

A day in the life: Outdoor Activity Instructor Apprentice

8.00am arrive at Cliffe House for morning staff briefing to ensure that all instructors involved in the delivery know what they are running and with whom.

Set up activity equipment which can range from setting up a classroom for a pond study session to rigging ropes for crate stacking or laying out equipment for bushcraft.

8:45am meet group after breakfast and kit them up if required. We provide waterproofs and wellington boots to groups if they are needed for their trip.

9:00am activity session starts. We base our normal day on 4 sessional blocks. 2 in the morning and 2 in the afternoon. Some of our activities can last an entire morning especially if the activity session is off-site such as a river walk or canoe session.

10:30am morning break, drink and biscuit. Start second activity block.

12:30pm Lunch. Groups are normally taken back into the house to have their lunch. This is normally for around 30min once the groups are all back inside.

1:15pm Afternoon activity sessions

4:15pm end of afternoon sessions and review of the day.

4:30pm return to house and hang any wet equipment in drying room and provide information to group for the evening and following day.

5:00pm group is taken in to evening meal and are left under the supervision of Cliffe House catering staff and their visiting group leaders. Home time.