

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
WINTER CLIMBING FOUNDATION (WCF) PROGRAMME

DAY		AM	PM		EVENING
SAT			Train arrive 2135hrs – DS Instructors and students arrive	1900hrs Evening meal	2200hrs – Student welcome, nominal roll, centre orientation, security and fire and instructor introduction
SUN	0730hrs Break - fast	0810hrs – Instructor briefing 0830hrs – Daily risk assessment 0845hrs – Equipment issue with instructor 0915hrs – Equipment safety brief and check. Packing a day rucksack <ul style="list-style-type: none"> Winter mountain skills revision – avalanche transceiver test procedure, ice axe arrest, crampon skills, snow profile analysis, walking rutsch block test, emergency shelters, bucket seat 1800hrs return		1900hrs Evening meal	2000hrs <ul style="list-style-type: none"> Aims AT Presentation Winter Essentials DVD Student weather, avalanche risk, safety brief, equipment check
MON	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment <ul style="list-style-type: none"> Avalanche transceiver test, snow, ice and rock anchors, belay techniques, knots, rope work and stance management, hand placed leader protection, climbing as a second Climbing day 1800hrs return		1900hrs Evening meal	2000hrs – Daily review <ul style="list-style-type: none"> Mountain hazards and cold injuries presentation Avalanche presentation and DVD Student weather, avalanche risk, safety brief, equipment check
TUE	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment <ul style="list-style-type: none"> Climbing day – avalanche transceiver test, winter mountain navigation and use of guide books to locate the route 		1900hrs Evening meal	2000hrs – Daily review <ul style="list-style-type: none"> Emergency shelters presentation Guide books and winter climbing grades discussion Student weather, avalanche risk, safety brief, equipment check
WED	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment <ul style="list-style-type: none"> Climbing day – avalanche transceiver test, winter mountain navigation and use of guide books to locate the route 		1900hrs Evening meal	2000hrs – Daily review <ul style="list-style-type: none"> Student weather, avalanche risk, safety brief, equipment check
THU	0730hrs	0815hrs – Instructor briefing		1900hrs	2000hrs – Daily review

	Break - fast	0830hrs – Daily risk assessment <ul style="list-style-type: none"> • Climbing day – avalanche transceiver test, winter mountain navigation and use of guide books to locate the route 		Evening meal	<ul style="list-style-type: none"> • Student weather, avalanche risk, safety brief, equipment check
FRI	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment <ul style="list-style-type: none"> • Climbing day – avalanche transceiver test, winter mountain navigation and use of guide books to locate the route 	1600hrs - Return Clean and return stores Course review, discussion maintain a log book and course reports 1730hrs – Course debrief	1900hrs Evening meal	
SAT	0730hrs Break - fast	0815hrs Depart			