

SIXTH FORM FOURTH BLOCK OPTION

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# LEADERSHIP, AWARDS AND PERSONAL DEVELOPMENT

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# LEADERSHIP, AWARDS AND PERSONAL DEVELOPMENT

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Leadership, Awards and Personal Development (LAPD) is a paid for, four-term, bespoke and unique programme to Eastbourne College which serves to develop leadership and confidence while collecting a portfolio of qualifications, some UCAS-tariffable, and valid from two years to a lifetime.

## Aims

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The programme aims to deliver a suite of qualifications that will be suitable for enhancing future prospects and employment opportunities in both the short and long term while developing the necessary 'soft-skills' that will be transferable to many areas of life and sought by universities and employers. Transferable skills include:

- Confidence to work outside one's comfort zone
- Self / peer review
- Resilience and decision making
- Event / activity planning and session delivery
- Leadership and group management in the field
- Risk assessment and hazard management

## Course leader and delivery

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All land-based activities will be delivered by Peter Fellows, Eastbourne College teacher of biology, who is an experienced British mountain leader, Gold DofE trainer and assessor, mountain-bike instructor and outdoor first-aid instructor. He has had a lead role in the running of the DofE Award scheme since 2005.

These sessions will take place through a weekly double period on the timetable over four terms.

Optional water-based activities will take place at Eastbourne Marina with an outside provider.

All other elements will be delivered through online training modules, and will require participants to carry out self-directed study to complete.

## Course overview

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### Compulsory units (£450 total)

1. Lowland Leader Award (8 UCAS points)
2. Outdoor First Aid course
3. Mountain Bike Asst. Trail Cycle Leader
4. Food Hygiene Certificate (online)
5. Safeguarding Certificate (online)

### Optional units

1. Cookery Course (online) c. £200
2. Competent Crew Yachting c. £660
3. National Citizenship Service (NCS) £50

## Who is LAPD for?

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LAPD aims to bring out hidden strengths and confidence that a participant may not see in themselves, by being pushed beyond one's comfort zone. Similarly those already with a strong interest in outdoor activities may wish to begin building their portfolio. No extreme outdoor experience is required, particularly for biking, but some walking / camping interest and cycling proficiency is necessary. The courses are designed for a moderate enthusiast to learn to lead and supervise others. Pupils are often fearful of navigation or the responsibility of leading in such roles, but this is all part of the training.

Participants will earn national qualifications that enable them to be responsible to lead groups of all ages and demographics. Participants will be required to work closely with each other for significant periods of time. Therefore, participants must be committed and willing to try new things, engage with each other and the programme in a positive and suitably mature manner.

This is not simply an outdoor adventure programme, nor is it a boot camp.

LAPD may sit alongside the Gold DofE Award using some of the components towards the Award.

### Commitment

Due to the professional nature of these courses, there is little room to catch up. Therefore participants must be committed to attendance and to completing the tasks in the timescales set out.

Important decisions may need to be made regarding other commitments to enable attendance on compulsory expeditions or possible weekend training.

Dates and commitments must be checked carefully prior to enrolment on each course as refunds will not be possible once fees are paid to providers or licensing bodies.

**These are professional qualifications, that are earned not bought.**

### Spaces and Availability

This programme is available across all four of the sixth form option blocks. But spaces are strictly limited to 12 per block due to regulations on the course numbers set by the providers.

### Equipment

Whilst much of the necessary equipment and technical clothing may be borrowed from school, personal items, clothes and boots will need to be purchased.



# COMPULSORY UNITS

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## Compulsory Unit 1 Lowland Leader Award (LEL) (Level 3)

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This is the biggest component of the LAPD which is split over a number of terms in the L6 and U6. It carries 8 UCAS points from the course provider, Sports Leader Qualifications (SLQ). The award sits on the ladder of professional mountain qualifications.

Participants may choose between a DAY WALK or overnight EXPEDITION leader qualifications. The Lowland leader awards are designed to lead groups on daytime walks and/or camping expeditions in lowland non-mountainous countryside (eg, the South Downs) and woodland in summer conditions. Approx 3km from assistance.

### Delivery

Participants will learn to train, lead, manage and motivate members of their group. They will also learn to deliver training sessions and impart knowledge.

Training takes the form of classroom and outdoor sessions, in all weathers.

### Certification

Assessment takes place in paper and practical form throughout the course. Following a mandatory consolidation period to gather experience, there will also be a two night assessment expedition. A minimum of two expeditions consisting of two nights out must be planned and led, one of which is a training expedition. Certification lasts a lifetime, when accompanied by a valid first aid certificate and relevant on-going experience.

Participants may be passed or deferred.

### Age restrictions

Certification may take place from age 17 with solo work being possible from the age of 18.

### Opportunities

Successful qualification may enable supportive or fully-paid work to lead groups ranging from Bronze Duke of Edinburgh groups, local youth or walking groups.

## Compulsory Unit 2 Outdoor First Aid

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**Certified by provider NUCO**  
**Mr Fellows is a qualified NUCO instructor**

Held in the Lent term, this course is aimed at those who operate in the outdoor industry in places over 30 minutes from assistance.

### Delivery

This 18 hour course is split over nine weeks with classroom sessions and outdoor scenarios.

### Content

This course includes all expected first aid elements plus casualty management, evacuation techniques and managing injuries and illness more commonly associated with activities in the outdoors.

Assessment is carried out by participant demonstration throughout the course and a short question and answer paper at the end of the course.

## COMPULSORY UNITS CONTD

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### Compulsory Unit 3 **Mountain bike instructor** (Level 1)

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Awarded by MIAS. Mr Fellows is qualified to deliver this 16 hour course to train participants to be a Level 1 Mountain Bike Assistant once they are age 17.

Certificates may be upgraded to a Full Level 1 Mountain Bike Leader from the age of 18.

This course aims to enable participants to manage and lead groups on day ventures on bikes.

#### **Delivery**

Assessment is an ongoing process throughout the course. The qualification allows the participant to work with groups of any age and to take on paid work in the industry.

#### **Experience needed**

This qualification is for non-technical terrain with few potential hazards. (e.g. tow paths, easy forest trails and non-wilderness areas. Therefore, while an ability to ride a bike competently is essential, experience of forest single track and technical sections is not required.

Bikes may be borrowed from the school.

#### **Age restrictions**

Certification may take place from age 17 with solo work being possible from the age of 18.

### Compulsory Unit 4 **Food Hygiene (for catering)** (Level 2)

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#### **Approximately two hours**

This unit comprises of one online enrolment and certification and provides valuable understanding of food handling.

It is also for those wishing to work in a catering environment such as restaurant kitchens or those undertaking a ski season or just cooking at university.

### Compulsory Unit 5 **Safeguarding** (Level 2)

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#### **Approximately two hours**

This on-line training unit is an essential element for anyone wishing to work with young or vulnerable people. Coaching and leading roles often demand a good understanding of safeguarding the people in your care.







# OPTIONAL ADDITIONAL UNITS

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## Optional Unit 1 Cooking

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Approximately £200

### Provider

Leith's Professional School of Food and Wine.

### Delivery

Delivery takes place through the Leith's website with pre-recorded lessons from professional chef teachers to follow at your leisure. Select from a range of courses based on experience.

Courses are typically accessible online for up to a year (depending on course chosen).

The course takes you from the basics of egg cookery through to mastering a roast chicken dinner. Whip up impressive meals from a sizzling Pad Thai to the ultimate chewy chocolate cookie.

Photos and questions can be uploaded and individual feedback by dedicated chef teachers will respond and guide participants.

The course requires access to a home or university style kitchen.

A great way to prepare to be everyone's best friend at university or to work on a yacht or in a ski chalet.

## Optional Unit 2 Competent Crew – Yachting (RYA course)

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Approximately £660

### Delivery

This course runs during the first week of school L6 Summer holiday.

Participants will undertake five consecutive days learning how to be a crew member of a yacht.

### Opportunities

This course is a lifelong qualification for a beginner sailor that could open doors to great opportunities for pleasure or work in gap years, racing and beyond.

A natural but non-essential pre-requisite to the Day skipper qualifications and ICC certificates, necessary for private yacht charter on a holiday.

## Optional Unit 3 National Citizenship Service (NCS) (Level 2)

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Approximately £50

### Provider

This is a government funded youth programme which runs for two weeks in the summer holidays with various locations nationally.

### Delivery

#### Week 1

Staying away from home for four nights and five days on a multi-activity camp with life skill challenges (eg, setting up a business and presenting it to your camp mates).

#### Week 2

Making and implementing your own project to improve your local community followed by a celebration party.

More information at [wearencs.com](http://wearencs.com)

## FAQs

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### What about Gold DofE?

- The DofE Award and the LAPD programme complement each other – allowing you to get the best in personal development and leading.
- The LEL award can be used as the DofE skill section.
- The NCS unit may be used as the DofE residential section.
- The LAPD takes the skills from much of DofE but goes above and beyond to develop leadership skills.
- Participating in LAPD will allow early enrolment in the Gold DofE to embark on residential or other courses.

### What about CCF NCO Cadre course (L6 Army section)?

- Many of the skills from this CCF programme complement those needed on the LAPD courses and qualifications.
- LAPD will also provide a suite of qualifications to accompany the skills recognised outside of a military setting.
- Successful candidates will often suit both courses.

# LAPD – GROW INTO THE BEST OF YOU

If you have any questions please contact Peter Fellows  
[pjfellows@eastbourne-college.co.uk](mailto:pjfellows@eastbourne-college.co.uk)

[admissions@eastbourne-college.co.uk](mailto:admissions@eastbourne-college.co.uk)

+44 1323 452323

[www.eastbourne-college.co.uk](http://www.eastbourne-college.co.uk)

Old Wish Road, Eastbourne, East Sussex, BN21 4JY

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