

NEW INSTRUCTORS AT LOPC

Thanks for taking an interest in becoming a volunteer instructor at LOPC.

Over the next few pages, there should be enough information to make your first visits to LOPC positive and welcoming.

WHERE ARE WE?

A map and directions to LOPC form the last page of this document.

As our instructors travel from all over the North West, we encourage car sharing where possible, so transport worries shouldn't be a big issue.

WHO ARE WE?

Every instructor at LOPC is a volunteer. Current staff range from new instructors to those that have been volunteering for around forty years. Every instructor was new to the centre at one time, like you are now, so they should help you to feel comfortable on your first visits.

During your first visits you will be mentored; usually by the friend that introduced you or by the contact that you may have made via email or the internet. Your mentor should show you round the site and explain the process of how they became an instructor at LOPC. If your first visit is on a client activity, you'll be invited to join in as an observer. Don't worry, you won't be thrown in at the deep end and be expected to run activities on your first visit.

If after your first two visits you decide that you like us and we like you, we'll invite you to join LOPC as a member and ask you to complete a Disclosure and Barring Service application. This is pretty standard with any volunteer organisation. The membership and DBS are small fees at your expense, but if you stay with us, your DBS fee will be refunded.

Once you become a member / Trainee Instructor, a fee is given to you for your travel expenses to and from client activities.

WHAT DO WE DO?

We are a land based outdoor activity centre. Our activities all based from LOPC and are primarily mountain walking, climbing, abseiling, archery, orienteering, ghyll scrambling, team building, outdoors games etc. We offer these activities to paying clients that may be schools, Scout Groups, Duke of Edinburgh Award candidates, family groups etc.

All of our instructors are initially trained in house to do whichever of our activities they wish to lead. This is done during client activities by existing instructors and also on dedicated training weekends or sessions. These may be run at the same time as a client activity. After becoming an instructor at LOPC, if you decide that you would like to train for the National Governing Body Award in a particular activity, LOPC can help both financially and by giving you the required log book time to achieve that award.

WHEN DO WE DO OUR ACTIVITIES?

LOPC is available to book in two main ways. The centre buildings can be booked by a client at any time without instructors. Or LOPC can be booked with instructors, usually weekends but with some mid-week bookings. Clients can book either option at any time of the year but our main bookings come between April and November.

In addition, LOPC also holds dedicated instructor training sessions (both at the centre and away from the centre), social family and member activities (ie. Christmas Party and Bonfire nights at LOPC) and external mountaineering trips (ie UK Mountains or Scottish Winter Mountains).

HOW DOES A LOPC WEEKEND WORK?

For your first couple of visits, your mentor would give you a list of dates that may need instructors and invite you to come along. When you become a member and Trainee Instructor, you will be added to our instructors email list and/or facebook group, from which you will be able to reply and volunteer directly to our Chairman of Instructors who sorts out the staffing for all our client activities.

On a typical client weekend instructors normally arrive at the centre on the Friday between six and eight pm. The client is asked not to arrive before eight pm. Staff normally leave the centre between four and five pm on a Sunday. Instructors may do a whole weekend like this or may only visit for individual activities during a weekend.

The activities requested by a client would normally be arranged before arrival at LOPC so you would know what activities you would be asked to be involved with.

Our instructors work as a team. Instructors very rarely work with the client individually. There is normally a minimum of two instructors per smaller client group.

Instructors either camp away from the clients using their own tents or using LOPC tents. Some instructors stay in the main barn on mattresses on the floor. This is mixed temporary accommodation as instructors need to have cleared the barn for the arrival of clients in the morning. It is advised that you bring your own sleeping bag and equipment but some are available to borrow.

There is a full kitchen at LOPC for instructors to bring their own food and cook. Food is not provided but tea and coffee is. Some instructors club together to make catering easier. Occasionally our clients feed us but we do not ask or expect them to do this.

There is a range of equipment such as boots, waterproofs, rucsacks and climbing equipment available to borrow from LOPC for the activities that we do. If you have your own equipment and wish to use it, you may do so as long as it does not interfere with the safety of our clients and staff. LOPC t-shirts and hoodies are available to buy if you wish.

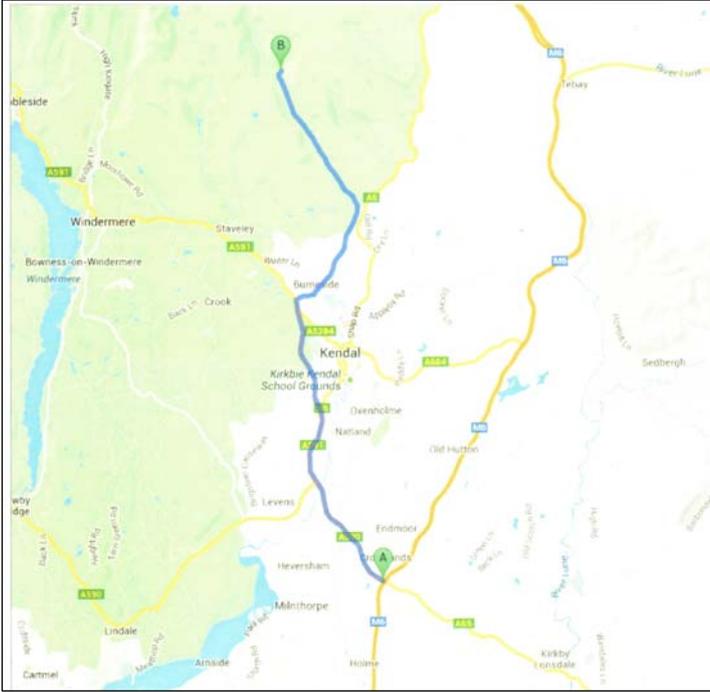
We have a toilet block with male and female blocks with toilets and free showers in each. We share this facility with our clients.

WHAT NEXT?

Hopefully all of your early questions will have been answered by this document. If you need further information or are ready to volunteer, please contact your mentor to ask more questions or arrange a visit.

See you soon!

DIRECTIONS TO LONGSLEDDALE OUTDOOR PURSUIT CENTRE



Stockdale
Longsleddale
Cumbria
LA8 9BE

Telephone 01539 823 202

OS Grid Ref NY 492 054

From the M6:

At Junction 36 take the exit and turn left at the roundabout onto the A590 / A591 signposted Windermere / Kendal.

Follow this dual carriageway for 9 miles until you come to a huge roundabout at the bottom of a hill. This is the Plumgarth Roundabout.

Take the second exit from the roundabout signposted A591 Windermere onto the dual carriageway.

After a very short distance turn right on the road signposted 'Burneside'. Follow this winding road downhill for almost 1 mile, over a level crossing, to a T-junction.

At the T-junction turn right, then turn immediately left.

Follow this road, past the Spar / Premier shop on your right. **After approximately 0.5 miles turn left.** The road has a 'Longsleddale' signpost at low level in front of a stone wall.

Follow this winding road for 6.5 miles until you reach a tiny village and a T-junction. This is Garnett Bridge.

Turn left here and follow the road for 4.3 miles. At this point there is a track on the right with a car number plate at low level signposting 'LOPC'.

Turn right here and follow the track to the last barn on the right. This is Longsleddale Outdoor Pursuit Centre.

If you go past the LOPC turning you will come to a point where the road turns to a rocky track. Turn around here then take the first left.