

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
SUMMER MOUNTAIN FOUNDATION (SMF) 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, 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 brief and safety check. Packing a day rucksack. <ul style="list-style-type: none"> Mountain navigation skills 1715hrs return		1800hrs Evening Meal	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"> Mountain navigation skills 1715hrs return		1800hrs Evening Meal	1900hrs – Daily review <ul style="list-style-type: none"> Mountain hazards and emergency procedure 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"> Mountain day – movement over varying terrain, discuss hazards, simple evacuation procedures and incident management 	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 expedition food, rucksack packing, expedition planning and route cards, camp craft and hygiene discussion, expedition preparation, tent and stove check <ul style="list-style-type: none"> • expedition 	Overnight expedition
2 w/e	<ul style="list-style-type: none"> • expedition 	1300hrs - return Clean and return stores Course review, discussion maintain a log book training evaluation form and course reports 1430hrs – Course debrief	1445hrs – Depart