



	<b>Radios</b> (Do they know how to use a radio) Grid Refs (can they read a map) <b>Medical (Self Heal)</b> <b>Fire and Movement</b> (explain or demo) <b>Marksman Test</b> (10 Targets 2 Shots on each)	2 - 10 mins 2 - 15 mins 5 - 15 mins 5 - 15 mins 10 mins	<b>Radios</b> (Do they know how to use a radio) Grid Refs (can they read a map) <b>Medical (Self Heal)</b> <b>Their Responsibilities (Their job)</b> How to maintain the aircraft (How do it) 10 mins	2 - 10 mins 2 - 15 mins 5 - 15 mins 5 - 15 mins 10 mins			
	<b>Progression Training</b>	Total 4 hours ish	<b>SAS Progression Training</b>	Total 6 hours ish	<b>SBS Progression Training</b>	Total 6 hours ish	
	<b>Basic COB.</b> (Train them in how we do it) - L Shape - T Shape - Cross Roads - Hallways - Room Clearance - Stairs - Use of 2 bangs	60 mins	<b>Advanced COB.</b> - L Shapes, T Shapes, Etc... - Room Clearance - Breaching - Adv Urban - Room Assualts - SSE - HVT Searches	2x 60 mins	<b>Advanced COB.</b> - L Shapes, T Shapes, Etc... - Room Clearance - Breaching - Adv Urban - Room Assualts - SSE - HVT Searches	2x 60 mins	
	<b>Static Line Parachuting</b> - What kit they need - Backpack on chest - Getting bearings on LZ - Where to meet up	60 mins	<b>SF Parachuting</b> - What Kit - HALO - HHAO - Jumping with Vehicles/ Boats - Creating LZ and HLS	60 mins	<b>SF Parachuting</b> - What Kit - HALO - HHAO - Jumping with Vehicles/ Boats	60 mins	
	<b>CBRN</b> - What to carry - How to use it - Identifying different Chemicals - Sealing Leaks (Objects and Own kit)	30 mins	<b>Demolition</b> - Use of Charges - What charge to use - Covert work	30 mins	<b>Demolition</b> - Use of Charges - What charge to use - Covert work	30 mins	
	<b>Medics</b> - Self Care - Aiding others - CPERS	30 mins	<b>Counter Terrorism</b> - QRF - pre-emptive hits - Predicting Enemy movement	60 mins	<b>Counter Terrorism</b> - QRF - pre-emptive hits - Predicting Enemy movement	60 mins	
	<b>Anti Tank Weapons</b> - Light AT (M72 and NLAW) - Heavy AT (Javelin) - Understanding What Kills What	30 mins	<b>Ambushes</b> - Standard - L shape - Swap	30 mins	<b>Ambushes</b> - Standard - L shape - Swap	30 mins	
	<b>Crew Served Weapons</b> - How to build a position - Setting up the Weapons - Use of .50cals/ GMG/ TOW missiles	30 mins	<b>Team Medic Training</b> - Advance First aid - Self care - Stabilising Others	60 mins	<b>Team Medic Training</b> - Advance First aid - Self care - Stabilising Others	60 mins	
					<b>SF Diving</b> - Diving theory - Shore Diving - Deep Diving - SDVs	60 mins	