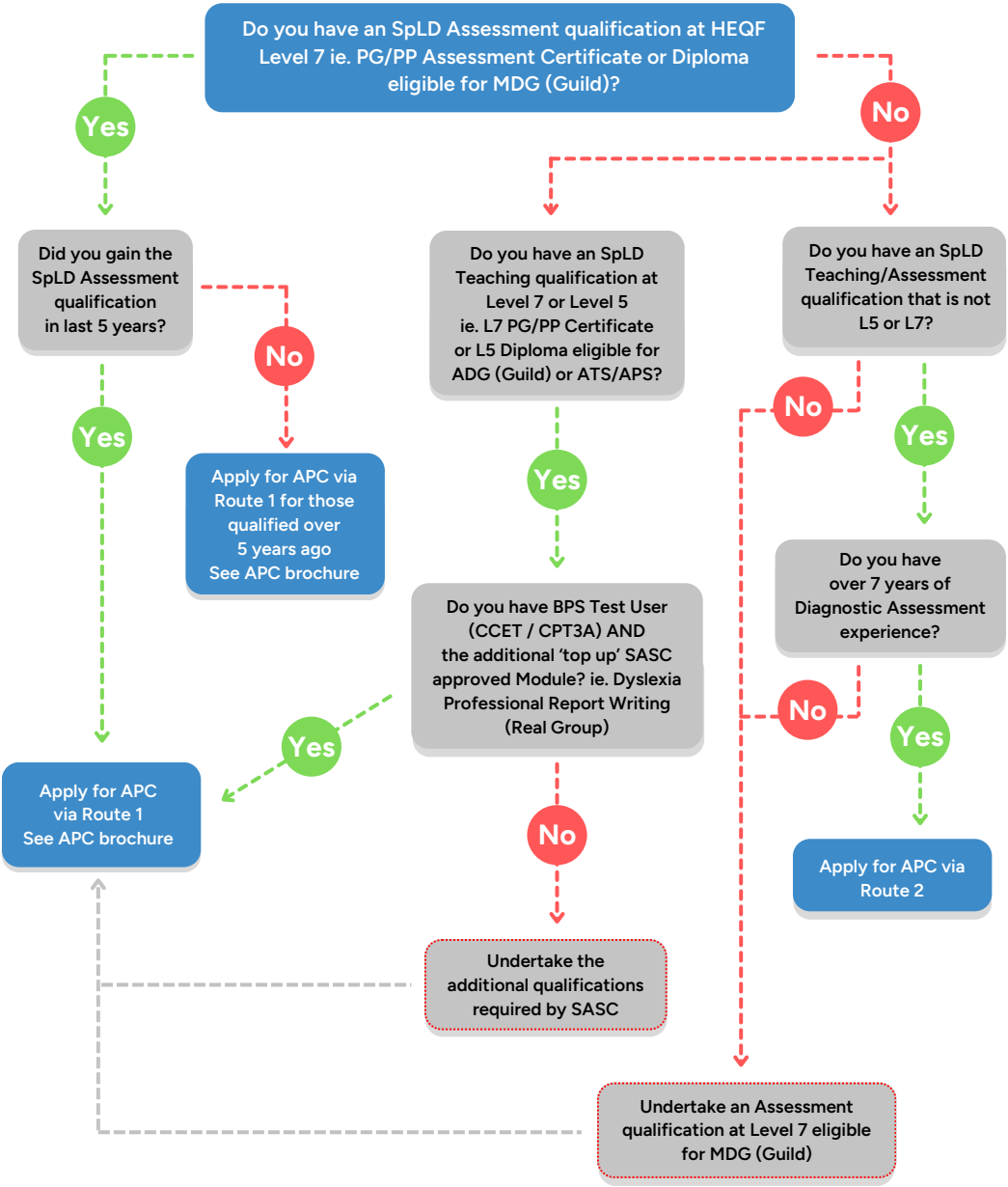Approved routes for gaining an Assessment Practising Certificate (APC)