



ADVENTUROUS TRAINING NEWS

Hello and welcome to the first issue of our new Adventurous Training newsletter. This is designed to let you know all the latest news, views and gossip from the world of AT.

Adventurous Training provides adults and cadets alike a wonderful opportunity to learn new skills, explore the world, get qualified and make new friends. Some of the skills that you learn will help you in everyday life as well as promoting a sense of adventure.

There are plenty of courses and weekends available for you to experience the diversity of what adventurous training can offer - all at a very low cost. Read through this bumper first issue carefully as it is packed with courses for the next 15 months. Why not try something new!



Remember its not only walking and water that is available. Every year LNR ACF goes on Exercise Ski Cadet. This year we will be spending a week in Italy.



There is plenty on offer over the next year or so. Courses for beginners right through to the most experienced amongst us. Don't be afraid to try something new!

Adven Training County Update

Colonel Davies has made it a top priority that LNR ACF look toward getting more seniors cadets and adult instructors qualified in different aspects of AT. At the same time we must promote the need for AT to all cadets within the County and encourage everyone to 'have a go' at adventurous training.

As we all know there have been some major cutbacks within the ACF budget but lots of courses are still available. Take a look at the next few pages and decide which one you would like to bid for.

COMING UP IN THIS ISSUE....

- MOD and Cadet Centre of Adven Training Courses (CCAT)
- SKI Courses
- Canoe Cadet 2010

REMEMBER TO CHECK OUR WEBSITE FOR UPDATES, VIEW THE GALLERY, AND GENERAL A.T. INFO.
GO TO WWW.LNRACF.COM



ADVENTUROUS TRAINING NEWS

COURSES FOR 2010-2011

Cadet Courses 2010-2011

The following courses are available to cadets:

Cadet Foundation/Proficiency Courses.

These courses will be conducted at all 4 CCAT course delivery centres (CCTC, HTC, Dingwall and Bavaria).

The courses are open to **Cadets 16 years or over.**

The course length is 5-days.

All those applying to attend the Foundation/Proficiency courses should be volunteers with a genuine interest in AT. Foundation/Proficiency level courses are based on the JSAT Scheme and accredited by the Joint Services Mountain Training Centre (JSMTC). Applicants can choose from the following options:

- a. Summer Mountain Proficiency (SMP).
- b. Basic Rock Climbing (BRC).
- c. Kayak Foundation Course (KFC).
- d. Open Canoe Foundation Course (OFC).
- e. Introduction Sea Kayak
- f. Basic Caving (BCC).
- g. Basic Ski Alpine (BSA) – Snowsport Scotland Snowlife awards.
- h. Ski Tour Proficiency (STP).
- i. Winter Mountain Proficiency (WMP) – 17 years old min.
- j. Winter Climbing Proficiency (WCP) – 17 years old min.
- k. Introduction Alpine Mountaineering (IAM) – 17 years old min.

If you are interested in any of these courses, then please see your DC who will give you more information. Certain courses require certain criteria is fulfilled before you can bid for a place.

News in Brief

- After the success of the Everest 2008 expedition, 2009 was a relatively quiet year in AT for LNR ACF. While we cannot go to Base Camp every year, we should still be able to get a lot of people involved in low level adventurous training.
- Each Company and Squadron will be tasked to organise their own AT day or weekend in 2010 to enable as many as possible to take part.
- The Three Peak Challenge that was planned for Cadet 150 has been postponed.
- Looking forward to 2010, lots of courses have come out for both adults and cadets alike.
- There are plenty of opportunities for complete beginners to the more experienced outdoor enthusiasts.
- Take a good look at the available courses and make sure you put in your bid in plenty of time.



ADVENTUROUS TRAINING NEWS

The courses from the first two pages are all run by the ACF at their dedicated centres in the UK and Europe. The courses are exactly the same as any other that are run by the Army. There are numerous dates available for all courses but places are limited. To secure your place, submit your bid as soon as you can.

For those of you who may be more advanced in adventurous training, other courses are available which will help you gain a higher qualification.

Adults:

- BCU 3 Star Inland Kayak or Open Canoe or Sea Kayak
- **BCU White Water Safety & Rescue**
- BCU 4 Star Inland Kayak or Open Canoe Training & Assessment
- **Advanced Ski Proficiency Alpine (APA)**
- Ski Tour Leader Training (TLT) and
- **Winter Leader Progression (WLP)**

Cadets:

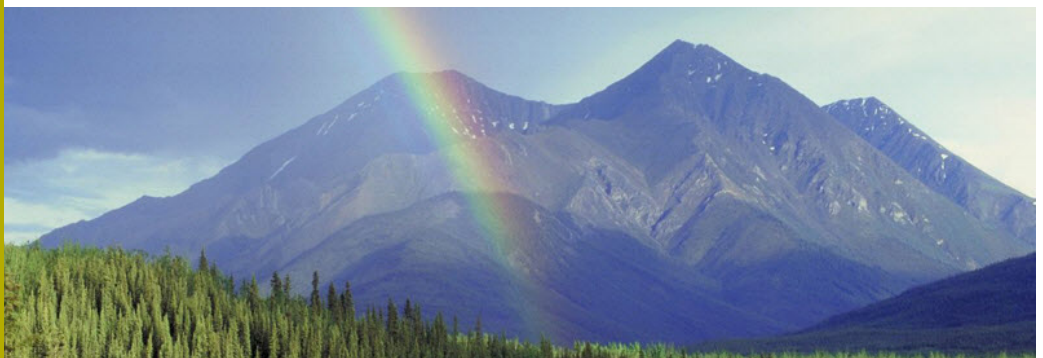
- BCU 3 Star Inland Kayak or Open Canoe
- **Advanced Ski Proficiency Alpine (APA)**

Adult Foundation/Proficiency Courses.

These courses will be conducted with the option of completing the course either over a period of 3 consecutive weekends or a 5-day block based at all 4

CCAT course delivery centres (CCTC, HTC, Dingwall and Bavaria). The courses are specifically targeted at CFAV's. All those applying to attend the Foundation/Proficiency courses should be volunteers with a genuine interest in AT. Foundation/Proficiency level courses are based on the JSAT Scheme and accredited by the Joint Services Mountain Training Centre (JSMTC). Applicants can choose from the following options:

Adult Instructor Courses 2010-2011



- a. Summer Mountain Proficiency (SMP).
- b. Rock Climbing Proficiency (RCP).
- c. Kayak Foundation Course (KFC).
- d. Open Canoe Foundation Course (OFC).
- e. Caving Proficiency (CVP).
- f. Basic Ski Alpine (BSA).
- g. Ski Tour Proficiency (STP).
- h. Winter Mountain Proficiency (WMP).
- i. Winter Climbing Proficiency (WCP).
- j. Introduction Alpine Mountaineering (IAM).

If any adult is interested in any of the above courses from CCAT, then they too should get more details from their DC.



ADVENT TRAINING NEWS



Canoe Cadet 2010

Exercise Canoe Cadet 2010 will take place over the week of 28th May 2010. All cadets and adults will be accommodated at Yardley Chase Cadet Training Centre for the duration of the course.

There will be no pre Canoe Cadet for the course in May, but there will be one in October 2010 for the May 2011 course.

As a result there will be no places available for complete novices, only those with previous experience and those who are capable of working towards their instructor's award will be allowed to attend.

Any number of cadets can bid from each area but places will be allocated fairly amongst those Companies/Squadrons that bid.

This is the fairest way of organising next years course as budget and time constraints meant we had to re-evaluate.

The course will allow 48 cadets to attend and spend time both canoeing and kayaking.

The cost of the week for cadets will be £50 and will include all food and accommodation.

Included in this cost are various trips out in the evenings and an end of course BBQ. **Cheque's are made payable to LNR ACF.**

If you are interested then you need to see your DC who will have more details.

Your bid must be with your DC no later than Friday 9th April 2010. Your DC will then send all bids to your Training Officer who will then prioritise the names and submit the final list to County HQ.

You will find out no later than 4 weeks before the course if you have been successful. Once you have a place, you must pay or risk losing it and a reserve being called up.

Remember there is only one course per year so make sure you put your name forward.

Sail Cadet 2010

At the time of writing, Sail Cadet 2010 is not fully confirmed. It will happen, over the same week as Canoe Cadet but the details are still being finalised.

The course will cost £50 and will include everything that is included in Canoe Cadet.

There are only 12 places available, 2 per Area.

The bid procedure is exactly the same as Canoe Cadet, so make sure your DC and Training Officer realise that it's the sail course you wish to attend.

Good luck and happy sailing!

I hope you enjoyed the first edition of Adven Training News, if you would like to submit an article of any AT activity that you have done or have suggestions for future publications then please send them in via County Headquarters. Capt P Davanna.