

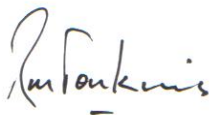
G3/5

11 Dec 07

See Distribution

CAMBS ACF AT PLAN 2008

1. The programme for AT within the county falls into the 3 areas below. The priority remains training adults in order to develop an enduring in-house capability.
2. **External Courses.** Applications via Coy HQ using the proforma enclosed.
 - a. **Adult Courses.** Adult courses fall into 2 categories: proficiency courses at the Cadet Centres for Adventurous Training (CCAT) and qualification courses at CCAT, JSMTTC and other national governing body (NGB) training centres. A summary of adult courses is at Annex A.
 - b. **Cadet Courses.** Cadets must be aged 16 years or over (although occasionally, they may be 15½ years with strong recommendation from their company commander). A summary of cadet courses is at Annex B.
3. **AT Weekends.** There will be a series of AT weekends throughout the year including an extended Easter weekend and one weekend for each company. The format is generally the same assembling after work/school on the Friday evening, heading up to the hills, returning at about 6pm on the Sunday evening. The programme is at Annex C.
4. **Annual Camp.** The area around Barry Buddon lends itself to AT and using borrowed and in-house instructors we will be able to provide a package similar to the Halton Camp 2006 model. There will be multi-activity taster sessions for the younger cadets, progressive activities for those that have been there before and we can support qualifying APC/DofE expeditions on foot or possibly by canoe. Activities will include:
 - Hillwalking
 - Climbing (wall and crag)
 - Dry ski slope.
 - Canoeing and kayaking (pond, lake, river and sea)
 - Dinghy sailing (tbc)
 - Mountain Biking
 - Diving (tbc)
 - Orienteering.
5. As ever, detail will be provided on the county website: www.cambsacf.com.



R M TONKINS
Capt ACF
County AT Officer

Distribution:

OC I Coy	CAA I Coy	Comdt	CEO
OC II Coy	CAA II Coy	DCC	CQM
OC III Coy	CAA III Coy	Trg Offr	TSA
AT Team Members	DofE Offr	RSMI	CA

SUMMARY OF ADULT COURSES

1. **Proficiency Courses.** Proficiency courses provide an opportunity for adults to gain experience in **summer mountaineering, rock climbing, canoeing** and **kayaking** and provide the skills required to attend an AT supervisors course. Adult proficiency courses are either run as a full week or over three weekends to assist those who find it difficult to get a week off. In this case, attendance on all three weekends is required. Weekend courses assemble after work on a Friday evening and finish at about 1600 hours on the Sunday. The cost is £30.

Dates	Location
18 to 20 Apr, 2 to 4 May and 16 to 18 May	Cwrt-y-Gollen (C-y-G)
1 to 6 Jun (assembles Sunday evening, disperses Friday afternoon)	Halton
6 to 8 Jun, 20 to 22 Jun and 4 to 6 Jul	C-y-G
12 to 14 Sep, 26 to 28 Sep and 10 to 12 Oct	Halton

2. **NGB Qualification Courses.** There is a full range of courses for those wishing to gain NGB qualifications to lead Cadets on AT activities.

Discipline	Course	Dates	Location
Walking Group Leader. The Training course is open to adult volunteers with a minimum of 20 days of hill walking experience and registered with the MLTE. The Assessment course is open to those who have attended a training course and have achieved the required amount of logbook experience. Both courses last three full days. Successful attendance on an assessment course will qualify the holder to lead parties in high moorland country. Cost is £35.	Training	12-14 Apr	C-y-G
	Training	2-4 May	Halton
	Assessment	19-21 Apr	Halton
	Assessment	19-21 Sep	C-y-G
Summer Mountain Leader. The 6 day training course is open to adult volunteers who have completed a minimum of 20 quality mountain days and registered with the MLTE. The 5 day assessment course is open to those who have attended the training course and have gained more experience after the training course. Places will be limited. Cost is £40.	Training	12-18 Apr	Halton
	Training	18-24 Oct	Halton
	Assessment	11-16 May	Halton
	Assessment	2-7 Nov	Halton
Single Pitch Award. The 2 day training course is open to adult volunteers who have been climbing for at least 12 months and have completed 15 graded climbs as lead and are registered with the MLTE. The Assessment course is open to those who have completed SPA training and have the necessary logbook experience. Successful attendance on the assessment course will qualify the holder to conduct climbing on single pitch crags. Cost is £30.	Training	26-27 Apr	C-y-G
	Training	17-18 May	Halton
	Training	14-15 Jun	Halton
	Assessment	14-15 Jun	C-y-G
	Assessment	20-21 Sept	Halton

Discipline	Course	Dates	Location
BCU/UKCC Level 1 Coaching Courses. Successful attendance will allow the holder to supervise up to eight novices under the supervision of a Level 2 coach on very sheltered water. Eligibility is the new BCU/UKCC 2-star or the old 2* in both kayak and canoe, a valid Canoe Safety Test and are registered with the BCU. This course now takes 2 weekends to complete. It should be noted that this award is for both kayak and canoe. Cost is £35.	Training/ Assessment	10-11 May 24-25 May	C-y-G
	Training/ Assessment	20-21 Sep 4-5 Oct	Halton
BCU/UKCC Level 2 Training Course. The level 2 coach may supervise up to 8 novices on sheltered water in either canoe or kayak. Eligibility for training is a BCU/UKCC Level 1 Coach qualification, a valid Canoe Safety Test and has registered with the BCU. The Training course is 3 days however a fourth day has been included for candidates to gain extra modules. The candidate will be expected to gain more experience helping with coaching before attending the assessment. Dates of the Assessment Course are to be announced. Cost is £35.	Training	14-15 Jun 28-29 Jun	Halton

There are other courses available at CCAT, the Joint Service Mountain Training Centre or other civilian centres such as Plas y Brenin. There may also be funding available for these courses.

The County AT Officer should be contacted for advice and guidance:

cambsatteam@aol.com

SUMMARY OF CADET COURSES

1. Cadets must be 16 years of age (occasionally 15½) and must be fit and motivated and have a genuine interest in AT. Cost for all courses is £30. The disciplines available are:

- Summer Mountain Proficiency (SMP)
- Basic Rock Climbing (BRC) or Rock Climbing Proficiency for those with ability, and depending on Instructor availability
- Kayak Foundation Course (KFC)
- Open Canoe Foundation Course (OFC)
- Basic Caving (BCC) or Cave Proficiency (CVP) for those with ability
- Inland Kayak Progression (IKP) including BCU 3*
- Open Canoe Progression (OCP) including BCU 3*

2. Attendance at courses can contribute to the cadets DofE progress and also to GCE/GCSE physical and outdoor education qualifications.

3. Courses take place during the school holidays:

Assemble on	Disperse on	Location
23 Mar	28 Mar	C-y-G
30 Mar	4 Apr	Halton
6 Apr	11 Apr	C-y-G
20 Jul	25 Jul	Dingwall
3 Aug	8 Aug	Halton
10 Aug	15 Aug	C-y-G
19 Oct	24 Oct	Halton
26 Oct	31 Oct	C-y-G
26 Oct	31 Oct	Halton

The County AT Officer should be contacted for advice and guidance:

cambsatteam@aol.com

COUNTY AT WEEKEND PROGRAMME

1. There will be one AT weekend each month from March to October, less August. The first of these is a 5-day Easter camp, three are allocated to companies and the remaining three are open to all although one may be allocated to the Outreach team.
2. **Easter Camp.** Capel Curig Training Camp has been booked for the period 19 to 25 Mar. It is intended to use this as a base for an in-house Summer Mountaineering Proficiency Course, and in-house BCU/UKCC 2* Canoeing Course (the new 2* syllabus requires the individual to learn in both types of craft). Due to the early occurrence of Easter in 2008 it may be necessary to finish aspects of these courses (particularly the over-night expedition) at the first County AT Weekend, 18 to 20 Apr). There will also be lower level canoeing, climbing, and hillwalking options. Maximum numbers of adults and cadets is 30. Cost £25.
3. **Company AT Weekends.** The format of the weekend is open to discussion with the company commander/training officer. It may be based locally or in the Peak District and the full range of activities can be made available. In general, the AT Team will provide the technical leadership, equipment etc, and the participating company will provide a small administration team (catering, driving), pastoral support and well briefed and motivated adults and cadets. Cost £20.
4. **County AT Weekends.** County AT weekends follow a similar format, but will be more challenging and may travel further afield to specific objectives/routes. Cost £20.
5. A summary of the key events is below:

19 to 25 Mar	Easter AT Camp	Capel Curig, Snowdonia. SMP Course; Kayak or Canoe Course; hillwalking; climbing. £25.
18 to 20 Apr	County AT Weekend	Open to all. Finalise Courses. Peak District. Multi-activity. £20.
16 to 18 May	I Coy AT Weekend	I Coy only. Peak District or local. Multi-activity. £20.
13 to 15 Jun	II Coy AT Weekend	II Coy only. Peak District or local. Multi-activity. £20.
4 to 6 Jul	III Coy AT Weekend	III Coy only. Peak District or local. Multi-activity. £20.
10 to 22 Aug	AT Package at Annual Camp	Everything from multi-activity tasters to qualifying DofE expeditions. Mountaineering, climbing, canoeing, kayaking, mountain-biking, try-dives, dry-slope skiing, orienteering... loads to chose from.
12 to 14 Sep	County AT Weekend	Open to all. Peak District or local or may assist Outreach. Multi-activity. £20.
3 to 5 Oct	County AT Weekend	Open to all. Peak District or local. Multi-activity. £20.

APPLICATION FOR ADVENTURE TRAINING COURSE 2008

PERSONAL DETAILS			
RANK	FORENAME(S)	SURNAME	M <input type="checkbox"/> F <input type="checkbox"/>
DATE OF BIRTH	ACF COUNTY/CCF CONTINGENT Cambridgeshire ACF		
HOME ADDRESS		TELEPHONE NUMBER	
		E MAIL	
All correspondence via County HQ please		And to: aditcambs-acf@btconnect.com	
COURSE DETAILS			
COURSE TITLE		ACTIVITY	
FIRST CHOICE	DATES	CENTRE	CODE/COST*
SECOND CHOICE	DATES	CENTRE	CODE/COST*
PREVIOUS EXPERIENCE IN ACTIVITY:			
I wish to count this course towards my Duke of Edinburgh's Award Residential (All week long courses) <input type="checkbox"/> Gold/Silver Practice (SMP only) <input type="checkbox"/> Signed _____			
ENDORSEMENT AND AUTHORISATION			
ENDORSEMENT BY COMPANY COMMANDER			
Signed _____		Name & Rank: _____ Appointment: _____	
AUTHORISED AT COUNTY HQ			
Signed _____		Name & Rank: Maj N Oswin CEO	

* Those applying for authority to book a place at a civilian centre should enter the course cost.

Notes on Completion (Important, please read carefully):

1. **Within Cambridgeshire ACF, all applications should be endorsed by the applicant's company commander and forwarded with a cheque for the appropriate fee (payable to CCAT) to the CEO for onward transmission. All correspondence with CCAT is to be via county HQ.**
2. All applications should be endorsed by the candidate's company commander, and authorised by the County/Contingent HQ. It should be sent to Capt Jon Lang address below.

TA Centre, Sinfin Lane, Derby, DE24 9GL.
Fax 0870 123 1717
email: jonlang.ccat@btinternet.com
3. All parts of the form must be completed in full. Failure to provide full information may jeopardise the allocation of a place. Endorsing officers should scrutinise the form carefully to ensure this.
4. Courses must be attended for the full period advertised in order to gain the proficiency or qualification. Those requiring to leave early or arrive late are to check that their reduced attendance will not result in non completion.
5. Candidates for cadet courses **MUST** be 16 years or older, unless otherwise specified.
6. Bids will be acknowledged to the Unit HQ within 3 weeks of receipt. Joining Instructions will be sent to applicants and Unit HQs within 4 weeks of the start of the course. Candidates applying for courses at Civilian Centres will be sent Joining Instructions by the Centre concerned.
7. Those wishing to count attendance on the course towards their Duke of Edinburgh's Award must bring their Record Book with them, and hand it to the Centre Manager on arrival.
8. Wherever possible first choices will be allocated, however to achieve optimum course loading it may be necessary to allocate second choices in some instances.
9. Candidates are expected to have the aptitude and motivation to achieve the course objectives, and endorsing officers are to brief all applicants to establish this. Those applying for NGB Supervisor's courses should ensure they fulfil the prerequisites for the course. This should be annotated in the "Previous Experience" column. Registration is also required for NGB training and qualification courses.
10. Week long courses at CCAT will assemble at 1700 hrs on the Sunday. An evening meal is provided. The course itself will start at 1930 hrs. The course will end at approximately 1500 hrs on the Friday.
11. Weekend courses at CCAT will assemble by 2000 hrs on Friday. There will be no evening meal available. The course will disperse no later than 1600 hrs on Sunday. Three day courses (WGL) will assemble on the Thursday evening
12. The candidate's Unit is responsible for arranging travel. Rail warrants may be issued, and collection will be arranged from the nearest railhead. Candidates must contact their HQs early to arrange this
13. Candidates should be sure that they are able to attend the course applied for as cancellations cause additional work. If the candidate has to withdraw for any reason Capt Jon Lang **must be advised immediately** so that the place may be filled or course numbers adjusted. Candidates who do not turn up without prior warning will lose the course fee.
14. Cheques for the course fee must accompany this form and be payable to 'CCAT'.