

## Get out and explore more!



### Price List

#### Instructor Provision (Land, Water or Bike):

£120.00 per person - Full day of activity (minimum of 2 people)

£70.00 per person - Half day of activity (minimum of 2 people)

#### Coaching/Guiding (Land, Water or Bike):

£260.00 per day - Personal one to one coaching session (six hours of private coaching)

- For 2 people £135.00 each
- For 3 people £95.00 each
- For 4 people £75.00 each

#### Paddle UK - British Canoeing Awards

##### Paddle Discover Award:

£60.00 per person - Half day of paddling; price inclusive of BC fees (minimum of 2 - maximum of 6 people)

##### Paddle Explore Award:

£110.00 per person - Full day of paddling; price inclusive of BC fees (minimum of 2 - maximum of 6 people)

##### Personal Performance Awards (PPA):

£110.00 per person - Full day of paddling; price inclusive of BC fees (minimum of 2 - maximum of 6 people)

#### British Canoeing Safety Courses:

##### Paddle Safer:

£45.00 per person - This is run over 2 to 3 hours and needs a minimum of 2 - maximum of 6 to run.

##### SUP Safer:

£80.00 per person - This is run over 4 to 6 hours and needs a minimum of 2 - maximum of 6 to run.

##### Paddlesport Safety and Rescue Course (PSRC)

£100.00 per person - Full day of rescue training; price inclusive of BC fees (minimum of 2 - maximum of 8)

##### Navigation Awards

Weather, Tides, Surf and Swell, Navigation & Open crossings Run on request, these modules can be delivered in a standalone offering or as a complete package. Costings on request.

##### Introduction to White Water Safety

Run over 1 day and needs a minimum of 2, maximum of 6 people to run. Cost is £110.00 person.

##### White Water Safety (WWS)

Run over 2 days and needs a minimum of 2, maximum of 6 people to run. Cost is £210.00 person.

#### British Canoeing Instructor and Leadership Qualifications:

##### Paddlesport Instructor Award / Paddleboard (SUP) Instructor Award

£220.00 per person - Two full days of training and assessment; price inclusive of BC fees (minimum of 4 and maximum of 6 people)

##### Paddlesport Leader Training / SUP Sheltered Water Leader Training

£240.00 per person - Two full days of leader training (minimum of 2 and maximum of 4 people)

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### **Paddlesport Leader Assessment / SUP Sheltered Water Leader Assessment:**

£240.00 per person - Two full days of leader assessment inclusive of BC fees (minimum of 2 and maximum of 4 people, leading a group of 4 to 6 mock student paddlers in a variety of craft including at least 1 open canoeist, 1 SUP and 1 kayaker).

### **SUP Inland Open Water Leader / SUP Tidal Leader / SUP Coastal Leader Training:**

£240.00 per person - Two full days of leader training (minimum of 2 and maximum of 4 people)

### **SUP Inland Open Water Leader / SUP Tidal Leader / SUP Coastal Leader Assessment:**

£240.00 per person - Two full days of leader assessment inclusive of BC fees (minimum of 2 and maximum of 4 people, minimum of 3 to 6 mock students required for assessment)

### **MIAS Mountain Bike Courses and Awards**

#### **MIAS Mountain Bike Skills Courses:**

£230.00 per person - Two day course that starts with the fundamental core skills needed to enable riders or potential MIAS leaders to gain the skills and confidence, preparing them for progression to MB Leader Level 1 or 2. Two full days of training and assessment; price inclusive of fees (minimum of 2 and maximum of 6 people). Outcome Awarded: **MBS1 Blue, MBS2 Red, MBS3 Black**

#### **MIAS Mountain Bike Leader Level 1 and Level 2 or Gravel Bike Leader:**

£280.00 per person - Two full days of training and assessment; price inclusive of registration and certificate fees (minimum of 2 and maximum of 6 people)

#### **MIAS Mountain Bike Leader Level 3 or Gravel Bike Leader Level 3:**

£280.00 per person - Two full days of training and assessment; price inclusive of registration and certificate fees (minimum of 2 and maximum of 6 people)

#### **MIAS E-Bike Leader Module:**

£160.00 per person – One day of training and assessment looking at leadership strategies and skills around e-bike delivery along with differentiating between analogue and e-bike groups; price includes certificate fees (minimum of 2 and maximum of 6 people)

#### **MIAS Night Riding (MBLN):**

£160 per person - To complete this 5-hour course, you must hold a valid MIAS Mountain Bike Leader Level 2 or higher. The course will extend your remit to cover night rides. Price includes certificate fees (minimum of 2 and maximum of 6 people)

#### **MIAS Cycle Fit Level 1 and Level 3 mechanical Awards:**

£280.00 per person - Two full days of training and assessment; price inclusive of registration and certificate fees (minimum of 2 and maximum of 6 people)

**Note: Bespoke 121 options are available for the above training and assessment at an additional cost with the exception of Instructor Awards. Contact us for further details.**

**We are happy to travel further afield for bespoke courses or delivery at your preferred venue. Commercial and closed bookings taken throughout the year on request, get in touch for more details!**