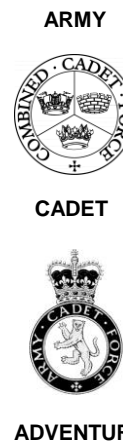




Headquarters Land Forces
Personnel Support Command-Cadets

Mr Dave Rees MBE BEM
Headquarters
Cadet Centre for Adventurous Training
Capel Curig Training Camp
Betws-Y-Coed, Conwy
LL24 0DS
Tel: 01690 720308
Fax: 01690 720282
e-mail: dave.rees@ccat-hq.com



25 Nov 11

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)

JOINING INSTRUCTIONS FOR WINTER MOUNTAIN COURSES

SWS1 11-18 FEB 12

YOU ARE TO READ AND ACTION THESE JI's IMMEDIATELY UPON RECEIPT!

GENERAL

1. Your application for CCAT course no SWS1 based at Tulloch, Scotland has been successful. These Joining Instructions act as a receipt for your course fee.
2. This instruction provides you with the essential information to ensure you arrive at Tulloch, Scotland, fully prepared for the course.

NOMINAL ROLL

3. A course nominal roll is at **Enclosure 1**.

COURSE CONFIRMATION, CONSENT AND MEDICAL DECLARATION FORM

4. Having received these JIs you are now required to return the course confirmation, consent and medical declaration form, **Enclosure 2, by COP 9 Jan 12**. Failure to return Enclosure 2, by **COP 9 Jan 12**, will result in your vacancy being offered to another applicant from the reserves list and your course fee being forfeited.
5. If you be unable to attend the course you are to inform HQ CCAT immediately by telephone or email. **A letter will be sent to the County CEO/Contingent Commander for personnel who do not report for the course or who arrive late with no justifiable explanation.**

FIT TO ATTEND

6. You are to ensure you are medically fit to attend the course, as the demands of the training programme require you to be both physically and mentally robust. Do not attend the course if you are injured or have recently suffered an illness that will inhibit or restrict your full participation in the training programme.

REPORTING

7.
 - a. This is a **6-day** course.

- b. The course will assemble and disperse as follows:

SWS1 11-18 Feb 12 – Centre open for arrivals 1800hrs. Arrival brief and equipment issue 2200hrs Sat 11 Feb. Course de-brief 1730hrs Fri 17 Feb.

- c. On arrival all students are to report to the CCAT Centre Manager:

Maj Kevin Edwards – Tel contact: 07920 545608

8. If your travel plans are unexpectedly disrupted and you are likely to miss the arrival briefing time you are to contact the CCAT Centre Manager as soon as possible.

9. **There will be no departure prior to the de-brief.**

TRAVEL

10. Units are responsible for the travel arrangements of course personnel. This Instruction may be quoted as an authority for travel expenses. Students are to contact their Unit HQ as soon as possible to arrange travel. Travel directions are at **Annex B**.

11. Personnel travelling by car are encouraged to contact other course personnel from their region, indicated on the nominal roll at **Enclosure 1**, to arrange sharing transport. **The car parking area is a limited space and therefore students may be required to park close to the main road ½ mile away from the centre.**

12. Personnel are to ensure they book their train times so that it closely matches the arrival brief and post course de-brief times. Scotland west coast train times are as follows:

Sat depart Glasgow 1821hrs arrive Tulloch 2135hrs

Sat depart Tulloch 0813hrs arrive Glasgow 1130hrs

13. Accommodation and messing will be provided on the Fri evening and Sat morning at the end of the course so that students have a complete night's rest prior to commencing their journey home.

EQUIPMENT

14. You will be provided with the necessary technical equipment for your course. You are required to provide some of your own clothing and equipment. An equipment list is provided at **Annex A and a copy of which you are to complete and attach to your attendance confirmation form**. Your equipment will be checked for suitability by your instructor. No items of military clothing or equipment are to be brought on courses. Please note that action will be initiated to recover the cost of equipment that is lost or damaged by a student as a result of negligence.

15. In particular you are advised to provide your own robust pair of **mountaineering boots (B2/B3 standard with a rigid sole to fit a C2/C3 set of crampons) for the winter mountaineering or as a minimum B3 standard for winter climbing** as CCAT have a limited size range of B2 boots. Alternatively you can hire winter boots locally however this will be at your own expense.

SECURITY AND FIRE

16. A Security and Fire brief will be included in the Centre Manager's arrival briefing.
17. You are to acquaint yourself with the centre Fire Orders and the fire assembly point.

ACCOMMODATION AND MESSING

18. Accommodation and messing will be provided and will be centralised for all personnel. **Personal bedding/sleeping bag, including a pillow, will be required.** Personnel should bring a sleeping bag if their course involves an overnight expedition. Students are encouraged to bring a small padlock for the lockers in the accommodation.

NB Personal mug/KFS are required for any courses involving an expedition phase.

19. Vegetarian and other special dietary requirements are to be annotated on the attendance confirmation form.
20. **The first meal will be 1800hrs Sat evening on arrival and the last meal (light breakfast) 0730hrs Sat morning of departure.**

DAILY ROUTINE

21. The daily routine at Tulloch is as follows:

0730 Breakfast, collect packed lunch and fill flask
0830 Student equipment check and depart training
1800 Return from training
1900 Evening meal
2000 Evening lectures and safety briefing

DS INSTRUCTORS

22. The following DS instructors will be employed for the winter course programme:

SWS1

Maj Kevin Edwards – Winter Climbing Foundation (WCF)
Mike Owen – WCF
Billy McIntosh – Winter Leader Progression (WLP)
Glyn Calland – WLP
Iain Gallagher – Winter Mountaineering Foundation (WMF)
Cath Davies – WMF

23. Advance Party – An advance CCAT team will depart Capel Curig 1000hrs 10 Feb 11. The advance team will be required to drive the 3 x minibuses from Capel Curig to Tulloch returning 26 Feb 11. The advance team will be as follows:

Maj Kevin Edwards
Rick Wood
Billy McIntosh
Mike Owen – own transport

24. Freelance Contract – The DS instructors are required to complete and return the enclosed freelance instructor contract. The terms of the contract are for full days, all hours worked and no travel costs. There is no cost for accommodation and messing. The instructors will be accommodated in the private Tulloch Station Bunkhouse.

25. Administration Support – WO2 Rick Wood, CCAT RQMS, will provide administration support for the winter mountain course programme.

COURSE RESULTS

26. On successful completion of your course, you will be presented with a CCAT course certificate and brassard badge (cadets only).

BTEC AND DofE AWARD ENDORSEMENT

27. Students seeking endorsement for the BTEC and/or Gold DofE residential elements are to present their logbooks/course workbooks to the Centre Manager at the arrival brief.

DISCIPLINE

28. All students are reminded that high standards of behaviour are expected at the Centre. Serious or repeated breaches of discipline will result in the individual being sent home, and excluded from attending further courses at CCAT

SUMMARY

29. **As a final reminder, if you are unable to travel or attend the course it is essential that you inform, by telephone or email, HQ CCAT IMMEDIATELY. Failure to do so will result in your personal contribution being forfeited and a letter sent to your County/Contingent. You are now to complete the course attendance confirmation form to be sent to HQ CCAT by COP Mon 9 Jan 12.**

30. Further information and enquiries regarding the administration of the course are to be directed in the first instance to the Mr Dave Rees, HQ CCAT, Capel Curig Training Camp.

31. We look forward to seeing you on the arrival date.

D Rees
CEO
CCAT

Annexes:

- A. Equipment list.
- B. Travel Directions.

Enclosures:

- 1. Nominal Roll.
- 2. Arrival, NOK, Medical and Consent Form.
- 3. Freelance Contract.

Distribution:

Action:

All Students
DS Instructors

Information:

CCAT Website
WESTMINSTER

CCAT Course Candidates

Course Title SWS1
Location Tulloch TC
Dates 11-18 February 12

Course Name	Role	Rank	Surname	Firstname	Unit	Cty / Dist	Type	Gender
Winter Climbing Proficiency (WCP)	Student	SMI	MOFFETT	Paul	Kingsway	Derbyshire ACF (Mercian Regiment)	Adult	Male
Winter Climbing Proficiency (WCP)	Student		PLEASANT S	Ben	CCAT External Instructors and students	<- CCAT External Instructors and students	Adult	Male
Winter Climbing Proficiency (WCP)	Student	CF4	WYLIE	Jonathan	SUFFOLK BN ACF	SUFFOLK BN ACF	Adult	Male
Winter Climbing Proficiency (WCP)	Student	Cdt Sgt	WISEMAN	Fraser	Army Section - Kelvinside Academy CCF	CCF - 51 Bde	Cadet	Male
Winter Mountain Leader Progression (WLP)	Student	SSI	CRANE	David	Army Section - Brentwood School CCF	CCF - 49 Bde	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	LT	ECKTON	Andy	Army Section - Brentwood School CCF	CCF - 49 Bde	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	WO2	HOPE	George	Army Section - Treorchy School CCF	CCF - 160 Bde	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	Capt	MCGOWAN	Martin	Army Section - Brentwood School CCF	CCF - 49 Bde	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	SSI	MURRAY	Scott	Minehead	SOMERSET CADET BN THE RIFLES ACF	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	Capt	RHIND	Stephen	C Coy	SUFFOLK BN ACF	Adult	Male
Winter Mountain Leader Progression (WLP)	Student	SMI	SHELLEY	Stephen	Gibraltar Coy	SOMERSET CADET BN THE RIFLES ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	SI	BAKER	Paul	6 Crawley PI	SUSSEX ACF	Adult	Male

Course Name	Role	Rank	Surname	Firstname	Unit	Cty / Dist	Type	Gender
Winter Mountain Proficiency (WMP)	Student	Capt	HALE	Jon	Army Section - Victoria College CCF	CCF - 43 Bde	Adult	Male
Winter Mountain Proficiency (WMP)	Student	SSI	HALLETT	Laurence Edwin	GREATER MANCHESTER ACF	GREATER MANCHESTER ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	2Lt	MANSFIELD	Chris	Banstead	SURREY (PWRR BN) ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	SI	MCGOWAN	Paul	Yorktown	SURREY (PWRR BN) ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	2Lt	NEW	Simon	Brecon	Gwent & Powys ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	2Lt	PASS	Jon	Army Section - Brighton College CCF	CCF - 2 Bde	Adult	Male
Winter Mountain Proficiency (WMP)	Student	SI	PETER-BUDGE	Gary	Doniford	SOMERSET CADET BN THE RIFLES ACF	Adult	Male
Winter Mountain Proficiency (WMP)	Student	Capt	RONDEL	Chris	Army Section - Victoria College CCF	CCF - 43 Bde	Adult	Male
Winter Mountain Proficiency (WMP)	Student	LT	SEFTON	Alison	Felsted School CCF	CCF - 49 Bde	Adult	Female
Winter Mountain Proficiency (WMP)	Student	Cdt	MCBROOM	Conan	Army Section - Welbeck Defence Sixth Form College CCF	CCF - 49 Bde	Cadet	Male

COURSE ATTENDANCE CONFIRMATION FORM SWS1

Return immediately to: Course Administration, HQ CCAT
Capel Curig Training Camp, Betws-y-Coed, Conwy, LL24 0DS by **COP 9 Jan 12**
Attach a copy of Annex A-Equipment List

FULL NAME RANK AGE.....

COUNTY/CONTINGENT.....

HOME ADDRESS

.....

TELEPHONE (Mobile)(E-Mail).....

TRAVEL

I will arrive by *car / train at hrs on Sat.

EMERGENCY CONTACT

In case of emergency during the course the following person can be contacted.

NAME RELATIONSHIP

ADDRESS (If different from above)

.....

TELEPHONE (Daytime) (Mobile).....

MEDICAL and CONSENT
To be completed by the candidate

The activities undertaken during this course are physically demanding. They are carried out in accordance with current safety regulations however an element of risk is always present.

I understand that the activities are physically demanding and carry an inherent risk, and that as far as I am aware there is no reason why I am unable to participate fully in these activities. Photographs may be taken for internal publicity. I *do/do not give permission for any photographs to be published. Cadets are to confirm that they are **16 years or over**.

Signed Name

If your son/daughter/ward suffers from any ailments requiring medication, please give details below

Ailment

Medication

Special dietary requirements

* delete as required

EQUIPMENT LIST FOR THE WINTER MOUNTAINEERING COURSES (ATTACH TO ENCLOSURE 1)

<u>Personal Kit (you provide)</u>	<u>Available for issue (we provide)</u>
<ul style="list-style-type: none"> • 2 thick bin liners – rucksack liners • Plastic packed lunch box • Money • Casual clothing for evening wear • Wicking Base layer • Mid layer fleece top and trousers • KFS, mug, plastic plate (expedition) • Notebook and pen • Padlock and key • Personal first aid kit (including compeed blister kit), sun screen F30 and medication • Sleeping bag and pillow • Sun hat and mountain hat • Mountain gloves and a pr thinner contact gloves • T Shirts for 5 days • Towel, wash-kit and toiletries • Trainers • Underwear for 5 days • Winter Mountain Boots (essential) • Mountain socks • Mountaineering trousers (not jeans & not DPM) • Flask • water bottle • Compass in degrees • Whistle 	<p data-bbox="730 309 1326 367">NB. Please tick (✓) what you require. If you have your own kit from this list please bring it with you.</p> <ul style="list-style-type: none"> • Expedition Rucksack 60 – 80 litres • Rucksack liner 80 litre • Sleeping mat • Bivi bag • Trangia stove & fuel bottle • Waterproof Jacket – enter size *S / M / L / XL • Waterproof Trousers - enter size *S / M / L / XL • Gaiters • Map Case • Compass & whistle • Mountain gloves • Mountain hat • Daysack 40 litres • Head torch and spare batteries • Ice axe • Crampons • Snow shovel • Avalanche probe • Avalanche transceiver <p data-bbox="730 1106 1230 1196">The WMF course may include a 1-night expedition depending on the prevailing weather conditions.</p> <p data-bbox="730 1227 962 1256">WCF Course Only</p> <ul style="list-style-type: none"> • Climbing helmet • Harness • Climbing ice axe and hammer <p data-bbox="730 1386 962 1415">Group Equipment</p> <ul style="list-style-type: none"> • Emergency shelter (8-12 person) • First Aid kit (group) • Maps • Snow shovel • Avalanche probe • Technical ice climbing equipment and ropes

Mountaineering Boots. A robust pair of B2 or B3 category winter mountaineering boots is essential for the winter mountain courses. **CCAT has a minimal size range of B2 boots and you will not be able to participate in the course if you do not have appropriate boots!! The winter climbers require B3 boots**

NB. Winter mountaineering boots are available for hire from a local store in Fort William however this will be at a personal cost.

Baselayer (Thermals). Made from polyester or polypropylene inner layer wicking fabrics. **DO NOT WEAR ANY COTTON ITEMS – WOOL OR POLYESTER ITEMS ONLY!**

Mid-Layer (Thin and Thick Fleeces). Think 'layering' several thinner layers rather than one thick layer/heavy layer. For a top layer the main choices are a heavier fleece or nylon/pertex covered fleeces worn under a waterproof jacket in wet weather.

Socks: Woolen based loop stitch socks are best – buy the best that you can afford.

TRAVEL INSTRUCTIONS FOR TULLOCH, SCOTLAND WINTER COURSES

Introduction.

1. The CCAT winter courses will be based at Tulloch Centre, Scotland.

Location and Address.

2. The Camp is situated between Spean Bridge and Newtonmore.

3. The address for Tulloch is:

Tulloch Mountain Training Centre
Roy Bridge
Inverness-Shire
PH31 4AR

4. There is permanent staff at HQ CCAT Mon-Fri 0900-1630hrs. The contact details for enquiries are below:

- a. General enquiries on bookings:

Mr David Rees

Tel: 01690 720308

Fax: 01690 720282

Email: dave.rees@ccat-hq.com

- b. Arrival times – Centre Manager – Major Kevin Edwards
Mob: 07920 545608 (when in signal range)

Travel Instructions

By road:

5. From Sterling travel north on the A9 for approximately 83miles to the junction with the A889 at Dalwhinnie. Take the A889 for 10 miles heading for Drumgask and the A86. At the junction with A86 turn Left heading for Fort William. After 20 miles turn left sign posted Tulloch Station (look out for the phone box). Tulloch Mountain Training Centre is located 50m past the train station on the left.

By train:

6. The nearest main line rail station is Tulloch on the main Scotrail west coast line. It is 2 minute walk to the centre.

Sat 11 Feb depart Glasgow 1821hrs arrive Tulloch 2135hrs

Sat 18 Feb depart Tulloch 0813hrs arrive Glasgow 1130hrs

Location

