

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 – 9.30	Morning extended care				
9.30 – 12.30	Fugitive Briefing NO TRAINING, NO PREP: HOW WOULD YOU FARE ON THE RUN? <ul style="list-style-type: none"> Team trials Pulling off a successful evasion: key principles PRINCIPLE 1: PERSONAL PROTECTION <ul style="list-style-type: none"> Invisible shelters Smokeless fire lighting 	Fugitive Briefing TRAINING LEVEL 3 <ul style="list-style-type: none"> Nightline and Observation game Navigation training Masterclass in fire lighting 	Mission Brief & Security Report Day 3 TRAINING LEVEL 5 <ul style="list-style-type: none"> Fitness exercises Whittling & weapon making Fire lighting bread-making and cooking on the fire 	LIVE GAME STARTS Game Briefing Final prep CHALLENGE 1 <ul style="list-style-type: none"> Hide from insurgent Complete recce performance 	LIVE GAME CONTINUES Game Briefing Final prep Security Report CHALLENGE 4 <ul style="list-style-type: none"> Crack the code Target practice
12.30 – 13.30	Lunch break				
13.30 – 16.00	PRINCIPLE 2 AVOIDING HUNGER & THIRST <ul style="list-style-type: none"> Survival foods: effective foraging Finding drinking water PRINCIPLE 3 self aid & mental resilience <ul style="list-style-type: none"> Casualty simulation Resilience training 	TRAINING LEVEL 3 (cont.) <ul style="list-style-type: none"> Cook your own pasta dish on the fire TRAINING LEVEL 4 <ul style="list-style-type: none"> Medic Training Training Day 2 Debrief	TRAINING LEVEL 6 <ul style="list-style-type: none"> Signal training Camouflage training Escape and evade Training Day 3 Debrief Ready for the Live Game?	CHALLENGE 2 <ul style="list-style-type: none"> Recover bag Recover casualty CHALLENGE 3 <ul style="list-style-type: none"> Army signals Live Game Day 1 Debrief	CHALLENGE 5 <ul style="list-style-type: none"> Locate and Ignite Signal Fire Rescue Live Game Day 2 Debrief Graduation and Certificates
16.00 – 18.00	Afternoon extended care				

