

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
SKI FOUNDATION 1 (SF1) PROGRAMME

DAY		AM	PM		EVENING
SUN			1600hrs – DS Instructors and students arrive Bavaria 1700hrs – Hire ski shop	1800hrs Evening Meal	1900hrs – Student welcome, nominal roll, centre orientation, security and fire, course aims and instructor introduction. <ul style="list-style-type: none"> • CCAT Aims of AT presentation
MON	0730hrs Break - fast	0810hrs – Instructor briefing 0830hrs – Student weather brief, daily risk assessment and safety brief, equipment check <ul style="list-style-type: none"> • Skiers code of conduct, resort orientation, carrying skis, wearing gloves on piste, warm up exercises and games, skiing FUNDamentals • Balance exercises and games • Intro to early learners piste area • Sliding and games • Plough-Plough glide-Braking and games 1700hrs return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> • Winter mountain hazards and cold injuries presentation • BASI Ski 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"> • Warm up exercises and games • Plough-Plough glide and games • Plough turns • Plough parallel, games and exercises • Intro to ski lift 1700hrs return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> • Skiing history 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 and games • Plough parallel • Traversing exercises • Basic parallel, games and exercises 1700hrs 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"> • Warm up exercises and games • Use of piste map navigation • Skiing skills consolidation 1700hrs 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"> • Skiing skills consolidation and assessment 	Return Clean and return stores Course review, discussion maintain a log book training and course reports Course debrief	1800hrs Evening Meal	Depart

***NO FREE SKIING. SKI GROUPS ARE ALWAYS UNDER SUPERVISION**