

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
KAYAK 2 FOUNDATION (K2F) 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 kayak design <ul style="list-style-type: none"> • BCU 2 Star video • Lifting and carrying, canoe trailer loading • Warm up exercises, paddlesport FUNDamentals, launching, turning strokes, forward paddling intro 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Access and conservation presentation • Kayak 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"> • BCU forward paddling DVD • Warm up exercises and games, forward paddling, reverse paddling, moving sideways 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> • Canoe history and paddlesport 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, steering strokes, support strokes, capsize and self rescue, peer rescues 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"> • Flat water journey and games 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"> • Skills revision and consolidation 	1230hrs - return Clean and return stores Course review & InVal 1415hrs – 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.