

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
BASIC ROCK CLIMBING (BRC) 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 <ul style="list-style-type: none"> • Knots, single and multi point anchors, belay skills, climbing calls, rope management • Climbing FUNDamentals, warm up exercises and games, movement over rock, bouldering • Top roping – ground belay various methods, lowering 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"> • Anchor selection, crag rigging • Top rope – belay from above • Abseil with safety rope 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Guide books and grading presentation • Climbing history DVD
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"> • Use of guide book to locate the crag and routes • Crag rigging, top rope climbing and abseiling 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"> • Use of guide book to locate the crag and routes • Crag rigging, top rope climbing and abseiling 1715hrs return	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"> • Indoor climbing – introduction to site specific rules for use, warm up and games, climbing wall games, climbing technique development, use of different belay devices, top roped climbs and introduction to leading using in situ bolts 	1230hrs - return Clean and return stores Course review & InVal 1415hrs – Course debrief 1445hrs – Depart