



A day in the life on an apprentice outdoor activity instructor

07:30 Alarm goes off and I'm out of bed, breakfast and uniform on. Check the weather, what do I need in my leaders' bag? Sun cream, raincoat? Maybe both...

08:30 Team briefing in the activities office to find out about the day. Now it's time to set up all the activity equipment and bases. I string my bows, collect arrows, arm guards and first aid kit and take them to the range before helping other instructors set up high ropes.

09:15 Activity session 1 – Archery with a school group on residential

11:00 Activity session 2 – High Ropes, I assisted with a group who had additional needs and required the hoist for some participants. Learnt a lot and it was really rewarding.

12:30 Lunch time - chance to chill out with some of my colleagues and fuel up for the afternoon, BBQ chicken wraps and salad today, so definitely got my 5 a day in today.

13:30 Training session – raft building. We learnt about different designs, practice my knot work and get updates on safety checking.

15:15 Prepare for my first canoeing session

15:30 Ran my first canoe session with the support of a Lead Instructor. I felt it went quite well and we had a chat afterwards about my performance. Happy with the result and now planning my sign off to deliver canoeing sessions independently.

1700 Time to pack up and tidy the boathouse before an end of day de-brief. Home time and ready to do it all again tomorrow :)