



**DISABILITY AWARENESS TRAINING**  
**FOR**  
**ADVENTUROUS OUTDOOR ACTIVITIES**

**Monday – Friday, 11-15th January 2010**

**At**

**The Lake District Calvert Trust  
Little Crosthwaite, Keswick, Cumbria CA12 4QD**

## **Background**

The Lake District Calvert Trust was the first outdoor Centre specialising in the provision of adventurous outdoor activities for people with disabilities and is recognised as a world leader in this field. It has developed a wide range of adaptive techniques and equipment for people with disabilities. The Centre has been involved with advising a number of National Governing Bodies (RYA, BCU, BOF, MLTE and BHPA) and has been delivering Disability Awareness Training for a number of years.

## **Aims of the Course**

- To increase disability awareness within the field of adventurous outdoor activities
- To assist instructors, volunteers and helpers working in the field, to deliver adventurous outdoor activities to people with disabilities.

## **Syllabus/Objectives**

- Current attitudes in society and the disabled community.
- The need and use of appropriate terminology.
- The implications of disabilities in the activities.
- Implications of the DDA, liability and other issues.
- The range of activities available to people with a disability.
- Adaptive equipment available and ways of adapting equipment at little to no cost.
- Using adaptive equipment and gaining confidence in it.
- Meeting people with a disability, overcoming fears and understanding their needs.
- Undertaking a range of relevant exercises.

- Opportunity to gain National Governing Body-recognised Disability Awareness Training awards

## **The Course/Draft Itinerary**

Monday: Terminology, disabilities and implications. Social Model of Disability, Moving & Handling people

Tuesday: Climbing equipment and techniques

Wednesday: Sailing equipment and techniques

Thursday: Canoeing equipment and techniques

Friday: Archery, Orienteering, Horse Riding and miscellaneous activities

The course will include sessions to make the most of the experience of the Centre, tutors and participants, and will complete the syllabi for the BCU, MLTE, RYA and BHPA disability awareness training courses, if the appropriate days are attended.

## **Clothing & Equipment**

Participants should bring clothing suitable for outdoor activities and the time of year. Certain items of equipment such as waterproofs, buoyancy aids and boots will be available for loan from the Centre (a comprehensive list will be sent on receipt of bookings). Any specialist or adaptive equipment owned or used by the participant is welcome to be brought for inclusion/discussion.

## **Accommodation**

Full-board at the Calvert Trust Centre, in twin-bed shared rooms with en-suite facilities. Special diets can be catered for, but please give adequate notification.

## **Cost**

Residential, full course:	£395.00 pp
Non-residential, full course:	£230.00 pp inc. lunch
Daily course rate;	£60.00 pp inc. lunch

IOL members receive a 10% discount off tuition fees

APIOL members receive a 20% discount off tuition fees.

## **Bookings**

Because of the nature of the course (i.e. different qualification modules on differing days), we ask that you call the Centre in the first instance to reserve your place, on 01768 771924/771927. A booking form will then be sent to you. You do not need to attend the full course, and are welcome to pick and choose the modules you would like to complete.

## **Terms & Conditions**

The Lake District Calvert Trust reserves the right to cancel this course at any time, in which circumstances a full refund will be made. Cancellation terms are in force and will be issued upon request or booking.

For further information, please contact:

**Bookings; Lake District Calvert Trust, Little Crosthwaite, Keswick, Cumbria, CA12 4QD. Tel: 01768 771924/771927, Fax: 01768 771920; e-mail; [bookings@lakedistrict.calvert-trust.org.uk](mailto:bookings@lakedistrict.calvert-trust.org.uk)**

***Please quote ref: DAT/10, when you call to enquire about or book this course. Thank you.***