

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	2		Mountain	Hillwalk/Nav	
	w	3		Rock	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	
	t	11		Rock	Intro to Indoor Lead Climbing	
	f	12		Self Guided	Planning a Mtn Journey	
	s	13				
	s	14				
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		
	s	20				
	s	21				
Week 4	m	22		Mountain- Scot/ Lakes	A week of developing man skills and developing logbook in Scotland or lakes	How We Learn
	t	23		Mountain- Scot/ Lakes		
	w	24		Mountain- Scot/ Lakes		
	t	25		Mountain- Scot/ Lakes		
	f	26		Self Guided		
	s	27				
	s	28				
Week 5	m	29		Rock - Peak/SW	A week of developing single pitch skill in Peak district or south west. Including ltro 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				
	s	4				
Week 6	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		
	s	10				
	s	11				
Week 7	m	12		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		
	s	17				
	s	18				
Week 8	m	19		Spain	Sport Climbing	Physical aspect of climbing performance
	t	20		Spain	Sport Climbing	
	w	21		Spain	Mtn Scramble	
	t	22		Spain	Sport Climbing	
	f	23		Self Guided		

	D ay	Month	Activity Focus	Daily Plan	Weekly Theme
	s	24			
	s	25			
Week 9	m	26	Mountain	Mtn Skill as Necessary	TOASTE Feedback
	t	27	Mountain	Mtn Skill as Necessary	
	w	28	Rock	Trad Lead	
	t	29	Rock	Trad Lead	
	f	30	Self Guided		
	s	1	December		
	s	2			
Week 7	m	3	Mountain	Mtn Skill as Necessary	Working as a Team
	t	4	Mountain	Mtn Skill as Necessary	
	w	5	Rock	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			
	f	14			
	s	15			
	s	16			
	m	17			
	t	18			
	w	19			
	t	20			
	f	21			
	s	22			
	s	23			
	m	24			
	t	25			
	w	26			
	t	27			
	f	28			
	s	29			
	s	30			
	m	31			
	t	1	January		
	w	2			
	t	3			
	f	4			
	s	5			
	s	6			
Week 11	m	7	CWA Training	Rock Climbing Award training courses	
	t	8	CWA Training		
	w	9	SPA Training		
	t	10	SPA Training		
	f	11	SPA Training		
	s	12			
	s	13			
Week 12	m	14	FUNDAS 1	BMC Fundamentals 1 course	
	t	15	FUNDAS 2	BMC Fundamentals 2 course	
	w	16	Foundation Coach	MT Foundation Coach training	
	t	17	Self Guided		
	f	18	Self Guided		
	s	19			
	s	20			
Week 13	m	21	ML training	6 Day Mountain Leader training course	
	t	22	ML training		
	w	23	ML training		
	t	24	ML training		

	D ay	Month	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	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			
	s	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	
	f	15	Self Guided		
	s	16			
	s	17			
	m	18			
	t	19			
	w	20			
	t	21			
	f	22			
	s	23			
	s	24			
Week 17	m	25	Winter Mtn	Basic Equip and skills	Decision Making in extreme environments
	t	26	Winter Mtn	Journey	
	w	27	Winter Mtn	Winter Adventure	
	t	28	Winter Mtn	Winter Adventure	
	f	1	March	Self Guided	
	s	2			
	s	3			
Week 18	m	4	Rock	Trad Climbing	Building confidence and mental skills
	t	5	Rock	Trad Climbing	
	w	6	Rock	Trad Climbing	
	t	7	Rock	Trad Climbing	
	f	8	Self Guided	Assess own needs to report back on tailoring	
	s	9			
	s	10			
Week 19	m	11	Needs Assessment		Creating a plan for the next three weeks
	t	12	Consolidation for Award		
	w	13	Consolidation for Award		
	t	14	Consolidation for Award		
	f	15	Self Guided		
	s	16			
	s	17			
Week 20	m	18	Rock - Peak/SW		Classic Rock trip
	t	19	Rock - Peak/SW		
	w	20	Rock - Peak/SW		
	t	21	Rock - Peak/SW		
	f	22	Self Guided		
	s	23			
	s	24			
Week 21	m	25	Consolidation for Award		Becoming a leader in the outdoors

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	t	26	Consolidation for Award		
	w	27	Consolidation for Award		
	t	28	Consolidation for Award		
	f	29	Self Guided		
	s	30			
	s	31			
Week 22	m	1	April	SPA Prep	Rock climbing development
	t	2		SPA Prep	
	w	3		SPA Prep	
	t	4		SPA Prep	
	f	5		Self Guided	
	s	6			
	s	7			
	m	8			
	t	9			
	w	10			
	t	11			
	f	12			
	s	13			
	s	14			
	m	15			
	t	16			
	w	17			
	t	18			
	f	19			
	s	20			
	s	21			
Week 23	m	22			Mock coaching wth peers
	t	23		Professional Development	
	w	24		Professional Development	
	t	25		Professional Development	
	f	26		Self Guided	
	s	27			
	s	28			
Week 24	m	29		ML Prep	Mock ML Assessment
	t	30		ML Prep	
	w	1	May	ML Prep	
	t	2		ML Prep	
	f	3		Self Guided	
	s	4			
	s	5			
Week 25	m	6		Supervised Experience	Teaching and Leading real students where possible
	t	7		Supervised Experience	
	w	8		Supervised Experience	
	t	9		Supervised Experience	
	f	10		Self Guided	
	s	11			
	s	12			
Week 26	m	13		Supervised Experience	Teaching and Leading real students where possibl
	t	14		Supervised Experience	
	w	15		Supervised Experience	
	t	16		Supervised Experience	
	f	17		Self Guided	
	s	18			

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	s	19			
Week 27	m	20	Professional Development		Teaching and Leading real students where possible. Mock assessment and final prep
	t	21	Professional Development		
	w	22	Professional Development		
	t	23	Professional Development		
	f	24	Self Guided		
	s	25			
	s	26			
Week 28	m	27	Mountain		Relaxing week climbing and mountain walk.
	t	28	Mountain		
	w	29	Rock		
	t	30	Rock		
	f	31	Self Guided		
	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		
	s	8			
	s	9			
Week 30	m	10	ML Ass		ML Assessment Week
	t	11	ML Ass		
	w	12	ML Ass		
	t	13	ML Ass		
	f	14	ML Ass		
	s	15			
	s	16			