



St David's College

— Est. 1965 —

Outdoor Education Department

Handbook and Useful Information



About The Department

The provision of outdoor education is part of the founding ethos of St David's College, allowing pupils to develop social and emotional skills through the medium of outdoor adventure.

The department provides forward thinking, current and innovative outdoor learning through a varied programme that creates cross-curricular links. This allows learning outdoors to transfer seamlessly to the classroom and supports the holistic development of the students throughout their time at school.

Our department is recognised nationally and internationally

as being ground-breaking in its approach to outdoor learning, not least because we are unique in having a dedicated outdoor education department. All our staff are qualified teachers as well as holding multiple outdoor qualifications.

Through a variety of outdoor activities like sailing, rock climbing and kayaking our pupils are able to challenge themselves safely in a unique environment developing both personal resilience and teamwork. This is what makes the outdoor department so central to the educational experience at St David's College.

The Outdoor Curriculum

Years 5 and 6

Pupils in Years 5 and 6 are given the opportunity to take part in a series of introductory lessons which focus on fun, friendship and familiarity with the outdoor environment. Alongside building confidence and learning about nature these lessons integrate important cross-curricular themes and set the foundation for the continued development.

Year 7 and 8

Pupils rotate through a series of activities including kayaking; canoeing; sailing; climbing; mountaineering; trekking; gorge walking; orienteering; bushcraft and caving/ mining. These activities are used as a medium to introduce and develop life skills such as improving confidence, trust, communication and collaboration, alongside developing the skills required to keep themselves and others safe in a specific activity.

Through these activities students work towards achieving the National Outdoor Learning Award which recognises their development in 'self, others and the environment'.

Year 7 and 8 pupils also take part in various cross-curricular lessons in conjunction with the school chaplaincy and academic departments.

Year 9

Pupils in year 9 are introduced to the Duke of Edinburgh's Award scheme and complete the John Muir Discovery Award. Both these awards provide volunteering opportunities and allow our pupils to gain recognition for the skills they learn outside of the classroom.

Time is also spent developing outdoor activity skills introduced in the younger years allowing them to experience more challenging environments.

Year 10

Year 10 begins with a rotation through a final series of activities, revisiting and reinforcing previous learning outcomes but also as an introduction to what the activity would entail in an expedition setting.

Following this, pupils choose to focus on a specific activity allowing them to undertake a series of lessons preparing them for the week long Year 10 expedition during the summer term.

These expeditions serve as a culmination to the outdoor education curriculum at St. David's College and have proved to be powerful, memorable and enjoyable learning experiences for pupils





Expeditions

Expeditions are a big part of outdoor education and have a rich and varied history at St David's College.

Year 10 pupils all get the opportunity to attend a week long expedition in a chosen activity, which has included canoeing, sea kayaking, mountaineering, climbing, caving, trekking and whitewater kayaking. These expeditions have made use of many locations both in the UK and Europe. Further details of these expeditions are sent out to all Year 10 parents.

The department also runs various expeditions over weekends during term time with longer trips during school breaks. These expeditions are advertised through school and direct to parents and have included surfing, winter mountaineering, caving, whitewater kayaking, climbing, sailing, Husky sledding and scuba diving, to name a few.

Extra-Curricular Activities

The department offers extra-curricular activities on Saturdays and Sundays throughout the term. These activities are open to both day and boarding pupils and give opportunities to work towards awards in various activities, improve their skills at a certain activity, or simply to get off-campus, explore the local area and have some fun.

The weekend programme provides both introductory sessions for new pupils and lessons for more advanced pupils to enjoy some of the more challenging environments North Wales has on offer, such as whitewater kayaking, winter mountaineering, or multi-pitch climbing.

Signing up for these activities is made easy through our online Pupil Hub and liaising directly with the Outdoor Staff.

Keep an eye on our social media pages (@stdavidsoutdoor) and notice boards to find out what is going on, activities are also announced in house assemblies to make sure pupils are aware of the latest opportunities

Huski Sledding in Sweden - Yr10 Trip

Awards & Qualifications

BTEC Outdoor Education

In the 6th Form, the outdoor education department offer the opportunity to study towards a Level 3 BTEC Diploma in sports and activities for active leisure (outdoor education). This BTEC has been designed for individuals wishing to pursue a career in outdoor and adventurous activities, or someone who has a strong interest in the subject and wishes to improve their knowledge. The course consists of 6 modules delivered over two years, covering water-based and land-based activities, along with an expedition module and a module looking at alternative pursuits in the outdoors.

The course is predominantly practical in nature but has regular classroom theory lessons to underpin knowledge and cover the academic aspects of the modules.

The course aims to deliver as many personal competency awards in outdoor activities as possible, such as Canoe Wales proficiency awards and safety training, RYA sailing and Powerboating awards, NICAS climbing awards and UKMTB climbing and hill walking awards.

The Duke of Edinburgh's Award Scheme

St. David's College encourages all pupils to participate in the Duke of Edinburgh's Award scheme, from starting the Bronze award in year 9, through to undertaking the Gold award in the 6th form.

The award consists of three levels: Bronze, Silver and Gold and within each award there is an expedition, volunteering, physical and skill section to complete. At Gold there is also a residential module to organise.

In year 9, pupils are guided through the Bronze award with the expedition and volunteering sections covered as part of the outdoor programme. Pupils are then encouraged to find their own physical and skill-based activities to complete the award.

For the Silver Award, pupils are given the opportunity to complete expeditions in canoe, sea kayak or trekking and for the Gold Award they can choose between trekking and sailing. They are expected to find their own activities to fulfil the remainder of the awards, although guidance is always available from the department.



Clothing and Equipment Requirements

While the department is able to provide all the necessary safety and technical equipment required (wetsuits, waterproofs, helmets, etc), pupils are required to attend with the correct clothing to keep themselves comfortable for a day in the outdoors that is appropriate for the weather conditions.

The school provides a packed lunch but in order to promote sustainability pupils are expected to bring their own reusable water bottle.

For Water Based Activities

(Canoeing, Kayaking, Sea Kayaking, Gorge Walking, Sailing etc)

The following equipment will be required:

- Warm clothing (Fleece tops (mid-layer), thermal tops (base-layer))
- Swimming costume / shorts
- Old trainers or wetsuit boots (not Crocs or flip-flops)
- Towel
- Warm Hat

For Land Based Activities

(Climbing, Walking, Caving etc)

The following equipment will be required:

- Warm clothing (e.g. Fleece tops (mid-layer), thermal tops (base-layer))
- Track suit / outdoor type trousers (quick drying – not cotton or denim)
- Waterproof top and bottoms
- Walking boots
- Gloves
- Warm hat

For warmer days we recommend a sun hat, sun cream and sunglasses.

All members of the Outdoor Education staff will be happy to offer advice on clothing or equipment if required. All necessary equipment can be purchased through any outdoor equipment retailer.



Sailing lessons off the coast of Llandudno

Meet the Team

Ian Martin (Head of Department)



Ian is a qualified teacher with a first class degree in Outdoor and Environmental Education and is an Accredited Practitioner of the Institute for Outdoor Learning. He also holds the WMCI (Winter Mountaineering and Climbing Instructor) and IML (International Mountain Leader) awards, which

represent the highest qualifications in climbing and mountaineering. He has worked at St David's for 14 years, before which he led expeditions in the Alps and remote parts of South America and Africa. He is currently planning the next St David's College adventure.

Kelly Delaney



Kelly holds a degree in Outdoor and Environmental Education and has worked for St. David's College for many years. Previous to her work at the school, Kelly worked on the Hebridean Islands, where she developed a love of sea kayaking which she was able to bring with her to St. David's. She

holds the BCU Level 4 Sea Kayak Coach Certificate, alongside other outdoor leadership qualifications allowing her to teach our pupils in a wide range of activities.

Aled Edwards



Aled is most at home on the water, in anything that floats! He has a BSc in Underwater Science, a PGCE in Biology and Outdoor Education and is an Accredited Practitioner of the Institute for Outdoor Learning. He also holds a selection of outdoor leadership and coaching qualifications to

go exploring on the water, in the mountains and underground. He has worked for St. David's College for 14 years, before which he worked for a variety of outdoor education centres in the UK and France.

John Tatam



John is an all-round adventurer with a BSc in Environmental Studies, a PGCE in Outdoor Education, and is an Accredited Practitioner of the Institute for Outdoor Learning. He also holds the WMCI (Winter Mountaineering and Climbing Instructor) alongside other qualifications to enable him to lead

and coach groups in a variety of locations. He has taught and explored in many settings and locations around the globe prior to starting at St. David's College and as a result is a hugely experienced teacher who truly enjoys passing on his passion of the outdoors to others.

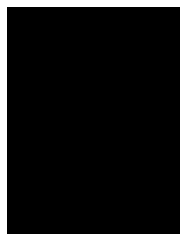
Chris Jowett



Chris' main love is exploring the world beneath our feet, both in the form of caves and mines. He has pioneered many first descents and led expeditions underground for our pupils both in the UK and abroad. Chris holds the Caving Instructor Certificate (CIC), which marks the highest qualification

available in underground exploration. He is also a qualified caving assessor keen sailor, diver and an accomplished falconer.

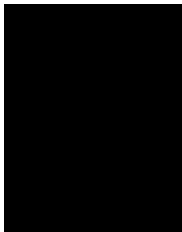
Sarah Gratton



Having been inspired through her own participation in the Duke of Edinburgh's Award scheme, Sarah went on to teach at various Outdoor Education Centres in Yorkshire and Denmark before settling in North Wales. With a PGCE in Outdoor Education and a wide range of outdoor qualifications

from sailing to mountain walking and extensive experience working with younger years, she is a real asset to the Junior Outdoor Education provision. She loves seeing the elated faces of the pupils as they begin to realise their own true potential.

Leo Scheltinga



Having lived in Snowdonia most of his life, Leo has a vast knowledge of the local outdoor areas where we operate. Combined with his high-level qualifications in climbing and mountaineering, a degree in Geology and Geography and a PGCE in Outdoor Education he is a real asset to the team. When not

at St David's he can usually be found out surfing or on his bike - either in the mountains, or on a long distance road ride.

Bex East



Bex is involved with assisting and leading all Outdoor Education activities as part of our unique Instructor Training Program. With both a degree and PGCE in Geography, she is well placed to enhance the outdoor learning of all our pupils in Outdoor Education lessons. She is also a qualified First

Aid trainer and an avid open water swimmer.



St David's College

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