

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)  
ROCK CLIMBING FOUNDATION (RCF) 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 <ul style="list-style-type: none"> <li>• Knots, single and multi point anchors, belay skills, climbing calls and rope management</li> <li>• Warm up exercises, climbing FUNDamentals, games and bouldering</li> <li>• Top roping-belay from below and above, crag rigging</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>• Use of guide book to locate crag and climbing route</li> <li>• Multi pitch climbing with 2 novices - anchor selection, stance organisation, extracting hand placed leader protection</li> </ul> 1715hrs - Return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> <li>• Mountain hazards and emergency procedure presentation</li> <li>• Guide books and grading</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>• Indoor climbing wall session – intro, safety briefing, site specific climbing wall rules of use, warm up exercises</li> </ul>	1500hrs - return Clean and return stores 1615 – Course debrief		1630hrs – Depart

		Games, development climbing technique, use of different types belay devices, top roping, intro leading on in situ bolts		
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>• Use of guide book to locate crag and climbing route</li> <li>• Multi pitch climbing with 2 novices - anchor selection, stance organisation, extracting hand placed leader protection</li> <li>• Stacked abseil</li> </ul> 1715hrs - Return		1800hrs Evening Meal
2 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>• Multi pitch climbing</li> </ul>	1300hrs - return Clean and return stores Course review, discussion maintain a log book and course reports 1430hrs – Course debrief	1445hrs – Depart
				1900hrs – Daily review <ul style="list-style-type: none"> <li>• Climbing history DVD</li> </ul>