

## Overview

This standard is about facilitating and delivering outdoor programmes. This standard covers the initiating, monitoring, supporting and guiding the participants through the outdoor experience.

This standard covers five outcomes:

1. initiate the outdoor programme
2. monitor, support and guide the participants through the outdoor programme
3. manage the physical and emotional well-being of participants
4. conclude and review outdoor programmes

This standard is for staff with some experience working in the outdoors who are capable of working without direct supervision. Typical contexts will be working with adults, children and young people in the following:

- recreational purposes
- adventurous experiences
- educational purposes
- organisational needs

## Performance criteria

### You must be able to:

#### Initiate the outdoor programme

1. establish your own role with the group
2. negotiate ground rules for behaviour
3. interact with the participants according to the requirements of the programme and the organisational regulations and procedures.
3. adapt own behaviour to meet the needs of the participants and the purpose of the experience
5. select, check and prepare the environment and equipment for the experience
4. ensure the participants understand how to use the equipment in accordance to organisational regulations, legislations and procedures
7. make sure that effective but flexible safety parameters have been established following organisational regulations, legislations and procedures.

#### **Monitor, support and guide the participants through the outdoor programme**

8. balance your own roles to achieve the best outcome for the participants
9. continuously monitor the level of challenge and adventure in relation to participants' adventure thresholds and their ability to cope.
10. vary activities to meet participant's needs
11. communicate with participants in a way that meets their needs, the situation and the aims of the experience
12. provide feedback where this supports the overall aim
13. prepare the participants to deal with anticipated and unforeseen circumstances
14. maintain the participants' attention to hazards, safety parameters and agree responsibilities for the experience and location

#### **Manage the physical and emotional well-being of participants**

15. follow organisational regulations, legislations and procedures for the activity
16. manage risk to keep the activity safe following organisational regulations and procedures, taking account of the benefits of risk taking
17. monitor for the onset of physical and emotional danger, including **adverse conditions**
18. encourage participants to safeguard individual and group safety
19. encourage positive behaviour and deal effectively with unacceptable behaviour
20. intervene to prevent or limit harm
21. recognise and safeguard the physical and emotional limits of participants and enable them to maintain dignity and self-respect.
22. maintain and vary ground rules according to organisational regulations, legislations and procedures
23. respond to incidents and emergencies in line with organisational regulations, legislations and procedures.
24. monitor

the actions and behaviours of those other people involved in the activity.

**Conclude and review outdoor programmes** 25. encourage the participants to assess whether the experience and environment have achieved their objectives 26. evaluate the effectiveness of the programme and share your findings with the participants 27. enable the participants to give feedback to help them learn from their experience, to reinforce progress and maintain morale. 28. identify any significant learning points for future actions 29. share information and guidance about opportunities for future programmes

## Knowledge and understanding

### You need to know and understand:

#### **Initiate the outdoor programme**

1. the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
3. how to establish your own role with the group using a range of techniques and methods of communication
4. why it is important to negotiate ground rules for behaviour \*\*
5. why it is important to encourage participants to share responsibility for their own individual and group learning and how to do this
6. methods of identifying the aims of the programme, as they relate to the participants **needs**, abilities and potential
7. how to design the programme to meet the aims, and challenge, but not exceed, the participants' ability
8. why it is important to make sure the programme is in line with health and safety requirements.
9. how to select, check and prepare the equipment and environment for the programme in accordance with organisational regulations, legislations and procedures.
10. the importance of identifying the external influences and hazards to the programme
11. why it is important to make sure that the programme is within your competence to manage
12. how to make sure that effective but flexible safety parameters have been established.

#### **Monitor, support and guide the participant through the outdoor programme**

13. how to balance your own roles to achieve the best outcome for the participants
14. a range of activities and techniques to meet participants' needs
15. communication tools and techniques that will support the participants to meet their needs
16. methods of giving feedback that will support participants' aims
17. how to prepare the participants to deal with both anticipated and unforeseen circumstances, and to solve problems by themselves
18. agree with participants the responsibility of participants and colleagues for reporting hazards, accidents and near-misses, and for assessing and managing risk.
19. ensure that participants follow the emergency procedures

#### **Manage the physical and emotional well-being of participants**

## Facilitate and deliver outdoor programmes

---

\*\*20. methods of managing risk to keep the programme as safe as necessary taking account of the benefits of risk taking and health and safety requirements

21. why it is important to monitor for the onset of physical and emotional danger and adverse conditions

22. methods of encouraging positive behaviour and deal effectively with unacceptable behaviour, and how to do so

23. when to intervene to prevent or limit harm

24. methods of recognising the differing physical and emotional limits of participants and encouraging them to maintain dignity and self-respect

### **Conclude and review outdoor programmes**

25. how to encourage the participants \*\*to assess whether the experience and environment have achieved their physical and other objectives

26. how to enable the participants to give feedback to help them learn from their experience, to reinforce progress and maintain morale

27. how to identify any significant learning points for future actions.

28. the types of advice, assistance and information about opportunities for future programmes.

## Scope/range related to performance criteria

### **Adverse conditions**

- \*\*1. difficult terrain
  - 2. difficult water conditions
  - 3. weather

## Scope/range related to knowledge and understanding

### **Needs**

1. fun and enjoyment
2. new experiences
3. adventure and challenge
4. personal and social development
5. acquisition of new knowledge/skill
6. environmental awareness and understanding
7. curriculum and cross curricular focus
8. mental health benefits

SKAODP8

Facilitate and deliver outdoor programmes



---

## Links to other NOS

This standard links to SKAODP7

## Facilitate and deliver outdoor programmes

---

Developed by	SkillsActive
--------------	--------------

---

Version Number	3
----------------	---

---

Date Approved	30 Mar 2021
---------------	-------------

---

Indicative Review Date	31 Mar 2024
------------------------	-------------

---

Validity	Current
----------	---------

---

Status	Original
--------	----------

---

Originating Organisation	SkillsActive
--------------------------	--------------

---

Original URN	SKAOP7
--------------	--------

---

Relevant Occupations	Coach / Instructor, Arboriculture and forestry
----------------------	--

---

Suite	Outdoor Programmes, Treework
-------	------------------------------

---

Keywords	facilitate; deliver; monitor; manage; conclude; outdoor; programmes; activities; education; adventure
----------	---

---