

OFFICER



Week 1 Leader Training

Reception Day

Basics of leadership
Leading exercise
Learning teamwork
First aid, navigation
Physical training
English instruction

SCOUT



Week 2 Development

Your role as a leader
Model leader behaviors
Effective motivation
Training in physical skills
English instruction

Half day with SCOUTs

Week 1 Leader Training

R

Basic skills, uniform, drill
Physical training
Wildlife, fire building, sports
First aid
English instruction

CADET



Week 3 Adventure Training

Hiking, repelling,
canoeing, LRC,
Obstacle course
Final exercise, air rifle
English instruction

Half day with CADETs

Week 2 Skills Training

R

Rope tying and rope bridges
Swimming, drill and ceremonies
Night terrain walk
English instruction

Week 1 Leader Training

R

Basic skills, uniform, drill
Physical training
Obstacle course, sports,
First aid, swimming
English instruction

Culture

3 days of
excursions

Week 3 Adventure Training

R

Hiking, repelling,
water safety, canoe
Obstacle course
Final exercise
English instruction

Week 2 Challenge Training

R

Field Leader Reaction Course
Road march with pack, field skills
Swimming, water safety, land
navigation, competitive sports
English instruction
Half day with SCOUTs

Culture

3 days of
excursions

Week 3 Adventure Training

R

Rope tying,
Repelling, canoe
Rope bridging - wet
Air rifle, final exam
English instruction

Culture

3 days of
excursions