

Warwickshire & Birmingham Wing Air Training Corps

Basic Expedition Training Award (BELA)

Course Programme

Introduction - Venue 492 Solihull Sqn

Monday 9 Jan 06

Time	Content	Instructor	Method /Remarks	Unit
Mon 9 Jan 06 1930 - 2200	Group briefing - introduction to BELA course tutors BELA PowerPoint presentation	Flt Lt Iles	Informal talk and discussion Q & A session & expectations	

Weekend One - Venue 492 Solihull Sqn

Saturday 28 Jan 06

Time	Content	Instructor	Method /Remarks	Unit
0900 - 0930	Admin and timetable for weekend	Flt Lt Iles	By CD	
0930 - 1130	Leadership & Party Management	Flt Lt Parsons	Followed by leadership exercise in groups	One
1130 - 1145	Break			
1145 - 1245	First Aid and Emergencies	CI Hart (H)	First Aid Instructor from Wing	Eight
1245 - 1345	Lunch			
1345 - 1445	Food for Expedition	Flt Lt Collins	Practical	Five
1445 - 1545	Planning & Preparation	Fg Off O'Neill	Risk Assessments Wing (practical exercises)	Three
1545 - 1600	Break			
1600 - 1800	Planning & Preparation	Flt Lt Bennett Flt Lt Iles	Lecture show examples used in Wing	Three
1800 - 1830	Round up of day	Flt Lt Iles	Any Questions / support time	

Weekend One - Venue 492 Solihull Sqn

Sunday 29 Jan 06

0900 - 1000	Navigation	Flt Lt Watson	Finding a Location	Five
1000 - 1030	Planning & Preparation guidelines for presentation	Flt Lt Parsons	Information that needs to be included	Three
1030 - 1045	Break			
1045 - 1215	Planning & Preparation	All Instructors	Planning time followed by group presentations	Three
1215 - 1315	Lunch			
1315 - 1415	Navigation	Fg Off O'Neill	Prepare a Route card Practical activity	Five
1515 - 1530	Break			
1530 - 1630	Navigation	Fg Off O'Neill	Looking at Routes to be used for Weekend Two (Sunday)	Five
1630 - 1800	Equipment	Flt Lt Watson	Show examples of kit to use	Six
1800 - 1830	Round up of day	Flt Lt Iles	Any Questions / support time	

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Weekend Two - Venue 492 Solihull Sqn

Saturday 25 Feb 06

Time	Content		Method /Remarks	Unit
0900 - 0930	Admin and timetable for weekend	Flt Lt Iles	By CD	
0930 - 1000	Instructional & Organisation	Flt Lt Iles	Duke of Edinburgh's Award	Two
1000 - 1030	Emergency Procedures	Fg Off O'Neill		Eight
1030 - 1045	Break			
1045 - 1145	Navigation	Fg Off O'Neill	Looking at Routes to be used for Weekend Three (Saturday)	Five
1145 - 1245	Lunch			
1245 - 1330	Fitness for Expedition	Flt Lt Iles	Your own fitness and others	Seven
1330 - 1415	Weather - useful sources of information		Contacts	Nine
		Flt Lt Parsons		
1415 - 1430	Break			
1430 - 1530	Conservation and Access	Flt Lt Parsons	Information	Four
1530 - 1730	Living out of Doors	Flt Lt Parsons	Candidates to bring examples of stoves/tents	Seven
1800 - 1830	Round up of day	Flt Lt Parsons	Any Questions / support time	

Weekend Two - Venue Clent Hills

Sunday 26 Feb 06

Time	Content		Method /Remarks	Unit
0900 - 0915	Arrival and meet	All Instructors		
0930 - 1300	Navigation work - map and compass work		Candidates divided into groups	Five
1300 - 1330	Lunch			
1330 - 1700	Navigation work - map and compass work Timings/pacings		Candidates divided into groups	Five
1700 - 1730	Debrief on day answer any problems re Elan Valley			

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Weekend Three - Venue Elan Valley Adv Trg Centre

Friday 24 Mar 06

Time	Content	Method /Remarks	Unit
1930 - 2000	Admin brief for weekend Flt Lt Iles	Any Questions	
2000 - 2130	Kit check for all candidates & Routes to be used Instructors	What should we have as Leaders in the hills?	Three
2130 - 2200	Route brief for the weekend Flt Lt Iles	safety issues & BELA Log books to be signed up	Five

Saturday 25 Mar 06

Time	Content	Method /Remarks	Unit
0900 - 0930	Briefing for the day and Emergency procedures each group with a leader Instructors	In groups map & navigation work with practical exercises	
0930 - 1700	All groups out on hills, following planned routes, candidates and leaders must all have emergency rations.	All groups meet for lunch as planned	Five
1700 - 1830	All groups to have returned, freshen up have evening meal.	Look at Day twos route	
1830 - 2000	Debrief from today's walk, prepare for following day's walk. Instructors	Individual feedback/group feedback	

Sunday 26 Mar 06

Time	Content	Method /Remarks	Unit
0900 - 0930	Briefing for the day and Emergency procedures each group with a Tutor Instructors	In groups map & navigation work with practical exercises	
0930 - 1400	All groups out on hills, following planned routes, candidates and leaders must all have emergency rations.	All groups meet for lunch as planned	Five
1400 - 1530	Debrief from today's walk, prepare for following day's walk.	Individual feedback/group feedback	
1530 - 1630	Briefing for final weekend at Earlswood Flt Lt Iles		

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ASSESSMENT WEEKEND

Weekend Four - Venue Earlswood

Saturday 6 May 06

Time	Content	Method /Remarks	Unit
0900 - 0915	Briefing for the weekend Flt Lt Iles	By CD	
0915 - 1530	Candidates in groups checking the route they will be using tomorrow with cadets. CD and Tutors to observe candidates.	CD and Tutors to meet at points along the way.	Five
1530 - 1700	Candidates to cook own evening meal.		Seven
1700 - 2030	Discussion with Course Director re hours to complete and future training	A more detailed presentation will be seen within the 30hours voluntary service.	Two
2030 -	Candidates own time	CD and Tutors available Signing of BELA Books	

Sunday 7 May 06

Time	Content	Method /Remarks	Unit
0900 - 0915	Briefing for the final day Flt Lt Iles	By CD	
0915 - 1415	Candidates to meet with cadets, divided into groups for days walk. CD and Tutors to observe	Candidates to feedback their thoughts about the course.	Five
1415 - 1615	CD to feedback to candidates and arrange dates for visit to observe presentations at squadrons.	Individuals can feedback about course.	

Time	Content	Instructor	Method /Remarks	Unit
Mon15 May06 1930 - 2200	Feedback about the course, questionnaires finished. All books signed hours confirmed Flt Lt Iles		Feedback to candidates about the course	

Candidates will complete their required hours of Community Service at their own Squadron's and other training ventures. The Course Director will arrange to visit to give support and guidance.

First Aid Course one day appointed persons will be arranged during course.