

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)  
KAYAK 2 FOUNDATION (K2F) PROGRAMME (ADULT)

DAY		AM	PM		EVENING
Fri					2300hrs – DS and students arrive both w/es
1 w/e	0730hrs Break - fast	0810hrs – Instructor briefing 0830hrs - Student welcome, nominal roll, centre orientation, security and fire, conduct, course aims and instructor introduction. <ul style="list-style-type: none"> <li>• CCAT Aims of AT presentation</li> </ul> 0915hrs – Student weather brief, daily risk assessment and safety brief 0930hrs – Equipment issue with instructor 0945hrs – Equipment safety brief and check, discuss kayak design <ul style="list-style-type: none"> <li>• BCU 2 Star video</li> <li>• Lifting and carrying, canoe trailer loading</li> <li>• Warm up exercises, paddlesport FUNDamentals, launching, turning strokes, forward paddling intro</li> </ul> 1715hrs return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> <li>• Weather presentation</li> <li>• Access and conservation presentation</li> </ul>
1 w/e	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> <li>• BCU forward paddling DVD</li> <li>• Warm up exercises and games, forward paddling, reverse paddling, moving sideways</li> </ul> 1715hrs - Return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> <li>• Canoe history and paddlesport presentation</li> <li>• Kayak Essentials DVD</li> </ul>
1 w/e	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> <li>• Warm up exercises, steering strokes, support strokes, capsize and self rescue, peer rescues</li> </ul>	1500hrs - return Clean and return stores 1615 – Course debrief		1630hrs – Depart

2 w/e	0730hrs Break - fast	0810hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> <li>Flat water journey and games</li> </ul> 1715hrs - Return		1800hrs Evening Meal	
2 w/e	0730hrs Break - fast	0815hrs – Instructor briefing 0845hrs – Student weather brief, daily risk assessment, safety brief and equipment check <ul style="list-style-type: none"> <li>Introduction to moving water</li> </ul>	1300hrs - return Clean and return stores Course review, discussion maintain a log book and course reports 1430hrs – Course debrief		1445hrs – Depart

NB Only the K2F is to be awarded. Candidates will only be awarded the BCU 2 Star once they have completed both the K2F and O2F courses.