

Coasteering Guide Courses

Venue: Lizard Peninsula, Cornwall OR at a venue of your choice.

Cost: £200 per person for 2 days, all equipment is included.

This course is designed to give future Coasteering Guides training in how to lead coasteering groups. At the end of it, you will have a clear action plan on what skills and techniques that you may need to work on to increase your performance in coasteering. The course is designed for those who already have experience instructing, coaching and guiding in the outdoors, and are keen to explore how Coasteer Guiding works.



You will learn about:

- Forecasting sea conditions
- Understanding coasteering equipment and how to use it effectively
- Group management in a range of scenarios.

Location

The coasteering guide course usually takes place at our amazing range of coasteering sites on the Lizard peninsula. However if you have a group of instructors or a specific venue for training then we can bring the course to you. After the completion of this course you can develop your skills at a number of coasteering sites. You will also require site specific training at each venue that you lead groups in. Contact us for more information about group rates or site specific training.

Technical Advice.

If you are running commercial coasteering sessions or are thinking of setting up a new coasteering company you will need to find a technical advisor. This will ensure that your business follows the correct procedures as set out by the National Coasteering Charter (NCC - representing over 80 coasteering



providers across the UK) (<http://www.nationalcoasteeringcharter.org.uk/>) and is essential if you are applying for an AALS licence.

John-Paul Eatock (J-P) has over 25 years' experience of running commercial coasteering and is the most experienced coasteering guide in Cornwall. After setting up and chairing the NCC for 2 years, he is now the vice chair of the NCC and has the qualifications and insurance that enable him to be your technical advisor. Please get in touch for more information.

Why do a Lizard Adventure Coasteering course?

What you get when you do a course with us is friendly, professional coaching that will stretch your skills through challenging you mentally and physically. The Lizard Peninsula faces West, South and East, so within a relatively short space of time, the right sea conditions can be found for the learning level that is taking place – and we are lucky enough to be based here for most of our courses!

The course is usually delivered by J-P Eatock or he ensures that the course is of an equally high standard. Many of the other providers come to him for advice and their learning, and also use him as a technical expert. The course that he delivers is recognised by BRAWA – the British Rock and Water Association.

Testimonials:

Thanks again, J-P, for the coasteering training, it was pitched perfectly, and the guys had a really fun and productive time. You prioritised and selected the best content at the right location all without knowing us or the venue. It was great to work with you and I appreciate your unselfish approach to sharing some top tips and fun activities. Your depth of knowledge and overall coaching style made for a top training day.
(Paul Hurrell, Weymouth Outdoor Education Centre)