

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
INTERMEDIATE SKI COURSE (ALPINE) (ISC) PROGRAMME

DAY		AM	PM		EVENING
SUN			1600hrs – DS Instructors and students arrive Bavaria 1700hrs Hire Ski Shop	1800hrs Evening meal	1900hrs – Student welcome, nominal roll, centre orientation, security and fire course aims and instructor introduction. <ul style="list-style-type: none"> • CCAT Aims of AT presentation
MON	0730hrs Break - fast	0810hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment and safety brief and equipment check <ul style="list-style-type: none"> • Skiers code of conduct, resort orientation, carrying skis, wearing gloves on piste, warm up exercises and games, skiing FUNDamentals • Balance exercises • Gliding vs carving • Weight transfer • Plough parallel review 1700hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Winter mountain hazards and cold injuries presentation • BASI Skiing Essentials DVD
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 • Piste map navigation • Parallel review • Parallel varying radius • Parallel varying terrain and steepness 1700hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Skiing history 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 and games • Pole plant exercises • Piste map navigation • Parallel and pole plant 1700hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Ski maintenance and binding setting
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"> • Warm up exercises and games • Use of piste map navigation • Skiing skills consolidation 1700hrs 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"> • Skiing skills consolidation and assessment 	Return Clean and return stores Course review, discussion maintain a log book and course reports Course debrief	1800hrs Evening meal	Depart

***NO FREE SKIING. SKI GROUPS ARE ALWAYS UNDER SUPERVISION**