

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)  
OPEN 2 FOUNDATION (O2F) 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"> <li>• CCAT Aims of AT presentation</li> <li>• Weather presentation</li> </ul>
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 canoe 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, trim and balance exercises, turning strokes, forward paddling intro</li> </ul> 1715hrs return		1800hrs Evening meal	1900hrs – Daily review <ul style="list-style-type: none"> <li>• Access and conservation presentation</li> <li>• Path of the Paddle DVD</li> </ul>
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"> <li>• BCU forward paddling DVD</li> <li>• Warm up exercises, 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> </ul>
WED	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check 0900hrs – Issue expedition equipment. Tent and stoves check. <ul style="list-style-type: none"> <li>• Warm up exercises, steering strokes, support strokes, capsize and self rescue, peer rescues</li> </ul> 1715hrs return		1800hrs Evening meal	1900hrs <ul style="list-style-type: none"> <li>• Purchase expedition food</li> <li>• Canoe packing</li> <li>• Expedition planning and route cards</li> <li>• Expedition preparation</li> <li>• Camp craft and hygiene discussion</li> </ul>

THU	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment, safety brief and equipment check 0900hrs – Issue fuel <ul style="list-style-type: none"> <li>Expedition and overnight camp tandem canoe</li> </ul>		
FRI	<ul style="list-style-type: none"> <li>Expedition tandem canoe</li> </ul>	1230hrs – Expedition return Clean and return stores Course review & InVal 1415hrs – 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.