Day one	Day two		Day three		Day four		Day five
Arrival	Sea Survival Intro.	K	Keel	Deck work	Chart work	Radio Techniques	Cowes walk
Welcomes Skills for Life Team building and team orientation exercises Outdoor boat yard	Pool and yard session Focus on an understanding of techniques required for survival at sea and ashore. Radio Techniques Chart	essions Aformal Ristanding Crange Sage Fred for Brand at sea shore.	Practical Ifloat Rigging Frew work ail settings Boat controls Check work	Theory and practical Knots Lashings Rigging a double hander Keel	Basic plotting Basic nav Chart vs. Maps Treasure hunt setup Sea Survival Int		Departure Cortificates and colobration
	based Basic n Chart v Radio use and	nav p vs. Maps K ure hunt La	Theory and practical Knots Lashings Rigging a Houble hander	Practical Afloat Rigging Crew work Sail settings Boat controls	Practical group B PST sessions Focus on an understanding of techniques required for survival at sea and ashore.	Pool and yard session Focus on an understanding of techniques required for survival at sea and ashore.	Certificates and celebration of success Skills for Life Sea.Change Presentation
Sports hallClimbingArcheryVolleyball	Pool session Group A Water Polo Indoor Olympics Round Robins		Pool session Group B Water Polo Indoor Olympics Round Robins		Crabbing Movie night		uksa.org