

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
BCU 3 STAR CANOE COURSE PROGRAMME

DAY		AM	PM		EVENING
SUN			Train arrives-pick up. 1730hrs – Student arrival	1800hrs Evening meal	1900hrs – Student welcome, nominal roll, centre orientation, security and fire. <ul style="list-style-type: none"> • CCAT Aims of AT presentation • Weather presentation
MON	0730hrs Break - fast	0800hrs – Instructor briefing 0830hrs – Instructor introduction. Student weather brief, daily risk assessment and safety brief 0845hrs – Equipment issue with instructor 0915hrs – Equipment safety brief and check, discuss canoe design <ul style="list-style-type: none"> • BCU forward paddling DVD • Lifting and carrying, canoe trailer loading • Warm up exercises, launching, paddlesport FUNDamentals, canoe trim, forward and reverse paddling development, moving sideways static and on the move 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Access and conservation presentation
TUE	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> • Warm up exercises and games, turning strokes static and on the move, support strokes static and on the move, towing, deep water and self assisted rescues, use of throw line • Discussion on priorities of rescue (S-T-V-E) and order of low-high risk rescues (S-R-T-T-G) 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Canoe history and paddlesport presentation • River hazards and grading presentation

WED	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> • Warm up exercises, introduction to moving water, breaking in and out, ferry gliding, setting 1715hrs return	1800hrs Evening meal	
THU	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> • Moving water journey (grade 1/2) and games. Poling down and upstream 	1800hrs Evening meal	
FRI	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> • Flat water skills assessment and intro to sailing 	1230hrs - return Clean and return stores Course review & InVal 1415hrs – Course debrief	1445hrs – Depart

NB Candidates with minimal experience post BCU 2 Star can use the course as BCU 3 Star Training and will not be assessed.