative approach

With the emphasis on interactive and practical learning, this training is delivered in 10–20 minute blocks, during a group's chosen outdoor activities. This makes it especially suitable for those who are less comfortable with formal, indoor, reading and writing based learning.

This innovative approach to delivery means that group leaders and assistants, with limited time or money for training, can gain the skills and knowledge they need, whilst undertaking outdoor activities with their group.

## 4 Units accredited by Agored Cymru \*

Agored Cymru Unit Title	Agored Cymru Unit Level	Unit Credit Value	Number of 3 hour Outdoor Activity/ Training Sessions
A Taking Part in Outdoor Activities	Entry Level 3	1	4
B Taking Part in Outdoor Activities with friends and Family	Level One	1	5
C Outdoor Activity Assistant	Level Two	2	7
D Outdoor Activity Leader	Level Three	3	9 including assessment

To receive the number of credits that may be awarded for successful completion of a unit, learners must also complete a workbook in their own time and submit it for assessment.

\*Agored Cymru is a Welsh awarding body for education and training providers in Wales. Visit <http://www.agored.cymru/About-Us/Glossary> for information on Unit Levels and Credit Values.

## For more information

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# Programme Overview

**Unit A:** Preparing for and participating in an activity and knowing about the Countryside Code.

**Unit B:** The above, plus knowing about a range of outdoor activities and being able to plan and participate in activities with family and friends.

**Unit C:** The above, plus understanding how to assist a leader, be able to assist and understand risks and benefits.

**Unit D:** The above, plus understanding the requirements for managing a group and the benefits of participating, and be able to plan and deliver outdoor activities and reflect on the planning and implementation.