



## Adventure Activity Leadership Modular Courses

### Module 1: An introduction to teaching skiing

#### Who is the module for?

This 6 week module is for those who want to develop their skiing to a level where they are able to start teaching others. 5 weeks of coached sessions and free ski time to consolidate your learning culminates with the BASI Level 1 course.

The module is based at our ski chalet in the Swiss Alps and is a great way to spend the winter!

#### What could I achieve?

BASI Level 1

#### What experience do I need?

No previous experience required although at least one weeks skiing is preferable

#### What is included in the price?

- All coaching and use of equipment and transport for training for the duration of the module
- Travel by minibus to and from the UK
- Fully comprehensive winter sports travel insurance
- Full area lift pass for the duration of the module
- BASI membership
- BASI assessment fees
- All food and accommodation in single sex bunk bedded rooms, possibly shared – participants should be aged 17 or over

*To complete the BASI Level 1 certificate, candidates will be required to have a current first aid certificate, a safeguarding children certificate, a CRB disclosure and 35 hours of shadowing (which must be after the skiing element of the course). These are not included in the learning to teach skiing module*

#### How does the programme work?

A typical day will start with breakfast followed by a mix of coached and un-coached ski time. On return to the chalet there will be afternoon tea, followed by dinner and possibly a short meeting.

During the BASI course, the Trainer will provide evening input every day.

Weekends are free time but it is expected that module participants will spend the time refining skills and taking some rest!

#### About Abernethy

Abernethy operates 4 Christian adventure activity centres and a bunkhouse in Scotland along with a Swiss winter ski base. The School of Adventure Leadership is in its 20<sup>th</sup> year of operation and is home to our flagship one year fully residential Adventure Activity Instructor Training Course. Module participants will be training alongside our residential students.

The Abernethy staff team are all Christians and are here to provide a comfortable, welcoming and memorable experience to all who visit. Our dependence is on God and prayer underpins everything we do. We are a charitable trust - with Christian values at the core of our service. Course participants will be required to be sympathetic with our Christian ethos. Module participants are invited to join our optional weekly evening team fellowship session. At the chalet, Abernethy operates a no smoking policy with no alcohol for under 18's in line with UK law.

