

Donegal Adventure Centre

Outdoor Instructor Course: January 16-March 30th 2012.

Information Pack



Surf/Water based Instructor Course

Course Dates: **January 16-March 30th 2012.**

Course Duration: **11 weeks 10AM -4PM Monday-Thursday**

10AM-4PM Friday Kayak/Canoe Module (Optional)

OPTION 1

11 week course – 4 days per week

Surf training, Lifeguard training Adventure Activities and Lifeguarding, Child Protection & Work Experience

€950 for training.

Governing Body Assessment in Surf Coaching & Lifeguarding are options you will have at the end of your course. If you chose to go ahead with the assessments for your certification, the fees for these examinations will be required.

You will also have the option to attend a one-day course called Cardiac First Responder. Training includes CPR & Defibrillation and use of an AED (Automated External Defibrillator), Treatment of Choking, Stroke and Heart Attack and medical use of aspirin for suspected heart attack. Successful candidates are certified to the National Standard.

OPTION 2

11 week course- 5 days per week including the above PLUS a canoe/kayak training course that offers training, assessment and certification in Canoe/Kayak safety test, 1* and 2* training.

€950 for Option 1

€1400 for Option 1 + 2.

Start Date of Course: Monday 16th January 2012

Course Description:

The Outdoor Instructor Course OITC is a training course for candidates who wish to become instructors working in the area of surfing and other beach activities. This course concentrates mainly on training for the ISA level 1 surf coach award, the RLSS Beach Lifeguard award, and over the ten weeks candidates will also train in child protection, adventure (land-based) activities, leadership skills, team training and development and beach first aid skills. Candidates are expected to attend Monday-Friday for the duration of the course.

Candidates must be able to swim. Candidates do NOT have to be able to surf, as you will be taught the skills of surfing if required. Surfing and swimming training are major parts of this course, and you can expect to be in the water every day. Students are expected to be (or get) fit through training every day. Training will include water-based (Swim & surf) and land based activities (running, circuit training etc.)

Candidates will also do basic training in low ropes, climb & abseil and high ropes instruction . Candidates will also participate and learn to skills of conducting team-training activities and land-based activities. Candidates will do child protection training, and Beach first aid. The fees for the course are 950 euro.

Qualifications

All candidates will be put forward for the following qualifications:

- 1: The Irish Surf Association Level 1 Surf Coach award (220 approx euro for assessment & certification)
- 2: The RLSS Beach Lifeguard Award (350 euro for assessment & certification)
- 3: Child Protection (HSE)
- 4: DAC certification in Adventure Activities
- 5: DAC certification in Leadership Skills (Children & Teenagers)
- 6: DAC certification in Work Experience
7. PHECC one day course as Cardiac First Responder. (75 euro for training & certification).

You can also add on a canoe/kayak module which will take place each Friday of the course. This is run by Mr. Jon O' Neill at The Lakeside Centre, Ballyshannon. This will give qualifications in Kayak and Canoeing. This is an excellent add-on to the course, and Jon is a superb trainer. There is a minimum number of 4 persons required to deliver this module, so please let me know if you want option 1 or option 2. Please feel free to contact Jon at 087 7920302 for further information.

Course Fees:

Non-residential fees:

The fees for this course are 950 euro per student. These fees are for all of the equipment & training required for the duration of the course.

The fees of 950 euro include the following:

10 weeks of intensive surf & swim coaching & training including transfers to beach & other off-centre locations.

Training in Child protection

Certified Emergency First Aid Course

Ropes (Low, High & Climbing Tower) training.

Training in Adventure (Team Building) activities

Leadership & Discipline skills with children and young adults (Classroom lectures)

Admission to swimming pool for swim training

Use of surfing & life saving equipment.

Wetsuits can be provided for the course, although we recommend that candidates buy their own wetsuit during the course: Likewise we recommend the purchase of a good waterproof jacket. A wholesale order will be arranged during the course at discount rates.

Work Experience with children, teenagers & adults as part of your training.

Please note that these fees do NOT include the following-

- 1: Governing body fees for the ISA level 1 surf assessment & award
- 2: Governing body fees for the RLSS Beach Lifeguard assessment & Award
- 3: Fees for Cardiac First Responder Course (PHECC)

All candidates will be offered the opportunity to take these assessments, and fees are payable for these assessments at this point. Students who feel more training is required can take the assessments at a later date, and re-enrol on the Jan-March course, or arrange independent assessments. The ISA Coach award costs approx €220 euro (fees are set by the ISA and will be confirmed by the ISA) and the RLSS Beach Lifeguard Award costs approx €350 (fees set by RLSS and RLSS assessors – a group rate will be negotiated for candidates on this course.) The Cardiac First Responder course is a one-day course, and will be arranged during your training. Attendance is optional, but highly recommended.

Fee Schedule:

A deposit of €250 is required to register for this course. No places will be held for candidates without payment of €250 deposit. Deposits will **not** be refunded to candidates who withdraw from the course. Enrolment begins on October 1st 2010 and will continue until the course is full. The only pre-requisite for the course is that candidates must be able to swim. *As this is a course that concentrates mainly on water-based training, there is no point in enrolling on this course if you can't swim!*

A second payment of €400 is required on the start date of the course.

A final payment of €300 is required on week 5 of the course (Latest)

Please note: Students must have paid all fees in full to be put forward for the DAC RLSS Beach Lifeguard and the DAC ISA Surf Coach Level 1 award.

Students wishing to take the RLSS Beach Lifeguard examination and the ISA Surf Coach Level 1 assessment will be asked to pay for these courses upon registration, which will be in March 2011

The course will conclude with graduation in April 2011

How to apply for the course:

Method 1:

You can telephone the centre and request the application by email or mail: call 071 98 42418

Method two:

Email info@donegaladventurecentre.net

Complete application online and send to us. You can pay your deposit by cheque, bank transfer or in person at the DAC. The Application form is also available on the website: www.donegaladventurecentre.net

We will contact you when we receive your completed application form and deposit. Generally, we accept applicants who apply, but if we do not accept your application for any reason, we will return your deposit.

Candidates must have no juvenile or adult criminal history and/or record. All trainees are obliged to reveal any juvenile or adult convictions or incidents involving anything that might cause threat or danger to our customers and staff here. We reserve the right to vet all trainees with An Garda Siochana.

DEPOSITS ARE NOT REFUNDABLE IF YOU WITHDRAW FROM THE COURSE.

If you pay a deposit to take your place, arrangements are immediately made for you. Ratios for training have to be strictly observed, and places are limited. If you change your mind about doing the course, you will have held a place that someone else might have taken, and your deposit will offset the administration charges, and the re-advertising of your place. We will only refund deposits in exceptional circumstances, with supporting letters. So please ensure that you want to do the course!

Residential options: Accommodation in Bundoran

Accommodation is widely available in the Bundoran area. Most candidates rent apartments or houses together for the duration of the course. A list of available options will be made available to students from February onwards. Temporary accommodation is available in our DAC hostel for candidates who need some time to get settled. We can also offer Monday -Thursday accommodations. You can begin to explore accommodation options when you come to the briefing day, and you are welcome to stay in Hostel accommodation at a reduced charge until you decide what accommodation option you want. Advance booking is essential, and is subject to availability.

Frequently Asked Questions:

I can swim, but I am not super-fit. I can't surf, or am at beginner level. Can I do this course?

The RLSS Beach Lifeguard requires you to swim 400 metres in a time of 7.5 minutes. This will require strong swimming skills. You will receive swimming coaching and training. You are also expected to practice your swimming in your own time, and to maintain a fit and healthy lifestyle. Please note that we cannot guarantee that you will pass either the RLSS Beach Lifeguard examination, or the ISA Surf Coach examination. This will depend on your level of fitness, and your adherence to the swim and surf training sessions. The RLSS and ISA examinations are assessed by assessors of the governing bodies, and not by DAC coaching staff.

The ISA are also offering an alternative to the Beach Lifeguard award, which allows candidates to work as surf instructors. Candidates who are not likely to pass the RLSS Beach Lifeguard award will be offered the opportunity to take this ISA/IWS award. We recommend that all our trainees take the RLSS Beach Lifeguard award, but this is a good alternative for candidates who may be struggling with the Beach lifeguard award.

The coaching staff at DAC will monitor your progress and test your swim times. You will be kept very aware of how you are doing. You do not have to pay for, or take these awards if you do not feel that you will pass them. However, we would hope that you will. You will become a better surfer and swimmer in any event.

Do I have to do assessments? I'm just interested in doing this for fitness and personal confidence?

You do not have to do assessments if you don't want to. Many of our trainees began this course because they wanted some motivation to get fit, and improve their personal self-confidence. However, many then did do assessments eventually, because they improved more than they thought possible! We train you hard, in a professional and helpful manner. If you are a bit nervous starting off, we will do our very best to encourage you, and you might find that you can do more than you think! See the testimonials at the end of this document.

What opportunities for employment will I have if I do this course?

There are many opportunities for employment for surf coaches and lifeguards, in surf schools, outdoor centers, leisure centers, public authority beaches here and abroad. An RLSS Beach Lifeguard award is world recognized, as is the ISA Surf Coach award. Most Outdoor centers will also recognize your training and experience in ropes, climbing & adventure activities. You can continue to take further training in outdoor pursuits, and gain governing body qualifications in these areas. If you do not pass your Beach Lifeguard or ISA Surf instructor course, you will be limited in your opportunities for employment. You should not take this course unless you aim to pass these assessments, or you are content to spend ten weeks surfing and swimming for the experience and enjoyment. Your work experience and land-based training will be very useful experiential add-ons for employment as an outdoor instructor, but you will need the governing body qualifications to be employable by reputable centers and facilities.

Can I apply for a grant to do this course?

You may be eligible for support from Fás if you are unemployed. At the moment, Donegal Adventure Centre do not make this decision, you have to apply to your local Fás training officer where you live, and request support. We have students each year who have been approved for support towards the fees from Fás. Several of our students have received funding from Fás for training, or for maintenance support while training in Bundoran. You should make an appointment to meet your local Fás officer, and explain that you want to do this course. You will gain skills and qualifications (subject to passing your assessments) that will increase your

employability. We would be happy to discuss the course with any funding agencies, and you can pass along our number 07198 42418: contact is Niamh Hamill (Training Manager)

How long has this course been running?

Donegal Adventure Centre has been running these courses since 2006. Many graduates are now working locally in surf schools and outdoor centres. Some have travelled abroad, and some have gone on to degree courses in outdoor education. We have had candidates from the USA, UK & Europe. There has been great camaraderie and spirit on each course. Five of our current senior instructors are graduates of our courses. You are welcome to call in at any time and meet those who have begun their career as an outdoor instructor on this course.

What have your previous graduates done?

Many of our graduates have been employed here with us. Our current operations manager is a graduate of this course. Other graduates have gone on to work in local surf schools and outdoor centers, management of gyms & swimming pool facilities, and county lifeguarding. Some have taken their qualifications and gone travelling, using their lifeguarding qualifications on the beaches of Thailand, Australia & USA. Some have gone from here on to College to do diploma & degree courses, and some have gone on to train for the emergency services. Many of our graduates have said that their time in Bundoran was a great experience, getting fit, becoming good surfers & lifeguards, and working with youth groups and schools in an atmosphere that is positive and happy. For some, it has been all about personal confidence and development. For some, it has been an entry to a career in outdoor sports. For others, a useful skill-set for travelling, and for others, simply an enjoyable 'time-out' from the rat race ☺

TESTIMONIALS FROM OUR PREVIOUS OITC TRAINEES

Donegal Adventure Centre asks each class to write their comments on the course for future trainees. These are some of the comments from our students 2010. Full addresses and contacts are available on request, if you would like to speak directly to any of our graduates.

Testimonials from Sept 2010 Course:

I had just finished school and was looking for courses to do. The OITC immediately appeals, and I knew on my first day I had made the right decision. The staff are just incredibly positive, professional and a great laugh to be around. Almost every day we are outdoors doing ropes, swimming, running, surfing etc. On top of everything the course is in the beautiful town of Bundoran which has such a relaxed friendly atmosphere. After this course I hope to get work in the outdoor instructor field and focus on being a surf instructor. I would advise anyone to do this course, it's something different and personally I have not been disappointed once and have thoroughly enjoyed my time here.

Jessica Smith, trainee 2010.

As a graduate of Outdoor Education, I wanted to expand my personal qualifications: This course was a match made in heaven! Not only did I achieve the Surf Coach and Beach Lifeguard qualifications, the course is structured in such a way that it practically applies to all aspects and theories of outdoor education to a very high degree. It's an immense course that covers far more than you pay for! Highly recommended, good times, great laughs!

Cillian Costigan, trainee 2010

When I first went surfing at an outdoor adventure centre, I was hooked! I wanted to be an instructor, and decided to go for the course – six weeks into it, I'm really very happy I did. Everyone's nice. They take care of you and if you need help they are always there. I love it up here and don't want it to end!

P. Owens Nov 2010

I heard this course advertised on radio and considering how last year in College went for me, I thought it would be a lot more interesting and active for me. I also had a huge chance to improve my surfing which I did and I am really happy with myself. The course is great for building your confidence and meeting new people. My fitness has also improved immensely.

Joseph Together Nov 2010.

Before this course, I was terribly unfit and never believed I would finish. But the instructors here don't just teach us how to surf and swim, but how to think positive and make the most of what you can do. I would recommend it to everyone.

S.Buckley 2010

For anyone over 40 who may think it too late in life to change career or reinvent yourself, well think again, This course gives you new life, vibrancy, confidence and taps into your unknown. I was afraid of water, now I'm not. I wasn't very fond of the sea, now I love and respect it. Take that step. Instructors and staff create a fine friendly atmosphere.

Denis, Donegal 2010/

I've come from a background of various employments- office work, beauty therapy – but after spending the last two and a half years in Australia I did a lot of outdoor activities and always thought I'd love a job as an instructor. I found previous employment monotonous and didn't want to spend the rest of my years in a job I hate! I knew a course like this would get me a job where I'm active and always on the go. I recommend it!

M. Mc Govern, 2010

I volunteer as a youth leader and relate well to kids of all ages- I wanted to make a career of this. I am thoroughly enjoying the course. The teachers are amazing and the other students are great, the experience so far couldn't be better. I would highly recommend this course to anyone wanting to work in the outdoors and with young people.

S. Feely Nov 2010

I just graduated from College and started working in the fitness industry. I enjoyed it, but felt bored with being inside constantly and wanted to broaden my horizon. Looked up this course and it seemed unreal- came here and am really enjoying it. The extra qualifications will help my CV. The instructors and the Irish students are very kind, and we all call the hostel 'home'! I came from Holland, and my words for people are do it! It's tons of fun; you'll meet new people, get fit, and enjoy a small surf paradise in Ireland!

Inge Boerma, Netherlands 2010

I'm Daniel Sary, 20 years of age. I came to do this course from Green Bay Wisconsin, USA (miles away from any ocean!) I always wanted to learn how to surf and I always wanted to see Ireland, but this course has added so much more to all of this. Back home I struggled running a 5K and recently I ran 9K easily! I've improved my swimming dramatically, and realized how much good teamwork and communication can help with each individual's progress in the group. The people are fantastic, Ireland is as beautiful and friendly as I had heard, and I would totally recommend it.

Dan Sary, USA 2010