

**WORLD CLASS TRAINING
AT THE
NATIONAL OUTDOOR CENTRE
FOR WALES**



**OUTDOOR INSTRUCTOR
TRAINING INFORMATION PACK**



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Training at the National Outdoor Centre

Plas Menai has been teaching outdoor instructors for over 30 years, and we have an enviable reputation throughout the industry worldwide, for the high calibre of 'work-ready' instructors we produce every year. Our unrivalled reputation, superb facilities, extensive resources, and stunning location make Plas Menai the number one choice for those looking to break into the outdoor industry.



Our programmes are designed to help you get the most out of your time with us, and ensure you are equipped with all the right skills and qualifications to gain work within the industry once you leave. With a choice of courses tailored to specific disciplines, these professional outdoor instructor training programmes deliver the key internationally recognised qualifications that employers within the sector seek.

Gaining one of these qualifications can open the door to global opportunities; from working as a Watersports Instructor on a beach in the Med, to being employed as a Crew Member on a superyacht in the Caribbean. A ticket from Plas Menai, is a ticket to a destination of your choice.



During your time at the centre, you will develop your own personal outdoor skills, in readiness for undertaking your instructor qualifications, as well as developing your teaching skills, which are necessary in becoming an effective instructor.

You will be working within the regulations and guidelines set by National Governing Bodies, as all our courses are accredited by either the RYA, or British Canoeing.



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Training on The Menai Strait



Lord Horatio Nelson famously said, *"If you can sail the Menai Strait, you can sail anywhere in the world"*, describing the area as *"one of the most treacherous stretches of sea in the world."*

Covering 16 miles in length, The Menai Strait separates Anglesey from mainland Wales. The oceanography of the area is quite unique, with a rich variety of habitats including sea inlets and estuaries, mud and sand flats, lagoons, salt marsh, shingle beaches, sea cliffs and submerged limestone reefs.



With monstrous tides flooding through twice daily, the waters of this marine Special Area of Conservation can be somewhat inhospitable at their worst, yet provide the perfect setting for high quality skill development. An interesting variety of locations, along with a wide range of naturally formed habitats, and at times, unpredictable weather conditions, means that skills learnt here can be easily adapted, preparing you for even the trickiest waters you may encounter elsewhere.



The central region between the two bridges, known as the Swellies, is a dynamic environment, with strong, tidal flows, rapid currents, and large eddies, all of which make for an exciting and challenging training ground.



Home to one of the largest tidal ranges in the world, we can guarantee that what you experience on The Menai Strait, will ensure you are a competent and skilled mariner by the time you leave

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Facilities

Candidates are allocated a single room within our onsite shared houses, with easy access to all the centres facilities, kit storage, car parking, and free internet access. Full board is included in your course fee, with nutritious and healthy meals served daily, and all dietary requirements catered for.

We have one of the largest ranges of top quality outdoor equipment available for use anywhere in the UK, and access to a range of high quality kit (please note this does not include shoes). All logbooks and Instructor manuals are also included.

Location

Plas Menai is a large residential purpose built outdoor centre, set in four acres of grounds on the edge of the Menai Strait, between Bangor and Caernarfon.



Our waterfront location is also a stone's throw away from the renowned Snowdonia National Park, meaning we can offer students an unrivalled diversity of training locations and conditions, equipping students not only with much sought after qualifications, but with hands on experience in a range of challenging environments.

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When can you start?

Our **22-week course** commences annually every July, and our **16-week course** commences annually every August. Both of these courses finish up just in time for a well-deserved Christmas break.

Our **10-week course** commences annually every January, finishing up in time for successful applicants to join our IDP scheme*.



*More info on page 8.

Cost

Because we are able to create bespoke packages out of our courses, the cost will be dependent on which components you wish to utilise. There are also options for full board, or non-residential. Current prices can be obtained upon request by contacting the Bookings Office at info@plasmenai.co.uk, or on 0300 300 3112.

Please be aware there is a £100 bond to be paid prior to the commencement of the course, this is redeemable providing the accommodation is left in a satisfactory state at the end of your stay. It is there to cover any unreasonable damage caused in the house, as well as centre kit. Whilst taking part in organised activities at Plas Menai, you will be covered for Third Party Liability by Plas Menai's insurance cover.



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Payment Plans

We understand that sometimes it can be difficult to raise the funds to pay for your chosen course up front, that is why we have put a payment scheme in place, so that you can spread the cost at a more affordable pace. So long as the last instalment has been paid before your start date, we can ensure the payments are tailored to suit your financial situation. Make sure you enquire about how we can make this work for you.

Careers Assistance

Our close working relationships with industry giants, mean we have access to the leading employers of outdoor professionals. With over 90% of our trainees going straight into work, we are proud to have placed instructors worldwide with some of the following companies



Plas Menai will provide information and guidance about a variety of opportunities that are available to you upon completion.

What are you waiting for?



These programmes do not require candidates to hold any pre-qualifications, making it ideal for a school or college leaver.

Age is not a barrier for any of our courses, so we encourage older people seeking a complete career change to apply too.

Whilst you don't need any qualifications, some experience and interest in water sports would be advantageous.



An additional benefit of these programmes is that during your time here, you will often have the opportunity to brush up on skills outside of the timetabled training hours. Provided we have the availability, candidates can often jump on our weekend brochure courses, meaning more water time, and quicker development.



If you are interested in any of our Instructor Training programmes, and would like to talk to somebody about these opportunities, please contact our Bookings Team on **0300 300 3112** or via info@plasmenai.co.uk.



Additionally, enrolment on any of these courses, automatically guarantees you an interview for a place on our paid Instructor Development Programme.

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22-week Multi Outdoor Instructor Training Programme

What is it?

This 22 week programme is packed full of opportunities to develop a range of amazing skills and knowledge. With a strong focus at the start of this course on cruising, you will get to spend 2 weeks on our beautiful 38ft Hanse 385 6 person yacht during this time. Commercially coded by RYA as category 2 compliant, facilities onboard include heating, hot water, cooker, fridge, toilet, Radar, GPS and AIS, so you won't miss any home comforts during your stay.



You will also work towards your Intermediate Powerboat qualification, working from our range of impressive water craft, that include an XS 5.5m rib with a 4 stroke 80hp Mariner engine, and a Ribcraft 7.8m rib, with a 4 stroke 200 hp Mercury engine.

What is included?

Cruising



RYA Competent Crew, RYA Day Skipper Theory, RYA Day Skipper.

Dinghy Sailing

RYA Basic Skills, RYA Sailing with Spinnakers, RYA Dinghy Instructor.



Windsurfing

RYA Start Windsurfing, RYA Non-Planing Carve Gybe, RYA Beach Start, RYA Intermediate Windsurfing (Non-Planing), RYA Start Windsurfing Instructor.

Kayaking

BC Foundation Safety & Rescue, Paddlesport Awards – Start, Discover, and Explore, Discipline Specific Award, Paddlesport Instructor.



Powerboating

RYA Powerboat Level 2, RYA Intermediate Powerboat, RYA Powerboat Instructor (for those with prior logged powerboating experience).

Misc

RYA First Aid, VHF Radio Licence, RYA Diesel Engine Maintenance, MIAS Mountain Bike Leader.

All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.



16-week Multi Outdoor Instructor Training Programme

What is it?

A multi-disciplined approach to your training will see you undertaking regular practice in 3 main areas; dinghy sailing, kayaking, and windsurfing.

The course focuses on the foundations of each one, before building on your training through skill development, consolidation, and variation. The range of activities you'll undertake, ensures you will develop a well-rounded view of life as an instructor.

In addition, there will be an opportunity to make use of our mountain bike track, where you will work towards gaining your MIAS Mountain Bike Leader ticket.



What is included?

Dinghy Sailing

RYA Basic Skills, RYA Sailing with Spinnakers, RYA Dinghy Instructor.



Windsurfing

RYA Start Windsurfing, RYA Non-Planing Carve Gybe, RYA Beach Start, RYA Intermediate Windsurfing (Non-Planing), RYA Start Windsurfing Instructor.



Kayaking

BC Foundation Safety & Rescue, Paddlesport Awards – Start, Discover, and Explore, Discipline Specific Award, Paddlesport Instructor.



Misc

RYA First Aid, RYA Powerboat Level 2, VHF Radio Licence, RYA Diesel Engine Maintenance, MIAS Mountain Bike Leader.

All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.



10-week Dinghy & Windsurfing Instructor Training Programme

What is it?

This fast track training schedule provides two instructor qualifications, along with all the necessary pre-requisites. This programme focuses on skill development in the disciplines of dinghy sailing and windsurfing, with an emphasis on basic foundations, rather than variations within the sport.

What is included?

Dinghy Sailing

RYA Basic Skills, RYA Sailing with Spinnakers, Dinghy Instructor Pre-entry, RYA Dinghy Instructor.



Windsurfing

RYA Start Windsurfing, RYA Non-Planing Carve Gybe, RYA Beach Start, RYA Intermediate Windsurfing (Non-Planing), RYA Start Windsurfing Instructor.

Miscellaneous

RYA First Aid, RYA Powerboat Level 2, VHF Radio Licence.



This course can be broken down into either a fast-track 6-week Dinghy Instructor Programme, or a fast-track 5-week Windsurfing Instructor Programme, for those seeking only one qualification.

All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.



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Plas Menai Instructor Development Programme

Do you have a passion for working in the outdoors?

Do you hold at least one recognised National Governing Body Instructor qualification in the field of water sports?

If the answer is yes, then we have a great opportunity for you!

The Instructor Development Programme is for keen and enthusiastic people who are looking to kick start a career in the Outdoor Adventure Activity industry.

This is a paid programme, that brings together elements of:

- Personal development
- On-the-job experience
- The opportunity to gain more industry recognised qualifications



Through assisting and leading both groups and individuals in a variety of water and shore based activities, this programme is a fantastic opportunity to:

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Experience a well-rounded approach to all centre based roles

Learn from working alongside a group of highly qualified instructors

Develop and utilise a range of skills in a practical environment

Enjoy being part of an experienced, friendly team of likeminded people

Ensuring you are industry ready by the time you leave.



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What you can expect from us

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During your time here, you will receive a living allowance, which is based on an average working week of 37 hours, made up of:

- 23 hours paid work – includes some weekends, evenings, and nights
- 14 hours of training and personal development



Our annual intakes are every February and April. Initially, candidates join the programme for 6 months, however, should you gain additional qualifications during that time, demonstrate a positive can-do attitude, and show evidence of skill development and growth, there is an opportunity to extend the programme for additional 6 months.

For a subsidised rate, participants are able to live onsite, benefitting from:

- A private room in a shared house
- The provision of 3 meals a day
- Use of centre kit and equipment
- Use of the Centres gym and swimming pool
- An opportunity to make new friends, and socialise with your colleagues
- A taste of independent living



For more details about the living allowance, and accommodation costs, please contact the Bookings Office at info@plasmnai.co.uk or 0300 300 3112.

There will be an opportunity to be trained in preparation to undertake some of the following qualifications

- RYA Dinghy Instructor – or Keelboat / Multi-Hull Endorsements if you are already an Instructor
- RYA Windsurfing Instructor – or Intermediate if you already hold Start
- BC Paddlesport Instructor – or Coach if you are already an Instructor
- RYA Powerboat Instructor



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Instructor Courses

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RYA Dinghy Instructor

The RYA Dinghy Instructor is the qualification required for those wishing to use their sailing skills to teach others and impart their passion and enthusiasm for the sport.

As a Dinghy Instructor you must be a competent, experienced sailor capable of sailing a training boat in strong winds, handling a small powerboat and be able to communicate with a diverse range of people from novices to improvers, adults and children.

Eligibility Criteria

- Must be aged 16+
- Pre-Entry Sailing Assessment
- RYA Powerboat Level 2
- Valid First Aid certificate recognised by the RYA
- RYA Safe and Fun Safeguarding course certificate
- RYA Member
- Completion of pre-course work



RYA Multi-Hull or Keelboat Instructor Endorsement

These two day Instructor Endorsement courses involve the coaching of multi-hull/keelboat sailing skills through the running of sessions ashore and afloat. Coaching will concentrate on good briefing, the running of sessions to improve student performance, and the delivery of quality group debriefs.

In order to run successful sessions, a good practical knowledge of multi-hull sailing techniques and manoeuvres/keelboat techniques (under sail and engine) is expected.

Eligibility Criteria

- RYA Dinghy Instructor qualification
- RYA Member
- At least one season's experience teaching sailing
- Previous powerboat handling experience in a teaching environment
- Experience sailing multi-hull dinghies with or without asymmetric spinnakers/experience sailing keelboats, both under sail and engine
- Completion of pre-course work



A qualified RYA Multi-Hull Instructor is able to teach all parts of the National Sailing Scheme (that they are currently recognised to teach) in multihulls.

A qualified RYA Keelboat Instructor is able to teach all parts of the RYA National Sailing Scheme (that they are currently recognised to teach) in keelboats.



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RYA Advanced Instructor Endorsement

This two day course involves the coaching of performance sailing skills through the running of sessions ashore and afloat. Coaching will concentrate on a good briefing, the running of sessions to improve student performance, and the delivery of quality group debriefs.

In order to run successful sessions a good practical knowledge of performance sailing including (usually asymmetric) spinnaker techniques is expected.



Eligibility Criteria

- RYA Dinghy Instructor qualification
- At least one season's experience teaching sailing
- Previous powerboat handling experience in a teaching environment
- RYA Member
- Completion of pre-course work
- Sailing ability to at least Performance Sailing and Sailing with Spinnakers



RYA Senior Instructor



This course will help develop your skills from RYA Dinghy Instructor to RYA Senior Instructor. This four day course covers the preparation and delivery of sessions, course and centre management, powerboat handling in a teaching environment, RYA Sailing Schemes, and the role of a Senior Instructor.

An SI must be a confident, competent manager, capable of organising groups of all ages, and directing and supervising the work of their instructors.

Eligibility Criteria

- Sailing ability up to that of RYA Dinghy Instructor
- At least two years intermittent or one year full time instructing since qualifying as a RYA Dinghy Instructor
- Signed recommendation from the Principal of an RYA Training Centre
- Valid First Aid certificate recognised by the RYA
- RYA Safe and Fun Safeguarding course certificate
- RYA Safety Boat
- RYA Member
- Completion of the Senior Instructor Workbook



All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.

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RYA Windsurfing Instructor

The course is based around the RYA Start Windsurfing syllabus, so it is essential that you are familiar with this prior to your arrival. The course will cover the use of a simulator, on-water demonstrations, and group teaching techniques and control. You will spend the majority of the week on beginner equipment.



Eligibility Criteria

- Must be aged 16+
- RYA Powerboat Level 2
- RYA Safe and Fun Safeguarding
- RYA Member
- Valid First Aid certificate recognised by the RYA
- Completion of pre-course work
- Intermediate non-planing certificate with beach start & non-planing gybe clinics



The RYA Windsurfing Instructor is qualified to teach the Start Windsurfing course and Stages 1 and 2 of the Youth Windsurfing Scheme, under the supervision of a senior instructor.

All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.

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RYA Powerboat Instructor



During the three day course, you will cover the principles of practical instruction, lesson planning, teaching styles, use of questioning, preparation and use of visual aids, assessment of students learning, explanation and presentation of theory subjects, the structure of the RYA Powerboat scheme, planning progressive teaching sessions, preparation of boats and equipment, and teaching methods up to RYA Powerboat level 2.

Eligibility Criteria

- At least five season's experience of powerboating, preferably in a range of boat types and sizes. For those who use powerboats as an integral part of their full time occupation, then this period is reduced to one season.
- RYA Powerboat Level 2
- Completion of Powerboat Instructor Skills Assessment
- Valid First Aid certificate recognised by the RYA
- RYA Member
- Completion of pre-course work



An RYA Powerboat Instructor is a competent, experienced powerboater, who has been trained to teach powerboating up to RYA Powerboat Level 2.

All exam fees and relevant logbooks are included in the training programme package, however RYA membership, and additional handbooks, will incur a further charge.

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The two day Paddlesport Instructor qualification is aimed at those running taster and starter sessions, and short journeys in very sheltered water environments, within the safety management systems of clubs, centres or other organisations.

The combined training and assessment practical course, is based on the knowledge, understanding and skills that the instructor needs to ensure the participants in their care are appropriately provided for.



The qualification will support the instructor with practical skills, such as kitting up a group and getting afloat, initial familiarisation activities, games and activities to support learning, and how to use mini journeys to support learning, and inspire adventure and exploration. This will be enhanced with support on how these sessions can be delivered in a way that is enjoyable, safe and rewarding.

A Paddlesport Instructor must have clear and effective communication skills, the ability to quickly build relationships with groups, be friendly, caring, and approachable, all whilst ensuring they minimise the negative impact on the environment and other users.

Eligibility Criteria

- Must be aged 14+*
- Personal paddling and rescue competence
- Home Nation Delivery Centre registration
- Full Home Nation Delivery Centre Membership
- British Canoeing Foundation Safety and Rescue Training



In order to run successful sessions, it is recommended that you can paddle to the standard of Personal Performance Awards. Candidates will be certificated in one craft, but able to instruct a mixed fleet.

All exam fees and relevant logbooks are included in the training programme package, however National Association membership, and additional handbooks, will incur a further charge.

*Candidates under the age of 16 are required to check the suitability of the course with a member of the Plas Menai Senior Management Team, **prior to booking a place**. Failure to do so, could result in us cancelling your place.





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