

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
OPEN 2 FOUNDATION (O2F) 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"> CCAT Aims of AT presentation 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"> BCU 2 Star video Lifting and carrying, canoe trailer loading Warm up exercises, paddlesport FUNDamentals, launching, trim and balance exercises, turning strokes, forward paddling intro 1715hrs return		1800hrs DINNER	1900hrs – Daily review <ul style="list-style-type: none"> Weather presentation Access and conservation presentation
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"> 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 Path of Paddle DVD
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"> Warm up exercises, steering strokes, support strokes, capsize and self rescue, peer rescues 	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 0900hrs - Issue food, canoe packing, expedition planning and route cards, expedition preparation, camp craft and hygiene discussion, expedition preparation, tent and stove check <ul style="list-style-type: none"> • Open canoe tandem expedition 	Overnight expedition
2 w/e	<ul style="list-style-type: none"> • Open canoe tandem expedition 	1300hrs - return Clean and return stores Course review, discussion maintain a log book and course reports 1430hrs – Course debrief	1445hrs – Depart

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