

	Day 1	Day 2	
0845-0900	Introduction	Recap of day one	
0900-0915	Lesson 1 – Intro to Equipment		
0915-0930			
0930-0945			Lesson 2 – Discussion on Rigging & Hauling
0945-1000			
1000-1015			
1015-1030	Break	Break	
1030-1045	Lesson 3 – Practical session on Rigging & Hauling	Lesson 8 – Practical session on Rescuing stricken casualty from their chest ascender	
1045-1100			
1100-1115			
1115-1130			
1130-1145			Lesson 4 – Practical session on Cross Haul
1145-1200			
1200-1215			
1215-1230			
1230-1245	Lunch		Lunch
1245-1300			
1300-1315	Lesson 5 – Practical session on Tension line rescue	Practical Assessment.	
1315-1330			
1330-1345			
1345-1400			
1400-1415			
1415-1430			
1430-1445			
1445-1500			Break
1500-1515	Lesson 6 – Practice session with Q&A for skills improvement.	Break	
1515-1530			
1530-1545		Written assessment	
1545-1600			
1600-1615			End of Course Evaluation