

## Sports Leaders UK Level 3 Certificate in Basic Expedition Leadership

Exploring the countryside and coasts of Britain is more enjoyable and safer when group leaders are qualified. The Sports Leaders UK Level 3 Certificate in Basic Expedition Leadership is a nationally recognised qualification that enables people to enjoy outdoor expeditions safely and effectively.

This qualification teaches the skills to lead walking groups in lowland countryside; impart the knowledge and skills needed to undertake a day walk; have responsibility for others while leading a day walk, and plan and lead overnight base and mobile camps.

Learners must be aged 18 or over on completion of this qualification and must undertake 127 hours of training, including First Aid and 30 hours demonstration of leadership.

The Level 3 Certificate in Basic Expedition Leadership is the minimum requirement of local authorities and operating authorities for the delivery of the Duke of Edinburgh's Award Scheme bronze and silver awards. The qualification also counts towards the service section of all the Duke of Edinburgh's programmes.

This is a specialist outdoor leadership qualification, which is ideal for community workers from the voluntary or public sector, and other members of the community, and is particularly popular with adult groups who wish to organise recreational expeditions or assist groups of young people.

Expedition leadership training increases learner's confidence in outdoor environments, develops personal skills, and contributes to improved health and fitness. This qualification does not qualify learners to lead groups in remote or mountainous areas, although many successful learners go on to take Mountain Leadership Training courses.

Sports Leaders UK awards and qualifications are delivered through a network of Approved Assessment Centres. Increasingly, these centres are becoming open-access or based in community organisations, as well as schools and colleges. For details of courses and centres visit [www.sportsleaders.org](http://www.sportsleaders.org).

### **Note to editors:**

Sports Leaders UK is a charity delivering sports leadership awards and qualifications to 200,000 people a year, through 4,000 schools, colleges, local authorities, prisons and young offender units. It acts as an Awarding Organisation providing nationally recognised qualifications and has a Foundation that delivers free or subsidised courses in areas of greatest need.

### **Sports Leaders UK**

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