Draft Program for Fast Track Instructor Scheme - 2018/19

		D ay	Month	Activity Focus	Daily Plan	Weekly Theme
Week 1	m	1	October	Mountain	Intro to Mountain Course Equipment Check Intro Nav	Intro to Course Logbooks NGB Awards
	t w	3		Mountain Rock	Hillwalk/Nav Intro to Climbing Course Equipment Check Indoor Session	
	t	4		Rock	Indoor Skills TR/Boulder	
	f	5		Self Guided	Logbook	
	s	6				
	S	7				
Week 2	m	8		Mountain	Mtn Journey - More Nav and Skill	Reflective Practive
	t	9		Mountain	Mtn Scramble - Intro to Grade 1	
	W	10		Rock	Indoor Skills TR/Boulder	
	f	11 12		Rock Self Guided	Intro to Indoor Lead Climbing Planning a Mtn Journey	
	S	13		Con Canada	Training a war oourney	
	s					
Week 3	m	15		Mountain	Mtn Journey - Developing independence in the hills	Goal Setting
	t	16		Mountain	Mtn Scramble - Grade 1	
	w	17		Rock	Single Pitch BR - Outdoor Bottom Roping. Intro to trad gear	
	t	18		Rock	Singel Pitch TR - Making belays with trad	
	f	19		Self Guided		
	_	20				
Week 4		21		Mountain- Scot/	A week of developing man skills and developing logbook	How We Learn
WOOK 4	t	23		Lakes Mountain- Scot/	in Scotland or lakes	TIOW WO LOUIT
	w	24		Lakes Mountain- Scot/ Lakes		
	t	25		Mountain- Scot/ Lakes		
	f	26		Self Guided		
	-	27				
Week 5		28		Rock - Peak/SW	A week of developing single pitch skill in Peak district or south west. Including Itro to lead climbing	Emo-Intell - Humanity
	t	30		Rock - Peak/SW		
	w	31		Rock - Peak/SW		
	t	1	November	Rock - Peak/SW		
	f	2		Self Guided		
	S	3				
Week 6	s m	5		Mountain	Mtn Journey - Developing independence in the hills	Decision Making
	t	6		Mountain	Mtn Scramble - Grade 1	
	w	7		Rock	Indoor/Outdoor Technique Coaching	
	t	8		Rock	Indoor Outdoor Technique Coaching	
	f	9		Self Guided		
		10				
Week 7		11		Spain	Sport Climbing - 10 days developing sport and trad climbing skills and lead climbing technique both	Legal and Moral aspects of guiding
	t	13		Spain	Sport Climbing	
	w	14		Spain	Mtn Walk/Scramble	
	t	15		Spain	Sport Climbing	
	f	16		Self Guided		
	-	17 18				
Week 8	m			Spain	Sport Climbing	Physical aspect of climbing performance
	t	20		Spain	Sport Climbing	
	w			Spain	Mtn Scramble	
	t	22		Spain	Sport Climbing	
	f	23		Self Guided		

		D ay	Month	Activity Focus	Daily Plan	Weekly Theme
	S	24				
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Week 9		26		Mountain	Mtn Skill as Necessary	TOASTE Feedback
	t w	27 28		Mountain Rock	Mtn Skill as Necessary Trad Lead	
	t	29		Rock	Trad Lead	
	f	30		Self Guided		
	S	1	December			
	S	2				
Week 7	m			Mountain	Mtn Skill as Necessary	Working as a Team
	T W	4 5		Mountain Rock	Mtn Skill as Necessary Indoor/Outdoor Technique Coaching	
	t	6		Rock	Indoor Outdoor Technique Coaching	
	f	7		Self Guided		
	s	8				
	s	9				
	m	10				
	t	11				
	W	12				
	t	13 14				
	_	15				
		16				
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		26				
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	f	28				
	S	29				
		30				
		31	lanuami			
		1 2	January			
		3				
	f	4				
	s	5				
	S	6				
Week 11	m			CWA Training	Rock Climbing Award training courses	
	t w	8		CWA Training SPA Training		
	t	10		SPA Training SPA Training		
		11		SPA Training		
	s	12		_		
	s	13				
Week 12	m	14		FUDNAS 1	BMC Fundamentals 1 course	
	t	15		FUNDAS 2	BMC Fundamentals 2 course	
		16		Foundation Coach	MT Foundation Coach training	
	t	17 18		Self Guided Self Guided		
	S	19		Jen Guided		
	S					
Week 13		21		ML training	6 Day Mountain Leader training course	
	t	22		ML training		
	w	23		ML training		
	t	24		ML training		

		D Me	onth	Activity Focus	Daily Plan	Weekly Theme
	f	25		ML training		
	s	26		ML training		
	t	26		ML training		
Week 14	m	28		Mountain	Making a plan for your consolidation	Goal Setting 2 - Setting your own goals
	t	29		Mountain	Mtn Skill as Necessary	
	w	30		Rock	Making a plan for your consolidation	
	t	31		Rock	Trad Climbing	
	f	1 F	February	Self Guided		
	S	2				
	S	3				
Week 15	m	4		Rock	Indoor Skills for SPA/CWA	Planning a session
	t	5		Rock	Indoor Skills for SPA/CWA	
	w	6		Rock	SPA Skills	
	t	7		Rock	SPA Skills	
	f	8		Self Guided		
	S	9				
100		10				
Week 16	m	11		Mountain	Skills of ML	Environment
	t	12		Mountain	Skills of ML	
	W .	13		Mountain	Skills of ML	
	t	14		Mountain	Skills of ML	
	†	15		Self Guided		
	S	16				
	+	17				
	_	18				
	_	19 20				
	vv	21				
	ا ا	22				
	s	23				
		24				
Week 17		25		Winter Mtn	Basic Equip and skills	Decision Making in extreme environments
Week 17				Winter Mtn Winter Mtn	Basic Equip and skills Journey	Decision Making in extreme environments
Week 17	m	25				Decision Making in extreme environments
Week 17	m t	25 26		Winter Mtn	Journey	Decision Making in extreme environments
Week 17	m t w	25 26 27	March	Winter Mtn Winter Mtn	Journey Winter Adventure	Decision Making in extreme environments
Week 17	m t w	25 26 27 28 1	March	Winter Mtn Winter Mtn Winter Mtn	Journey Winter Adventure	Decision Making in extreme environments
Week 17	m t w t	25 26 27 28 1	March	Winter Mtn Winter Mtn Winter Mtn	Journey Winter Adventure	Decision Making in extreme environments
Week 17	m t w t f s	25 26 27 28 1	March	Winter Mtn Winter Mtn Winter Mtn	Journey Winter Adventure	Decision Making in extreme environments Building confidence and mental skills
	m t w t f s	25 26 27 28 1 2	March	Winter Mtn Winter Mtn Winter Mtn Self Guided	Journey Winter Adventure Winter Adventure	
	m t w t f s	25 26 27 28 1 2 3 4	March	Winter Mtn Winter Mtn Winter Mtn Self Guided	Journey Winter Adventure Winter Adventure Trad Climbing	
	m t w t f s m t	25 26 27 28 1 2 3 4 5 6	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	
	m t w t f s m t	25 26 27 28 1 2 3 4 5 6 7	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing	
	m t w t f s m t w t f s s	25 26 27 28 1 2 3 4 5 6 7 8	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	
Week 18	m t w t f s m t w t f s s m t w t s s	25 26 27 28 1 2 3 4 5 6 7 8 9	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
	m t w t f s s m t w t f s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	
Week 18	m t w t f s m t w t f s s m t w t s s	25 26 27 28 1 2 3 4 5 6 7 8 9	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t f s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t t w t t w t w t w t w t w w t w w t w w t w w t w	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t t f s t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t t w t t w t w t w t w t w w t w w t w w t w w t w	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Consolidation for Award	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t t f s t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Consolidation for Award	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t f s t w t f s t t f s s f s f s s f s f s s	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Consolidation for Award	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18	m t w t f s s m t w t f s s t w t f s s s m t t f s s s s	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Consolidation for Award	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills
Week 18 Week 19	m t w t f s s m t w t f s s t w t f s s s m t t f s s s s	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	March	Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	March	Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW Rock - Peak/SW Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t w t f	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW Rock - Peak/SW Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks
Week 18 Week 19	m t w t f s s m t w t f s s m t w t f s s m t w t f s s s m t	25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23	March	Winter Mtn Winter Mtn Winter Mtn Self Guided Rock Rock Rock Rock Self Guided Needs Assessment Consolidation for Award Consolidation for Award Self Guided Rock - Peak/SW Rock - Peak/SW Rock - Peak/SW	Journey Winter Adventure Winter Adventure Trad Climbing Trad Climbing Trad Climbing Trad Climbing Trad Climbing	Building confidence and mental skills Creating a plan for the next three weeks

		D I	Month	Activity Focus	Daily Plan	Weekly Theme
	t	26		Consolidation for Award		
	w	27		Consolidation for		
	t	28		Award Consolidation for		
	f	29		Award Self Guided		
		30		Son Guidou		
	s					
Week 22	m t	1	April	SPA Prep		Rock climbing development
	w	3		SPA Prep		
	t	4		SPA Prep		
	f	5 6		Self Guided		
	s	7				
	m					
	t w	9				
	t					
	_	12				
	s	13				
	m					
	_	16				
	W t	17 18				
		19				
	_	20				
Week 23	s m					
WOOK 20		23		Professional		Mock coaching wth peers
	w	24		Development Professional Development		
	t	25		Professional Development		
		26		Self Guided		
		2728				
Week 24	m			ML Prep		Mock ML Assessment
		30	Marr	ML Prep		
	t	1	iviay	ML Prep		
	f	3		Self Guided		
	s	5				
Week 25	m	6		Supervised		Teaching and Leading real students where possible
	t	7		Experience Supervised		
	w	8		Experience Supervised Experience		
	t	9		Supervised Experience		
	f	10		Self Guided		
	S	11 12				
Week 26	m			Supervised Experience		Teaching and Leading real students where possibl
	t	14		Supervised Experience		
	w	15		Supervised Experience		
	t	16		Supervised Experience		
		17		Self Guided		
	S	18				

Week 27 m 20			D ay	Month	Activity Focus	Daily Plan	Weekly Theme
Week 27 m 20 Professional Development Teaching and Leading real students where possible. Mock assessment and final prep 1 21 Professional Development Mock assessment and final prep 1 22 Professional Development Professional Development 1 23 Professional Development Professional Development 1 24 Self Guided 8 25 Self Guided 8 26 Mountain Week 28 m 27 Mountain Relaxing week climbing and mountain walk. Week 29 Rock 1 31 Self Guided Week 29 m 3 Self Guided Week 29 m 3 SPA Ass The province of the pr		s					
Development Development	Week 27						Teaching and Leading real students where possible. Mock assessment and final prep
Development Development		t	21				
Development Development Self Guided Self Guided		w	22				
s 25 Week 28 m 27 Mountain Relaxing week climbing and mountain walk. t 28 Mountain Week 28 Mountain Week 28 Mountain Week 29 Rock Week 29 Rock Week 29 Rock Week 29 Self Guided Self Guided SPA Assessment week Self SPA Assessment week		t	23				
week 28 m 27 Mountain Relaxing week climbing and mountain walk. t 28 Mountain Mountain w 29 Rock t 30 Rock f 31 Self Guided s 1 June week 29 m 3 t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		f	24		Self Guided		
Week 28 m 27 Mountain Relaxing week climbing and mountain walk. t 28 Mountain Week 29 Rock t 30 Rock Relaxing week climbing and mountain walk. t 30 Rock Relaxing week climbing and mountain walk. t 30 Rock Relaxing week climbing and mountain walk. s 29 Rock Relaxing week climbing and mountain walk. s 20 Rock Relaxing week climbing and mountain walk. s 1 30 Rock Relaxing week climbing and mountain walk. s 2 Self Guided Self Guided Self Guided Self Guided Self Guided		S					
t 28		S	26				
w 29 Rock t 30 Rock f 31 Self Guided s 1 June s 2 Week 29 m 3 t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided	Week 28	m	27		Mountain		Relaxing week climbing and mountain walk.
t 30 Rock f 31 Self Guided s 1 June s 2 Week 29 m 3 t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		t	28		Mountain		
f 31 Self Guided s 1 June s 2 SPA Assessment week Week 29 m 3 SPA Assessment week t 4 SPA Ass SPA Ass t 6 SPA Ass SPA Ass f 7 Self Guided		w	29		Rock		
s 1 June s 2 Week 29 m 3 SPA Assessment week t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		t	30		Rock		
week 29 m 3 SPA Assessment week t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		f	31		Self Guided		
Week 29 m 3 SPA Assessment week t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		s	1	June			
t 4 SPA Ass w 5 SPA Ass t 6 SPA Ass f 7 Self Guided		s	2				
w 5 SPA Ass t 6 SPA Ass f 7 Self Guided	Week 29	m	3				SPA Assessment week
t 6 SPA Ass f 7 Self Guided		t	4		SPA Ass		
f 7 Self Guided		w	5		SPA Ass		
		t	6		SPA Ass		
s 8		f	7		Self Guided		
		S	8				
s 9		s	9				
Week 30 m 10 ML Ass ML Assessment Week	Week 30	m	10		ML Ass		ML Assessment Week
t 11 ML Ass		t	11		ML Ass		
w 12 ML Ass		W	12		ML Ass		
t 13 ML Ass		t	13		ML Ass		
f 14 ML Ass		f	14		ML Ass		
s 15		s	15				
s 16		s	16				