


Day 2

Start Time	Activity	Duration	Theory/Practical
08:30	Meet at training Location	00:15	Practical ↓
08:45	Equipment for high angle rescue	00:30	
09:15	Safety on steep ground	00:45	
10:00	Break	00:15	
10:15	Accending and decending fixed ropes	01:45	
12:00	Lunch	00:45	
12:45	Lowering and raising	00:45	
13:30	Lowering and raising over an edge	01:00	
14:30	Break until evening		
18:00	Meet at training Location / Change	00:30	
18:30	Night Skills - swimming in stong current	00:45	
19:15	Tension Diagonal	00:45	
20:00	Break	00:15	
20:15	Night Skills - swimming in stong current	00:45	
21:00	Night Skills - Throwbag Training	00:30	
21:30	Break	00:15	
21:45	Search Exercise	00:45	
22:30	Finished for the day		



Day 3

Start Time	Activity	Duration	Theory/Practical
09:30	Evaluation of Search Exercise	00:10	Practical 
09:40	Size up of rescue situations	00:30	
10:10	Break	00:10	
10:20	Complex MA system Theory	00:45	
11:05	Break	00:10	
11:15	Highline system Theory	00:45	
12:00	Lunch	00:45	
12:45	Drive to working area / Change	00:30	
13:15	Knots in rope systems	00:45	
14:00	2 & 4 Point Boat Systems Review	00:45	
14:45	Tension Diagonal with boat	00:45	
15:30	Break	00:15	
15:45	Highline with boat	01:15	
17:00	Change / Drive back	00:30	
17:30	Summery of the day & Questions	00:30	
18:00	Finished for the day		



Day 4

Start Time	Activity	Duration	Theory/Practical
09:00	Meet at training Location	00:15	Practical ↓
09:15	High Re-directionals	00:15	
09:30	Knots in Vertical Rope Systems	00:45	
10:15	Break	00:15	
10:30	Lowering and raising with a stretcher	01:30	
12:00	Lunch	00:45	
12:45	Rescue Scenario	03:30	
16:15	Change / Drive back	00:30	
16:45	Written Test	00:30	
17:00	Paperwork	00:15	
17:30	Summery of the Course & Questions	00:30	
18:00	End of Course		

