



**Adventure
Lifesigns**

Training Prospectus 2009-10

www.lifesignsgroup.co.uk



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Duke of Edinburgh's Award Scheme

Adventure Lifesigns are proud to work in partnership with the Duke of Edinburgh's Award scheme. We provide cost effective training and assessments which meets the requirements for the expedition section of the Duke of Edinburgh's award scheme.

Adventure Lifesigns are AALS approved and delivers the highest quality outdoor education and expedition training to schools from £25 per student per day.

Our comprehensive expedition training prepares students to complete their assessed expedition in greater comfort, ensuring the experience is less stressful while still challenging and fun.. our trainers all understand the needs of young people, being qualified outdoor instructors working in wilderness areas of the UK and overseas. Their primary focus is to develop the individual and improve team effectiveness through training in all skills required for the venture. All equipment can be hired from us if your school or group do not have their own.

Adventure Lifesigns also provides training for teachers and staff running The Duke of Edinburgh Award expedition section through our range of First Aid, BELA, Mountain Leader and Risk management courses.

For further information please contact UK Operations:

ukoperations@lifesignsgroup.co.uk

Duke of Edinburgh's award

First Aid training courses

Adventure Lifesigns are a Health & Safety approved First Aid training centre . We can provide bespoke training solutions for your staff or students. Standard courses include:

3-day First Aid at Work courses

2-day FAW refresher training courses

1-day Emergency FAW courses

1-day sports medicine courses

Oxygen & defibrillation training

Remote medical programmes

Off-site safety first aid training

CPR awareness training

Medical event cover

Please contact UK Operations to discuss your requirements and to obtain a quotation ukoperations@lifesignsgroup.co.uk

www.medicallifesigns.co.uk

www.expeditioncareprogram.com

First Aid training courses

National Navigation Awards Scheme

The National Navigation Award Scheme (NNAS) www.nnas.org.uk is a personal performance, non-competitive, incentive scheme for all ages.

Adventure Lifesigns are an approved centre for the NNAS and offer Bronze and Silver level training and assessment.

All navigation instructors are qualified and experienced Mountain Leaders and hold the Gold level NNAS qualification. All NNAS courses include knowledge of safety and access issues when walking in the countryside, as well as an understanding of environmental issues and awareness of impacts.

Adventure Lifesigns also produce commercially available navigation aids such as PowerPoint presentations. For further information and prices contact UK Operations ukoperations@lifesignsgroup.co.uk

National Navigation Awards

Gap-year safety awareness

Every year thousands of explorers set off overseas on their own independent adventure. Some want to see for themselves the great monuments left by the pre-Columbian civilisations, others join the Masai in their traditional dancing in the Great Rift Valley or trek the Bario Loop in South East Asia. Wherever they go they will have a once in a lifetime experience never to be forgotten.

However the majority of students are ill prepared for the rigors of independent travel. As a result many find themselves the victim of crime; others end up inadvertently breaking local laws whilst others have to be repatriated with medical problems. We have many years of experience in overseas travel and advise both groups and individuals on personal safety issues.

We can organise cost effective one-day training seminars for your students. The cost of these seminars for the individual student is **£60.00 per student.**

If you or your students are interested in organising a course or would like further information, please do not hesitate to contact UK Operations ukoperations@lifesignsgroup.co.uk



Gap-year safety awareness

Team building days

We believe that personal development training is essential to the creation of well-rounded individuals. Our courses develop the individuals communication skills and problem solving - essential qualities of a leader. Adventure Lifesigns knows that this form of education is fun, and fun means students will learn without even realizing their classroom has now become the great outdoors.

Adventure Lifesigns offer bespoke programmes for students and staff at key stages. Popular programmes include:

Year group bonding days
Staff inset training courses
Special needs groups
Student incentive days

Prefect training
Creativity days
Citizenship training

For more information, please contact UK Operations:
ukoperations@lifesignsgroup.co.uk

Team building days

Basic Expedition Leaders Award

The Sports Leaders UK Level 2 Award in Basic Expedition Leadership (BELA) is a nationally recognised award that trains and qualifies teachers, youth workers and other members of the community to:

Lead groups in lowland areas

Have responsibility for the care of others when outdoors including day journeys

Organise base and mobile camps

The award is the minimum qualification required by many Local Authorities and Operating Authorities of The Duke of Edinburgh's Award scheme to train and lead groups in the expedition section of the Bronze and Silver Awards. The award also counts towards the service section of all three Awards in The Duke of Edinburgh's Award Scheme.

This course can be run over a ten day period or several hours a week, making it a popular choice for enrichment opportunities at the school. The current cost of this course is £375 per student. External funding of up to £725 per student may be available for schools and colleges, please contact UK Operations for further details:

ukoperations@lifesignsgroup.co.uk

Basic Expedition Leader Award



Inset training days

Adventure Lifesigns can offer a variety of bespoke inset training days to help maximise your staff's potential. Current programmes include:

- Off-site safety management courses
- HSE approved first aid training
- Risk assessment seminars
- Team building sessions

For further details, please contact UK Operations
ukoperations@lifesignsgroup.co.uk

Inset training days

Overseas expeditions

Adventure Lifesigns can provide you with a unique opportunity to plan and lead your own 1-4 week overseas expedition. You could be trekking through the steamy jungles of Sarawak or climbing Africa's highest mountain, working on a Mayan conservation site in Guatemala in the shadows of a Star Wars movie set or trekking through East Africa on a camel safari.

Whichever destination and project you choose, you are guaranteed to take away a lasting memory of the fantastic culture you have witnessed. The expedition will not only broaden your horizons, it will also be curriculum supporting. More importantly you will have something you can be proud to put on your CV that's highly valued by universities and employers alike.

An Adventure Lifesigns Expedition brings together school teams of young explorers, forging friendships that will last for years.

If you would like further information or would like us to come and give a presentation at your school, please contact the School Programme Coordinator school_coordinator@lifesignsgroup.co.uk

Overseas expeditions



Project India

Project India was conceived in 2005 with the aim of providing equipment, skills and manpower to the peoples of Southern India. The programme is simple, to take individuals from across the UK state and private schools systems and send them to Tirunelveli in Southern India for three weeks every summer. During the three weeks the individuals will have to function as a team and work alongside local craftsmen with the aim of providing long-term infrastructure to people in need.

In order to attend the programme, the students have to fundraise as well as learning new skills.

Project India is a non-denominational development programme supported by the Bishops of Lincoln, Hull and Tirunelveli as well as by the United Church Schools Trust (UCST) and the United Learning Trust (ULT).

If you would like further information, please contact the School Programme Coordinator school_coordinator@lifesignsgroup.co.uk



Project India



Mountain Leader & Single Pitch Awards

The mountains of the UK are remote, technical and exposed to harsh and unpredictable weather. This makes them a hazardous place for novice walkers and the Mountain Leader award is designed to help responsible leaders who wish to operate in mountainous terrain in summer conditions.

The Single Pitch Award scheme is for those who are in a position of responsibility during single pitch rock climbing activities. It is primarily concerned with good practice, leading to the safe and quiet enjoyment of the activity.

If you would like further information, please contact UK Operations
ukoperations@lifesignsgroup.co.uk

Mountain Leader Awards

Contact us

Adventure Lifesigns Limited
The Granary
Shoelands Farm
Puttenham
Surrey
GU10 1HL

Telephone: +44 (0) 870 979 9000

Fax: +44 (0) 870 979 9651

Email: info@livesignsgroup.co.uk

Group website: www.livesignsgroup.co.uk



Contact us