

WEEKEND 2 TIMETABLE

Friday

1500	Advance Party take over camp.
2000 onwards	Arrival – check in, accommodation
2100	Arrival brief, sort teams. Event Brief
2230	Lights Out

Saturday

0700	Reveille
0730	Breakfast
0815	Lecture period starts
1215	Lunch
1315	Depart for external exercises
1615	Return from external exercises.
1730	Evening meal
1830	Brief
1845	Route preparation
1915	Team Building
2015	Free period
2230	Lights out

Sunday

0600	Reveille
0730	Breakfast
0830	Start training walk
1500	End walk
1530	Departure

Okehampton Training Weekend – Feb 2007

Training Assignments

Lecture		Time	Content	Personnel.
Event Brief	Fri	15 mins	Brief overview of events coming up. Brief trainees on the training programme & its objectives Event rules & regulations Introduce Staff	Kevin Hemsil
Equipment	Sat	45 mins	What you need Issue wing kit if required Load packing & carrying Issue tick lists	Team instructors
Team 1	Sat	30 mins	Ice breaking session Hand out Briefing sheets	Team instructors
Team Building	Sat	As req	Fun & Games!	
Campcraft	Sat	45 mins	Rucksack packing & weight Choosing positions for camping Drinking & water Hygiene	TW
On moor	Sat		<i>Practical outdoor exercise</i> Demonstrate tent erecting & packing Team erections Demonstration of cookers (Suggest make hot drinks)	Team instructors
Safety	Sat	45 mins	Prior preparations Plan of action Safety equipment care & use. Survival bags Helicopter procedures River crossing Emergency rations	Kevin Hemsil
Stove Training	Sat	45 mins	Safety, fuel carrying, storage, stove handling hazards	Phil Newcombe
Navigation	Sat	30 mins	Route cards Compassess	Ken Parker
Navigation 45	Sat	30 mins	Route planning	Team instructors
Route Planning	Sat		Demonstrate route card completion for next day's walk Choosing routes, easiest ways Naismiths Escape routes Long legs & resting	Team instructors
Stove Check	Sun		Check competance and sigh off	Tony Windo
First Aid	Sun		Basic First Aid Ticks Feet care Personal hygiene Practical	Phil Newcombe
Risk	Sun			Kevin Hemsil

Lecture Timetable

Team				A/B
0730	Breakfast			
08:15	Team / Ice breaker			
08:30	Kit check	Stove	Campcraft	Safety
08:45	Kit check	Stove	Campcraft	Safety
09:00	Kit check	Stove	Campcraft	Safety
09:15	Safety	Kit check	Stove	Nav 45
09:30	Safety	Kit check	Stove	Nav 45
09:45	Safety	Kit check	Stove	Nav 45
10:00	Nav	Campcraft	Kit check	Stove
10:15	Nav	Campcraft	Kit check	Stove
10:30	Nav	Campcraft	Kit check	Stove
10:45	Stove	Nav	Safety	Kit check
11:00	Stove	Nav	Safety	Kit check
11:15	Stove	Nav	Safety	Kit check
11:30	Campcraft	Safety	Nav	
11:45	Campcraft	Safety	Nav	
12:00	Campcraft	Safety	Nav	
12:15	Lunch			
12:30	Depart	Depart	Depart	Depart
16:15	Return	Return	Return	Return
17:30	Evening Meal			
18:30	Brief			
18:45	Route prep			
19:15	Team Building / Safety A&B			
20:15	TM Discretion			
22:30	Lights Out			

Notes –

- External activities to be managed by Team instructors, to include consolidation of lectures, and campcraft, tent erection stoves, cooking etc.
- Route cards to be produced for next day's walk in evening session, aided by Team instructors.

Weekend 2 Training Weekend

Sunday Timetable

				A B
0630	Reveille			
0700	Breakfast			Depart from camp
0800	First Aid	Stove Check	Safety 2	
0815	First Aid	Stove Check	Safety 2	
0830	First Aid	Stove Check	Safety 2	
0845	Safety 2	First Aid	Stove Check	
0900	Safety 2	First Aid	Stove Check	
0915	Safety 2	First Aid	Stove Check	
0930	Stove Check	Safety 2	First Aid	
0945	Stove Check	Safety 2	First Aid	
1000	Stove Check	Safety 2	First Aid	
1015	Depart from camp			
1530	Return to camp			
1600	Depart			