

Girlguiding Midlands

L1 training course, Level 2 training and assessment courses and social walking weekend FAQs



When is it?

Friday 6 to Sunday 8 March 2026

Where is it?

Whiteley Woods Outdoor Activity Centre, Common Lane, Sheffield, S11 7TG. We will be staying in Renwick, see [Site Map – Whiteley Wood Outdoor Activity Centre](#)

You can book to take part in the level 1 training course, level 2 training course or level 2 assessment course or join us for some social walking. See details below. Download a copy of the walking scheme here: [Walking Scheme | Girlguiding](#).

Level 1 training course

Who is it for?

This Girlguiding walking scheme level 1 training course is open to all members of Girlguiding aged 18+ who would like to learn how to lead Girlguiding groups safely in lowland country. After you have completed the level 1 qualification, you will be able to plan routes and navigate walks with girls in lowland country, including tracks and paths, fields, woods and lanes.

What does the course cover?

During our weekend, we will cover all aspects of the level 1 qualification, except first aid and water safety. The plan is for the level 1 training course to be completed on Friday evening and during Saturday. On Sunday you'll be able to join in with social walking, and gain a logbook walk!

You don't need any previous walking experience to begin this qualification. Please note that to complete your qualification you'll need to have an up-to-date first response certificate or equivalent first aid qualification plus first response e-learning, also to have completed the water safety module. Girlguiding Midlands runs separate water safety courses and counties sometimes do too. You'll also need to keep a logbook of walks you've completed in the UK. For level 1 this must be at least 6 walks, 1 of which must be 6km or more in length. Once everything is signed off, you'll be supported while you plan and lead a walk in lowland country.

Level 2 training course

Who is it for?

This approved Girlguiding walking scheme level 2 training course is open to all members of Girlguiding aged 18+ who would like to:

- Extend their walking skills and improve navigation techniques
- Learn how to lead Girlguiding groups safely in the hills
- Work towards gaining a Girlguiding walking qualification. If you have already done level 1, this might be your natural next step.

To start at level 2, you must have undertaken six walks in any type of country. It is recommended that:

- One should have been at least 6km
- Two walks should have been in open country (see [*Countryside classification / Girlguiding*](#) on the Girlguiding website)
- Three should have taken place in the last three years. If you are interested but are unsure if your prior experience is suitable, please get in touch and we can discuss it with you. Note you do not need to have already done level 1 to start at level 2.

What does the course cover?

The course will consist of practical and theoretical sessions based on the level 2 syllabus including:

- | | |
|---|--------------------------------------|
| • Navigation (including night navigation) | • Emergency scenarios and first aid* |
| • Route planning | • Hazards and managing risk |
| • Group management | • Weather |
| • Leadership responsibilities | • Access and conservation |
| • Equipment and food | • Night navigation |

*Please note the Level 2 training course is not a first aid course. To complete level 2 you will need to undertake a separate 16 hour first aid course. For further information, please see the walking scheme book, downloadable from the Girlguiding website: [Walking Scheme / Girlguiding](#).

Level 2 assessment course

Who is it for?

This approved Girlguiding walking scheme level 2 assessment course is aimed at adults who have already attended an approved level 2 training course or gained exemption.

What does the course cover?

Participants will be assessed on all aspects of the level 2 syllabus, except for the supported walk, first aid and the water safety module. Experience of walking in open country is required.

What to expect on a training or assessment course?

All courses will involve some physical activity (more intense for L2) and being out in all weather conditions. L2 courses in particular will be quite intense, with activities carrying on into the evenings, and much of both courses will be out on the hill. So be prepared for hours of being outside including in the dark, and potentially in the cold and rain; if we're lucky it might be lovely!

Once you have booked your place, you will receive information about your course and what

equipment to bring. For the L2 training course, you will receive a skills checklist in which you can highlight your own individual requirements. For the L2 assessment course, there will be some pre-course preparation to do and you will be required to submit your logbook in advance.

Social walking

We would love to welcome social walkers to our weekend. We will not be providing a leader to walk with you, but will be able to provide some ideas for good walks in the area. Once you have booked your place, you will be sent further details for the weekend.

Information for the weekend

Timings

Arrival should be between 6.00pm and 7.00pm on Friday evening. A meal will be provided at 7.00pm, and for those on courses there will be an introductory indoor session after the meal. The courses will finish by 4pm on Sunday.

Dietary requirements, medical and accessibility needs

Please ensure you complete the relevant sections of the booking form. We may need to contact you to understand any additional needs you have, and how we can support you. All courses should be able to be adapted to suit most needs – please provide as much information as possible when booking, so we can discuss in advance. If you do not disclose medical, accessibility or other needs before the course/weekend, we may not be able to adapt the courses or other activities of the weekend for you.

Helping

During the weekend please would everyone help with domestic things – washing up and setting tables etc. Following the end of the course, everyone is asked to help clean and tidy the house too. Thanks for your support with this.

Accommodation

The majority of the accommodation is in bunks in dormitories. There are some small rooms available for people who need them (e.g for medical reasons) or men or the leader team, to be confirmed. Please specify on the booking form if you need a lower bunk, don't mind upper or lower, or need accommodation in a small room.

What to bring

- Walking clothing and equipment. Course participants will be sent information as to what to bring for their course. For guidance, see section 7.2 of Girlguiding's walking scheme, available to download here: [Walking Scheme | Girlguiding](#). Some outdoor equipment and maps are available to borrow.
- Indoor clothes, toiletries, personal medication, and towel. Uniform is not required for this weekend.

- A completed health form to go into your walking rucksack If you wish to bring a second health form in a sealed envelope to hand in on arrival, in case of emergency, please do.
- A pillow, pillowcase and sheet and either a sleeping bag or duvet.
- A tea towel
- Lunch box, water bottle, flask
- Indoor slippers/shoes (outdoor boots/shoes have to be left in the boot racks in the entrance)

Catering

We will have breakfast, packed lunch and an evening meal each day. Tea and coffee, decaf tea and coffee, hot chocolate, squash and biscuits will be available all weekend. If you prefer your own fruit tea or other drink then please bring some with you. You may also like to bring your own favourite snacks/nibbles for walking. If you'd like to bring a cake/small cakes to share, that would be lovely, thank you.

Transport

We are staying at Whiteley Woods Outdoor Activity Centre, Common Lane, Sheffield, S11 7TG. Grid reference: SK 307 846. What3words: they.cage.debit.

By road: Whiteley Woods is approximately five miles southwest of Sheffield, with the entrance off Common Lane. There is onsite parking in front of the main buildings. Please do try and share cars if you are happy to do so.

By train: The nearest station to Whiteley Woods is Sheffield, which is approximately five miles away. If you are planning to arrive by train, please let us know your train arrival time on the booking form so we can try to arrange a pickup for you.

Insurance

Please note Girlguiding insurance does not cover personal kit or money.

How to book

Please complete the booking form here: [booking form](#)

Fees, terms and conditions

L1 course

- £90 fee for L1 course plus one day of social walking. Full payment to be paid on receipt of booking confirmation (of which 50% is deemed to be a non-refundable deposit) by Sunday 15 February 2026.

L2 Training or assessment course

- £120 fee for L2 training or L2 assessment course. Full payment to be paid on receipt of booking confirmation (of which 50% is deemed to be a non-refundable deposit) by Sunday 15 February 2026.

Social walking

- £90 fee for social walking. Full payment to be paid on receipt of booking confirmation (of which 50% is deemed to be a non-refundable deposit) by Sunday 15 February 2026.

If you cancel your booking after Friday 20 February 2026, any refund of the balance of your fees will be at Girlguiding Midlands' discretion and will be handled on a case-by-case basis.

Bookings close on Sunday 15 February 2026 or sooner if all spaces are filled.

If there are not sufficient participants for the courses/social walking to run, a participant's fees will be refunded.

Places are allocated on a first come first served basis, subject to applicants having the right experience for the course, and to get the right proportions of people for the two courses. Course bookings will be prioritised over social bookings.

Any questions?

For further information, please get in touch. midlands.headoffice@girlguiding-midlands.org.uk