



## Police Cadets Training Weekend Programme

Programme for the weekend

### Saturday

- 10 am Meet at Copt Oak
- 11.30 am Arrive at Campsite
- Noon Packed Lunch
- 1 pm Put tents up and get them ready for Sleeping
- 2 pm Essential First Aid Recap & Health & Safety
- 3 pm Team Building
- 4 pm Stoves and Cuppa Time
- 5 pm Expedition Food & Dinner
- 6.30 pm Questions
- 7 pm Rest and maybe a fire

### Sunday

- 8 am Rise and Breakfast
- 9 am Strike Camp and Pack away
- 10 am Home Time