

# OUTDOOR QUALIFICATIONS EXPLAINED

A BIT MORE INFORMATION ABOUT THE AWARDS YOU'LL GAIN

AWARD	ABOUT	ON THE COURSE
SEA KAYAK AWARD	Develop your skills and ability to apply appropriate decision making for an enjoyable and safe day out on the sea	We explore stunning locations on the Jurassic coast
CANOE AWARD	Develop your personal paddling and decision making skills so you have a fun and safe day out canoeing	Exploring the many harbours, rivers, lakes & coastlines in Dorset
BC PADDLE SPORT INSTRUCTOR	A qualified Paddle sport Instructor can plan, deliver and review short coaching sessions	A 2-day training and assessment course led by the experts
BC FOUNDATION SAFETY & RESCUE	For all paddlers & coaches. Provides skills needed to operate safely and deal with common emergencies in a sheltered water environment	We integrate this into all of our paddle sport training
BC WHITE WATER SAFETY & RESCUE TRAINING	For all paddlers operating in white water environments - either in a kayak or canoe	We do this on the epic River Dart. A classic white water river
STAND UP PADDLEBOARD SHELTERED WATER AWARD	Develop your understanding of how to plan and paddle (SUP) in sheltered water	You'll complete at least 3 days to get you well beyond the training standard

ALL QUALIFICATIONS ARE AWARDED BY NATIONAL GOVERNING BODIES

TO FIND OUT MORE, GET IN TOUCH OR COME TO AN OPEN DAY

**Address:** Unit 14, Jaden Centre, Prospect Business Park, Swanage, Dorset, BH19 1EJ  
**Contact:** 01929 423031 | [info@landandwave.co.uk](mailto:info@landandwave.co.uk)  
**Visit:** [www.landandwave.co.uk](http://www.landandwave.co.uk)



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RCI TRAINING	Assist rock climbing sessions with clients Next level - RCI Assessment	We make the most of the incredible climbing in Dorset
LOWLAND MOUNTAIN LEADER	Allows you to lead groups hiking in the UK hills and countryside	Dorset provides great opportunities for navigation and hiking training.
DOFE EXPEDITION SUPERVISOR	Supervise DofE expeditions - always plenty of freelance DofE work in the UK	We incorporate this into Lowland Leader training
BRITISH BUSHCRAFT ASSOCIATION LEVEL 1	Gives you the experience to lead bushcraft & forest school activities	We provide real group experience. Includes fire lighting, knife work & back woods skills
COASTEERING LEADER AWARD	Lead groups coasteering in the UK	Build your experience in the sea. Based along the extraordinary Jurassic Coast
OUTDOOR FIRST AID 16 HOURS	16-hour outdoor first aid specific course - essential for a career in the outdoors	We make it as practical as possible. Completed within the first two weeks to underpin all other awards
RLSS LEVEL THREE	The National Water Safety Program teaches you safety and group management in water environments	We complete levels 1,2 & 3. Provides a great foundation for Coasteering and Paddling awards

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