

CADET CENTRE FOR ADVENTUROUS TRAINING (CCAT)
WINTER MOUNTAIN FOUNDATION (WMF) 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, conduct, course aims 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 – avalanche transceiver test procedure, walking skills, ice axe arrest and crampon skills 1800hrs return		1900hrs Evening meal	2000hrs <ul style="list-style-type: none"> CCAT Aims of 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"> Mountain day – avalanche transceiver test, movement over varying terrain, snow and rock anchors, bucket seat, belay techniques, winter emergency rope skills in ascent and descent, stomper belay Snow pit analysis, walking rutsch block test, avalanche search, probe and shovel Emergency shelters 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 0900hrs – Issue expedition equipment. Stove check. <ul style="list-style-type: none"> Mountain day – avalanche transceiver test, winter mountain navigation 1800hrs return		1900hrs Evening meal	2000hrs – Daily review <ul style="list-style-type: none"> Emergency shelters and snow hole presentation Student weather, avalanche risk, safety brief, equipment check
WED	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment 0900hrs – Issue expedition equipment. Stove check. <ul style="list-style-type: none"> Mountain day – avalanche transceiver test, winter mountain 		1900hrs Evening meal	2000hrs <ul style="list-style-type: none"> Student weather, avalanche risk, safety brief, equipment check Issue expedition food

		navigation		<ul style="list-style-type: none"> • Rucksack packing • Expedition planning and route cards • Snow hole etiquette and hygiene discussion • Expedition preparation
THU	0730hrs Break - fast	0815hrs – Instructor briefing 0830hrs – Daily risk assessment 0900hrs – Issue fuel <ul style="list-style-type: none"> • Expedition and overnight snow hole or bothy 		
FRI	<ul style="list-style-type: none"> • Expedition 	1600hrs - Expedition 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	0700hrs depart		