

Neath Port Talbot Open Gold Centre

Training Programme 2023/24

Training Evenings Venue: Youth Wing, Llangatwg Community School

<i>Date</i>	<i>Time</i>	<i>Activity</i>
Wednesday 18 th Oct	6.15pm-8pm	Parents and participant information evening
Wednesday 25 th Oct	6.15pm-8pm	Enrolment & kit purchase
Wednesday 8 th Nov	6.15pm-8pm	Navigation/Route Planning
Sunday 19 th Nov	8.15am	Day Walk (Brecon Beacons)
Wednesday 6 th Dec	6.15pm-8pm	Hazards & emergency procedures/route planning
Sunday 10 th Dec	8.15am	Day Walk (Brecon Beacons)
Wednesday 17 th Jan	5.45pm-8pm	First Aid/Route Planning
Sunday 21 st Jan	8.15am	Day Walk (Brecon Beacons)
Wednesday 21 st Feb	6.15pm-8pm	Campcraft/Equipment/Route Planning
Sunday 25 th Feb	8.15am	Day Walk (Brecon Beacons)
Wed 13 th March	6.15pm-8pm	Expedition food/Trangias/Route Planning
Sun 17 th March	8.15am	Day Walk (Brecon Beacons)
Wednesday 17 th April	6.15pm-8pm	Pre – expedition check. (bring all your equipment and dry food for the exped) & Route Planning
Evening of Friday 19 th April – Sunday 21 st April (2 nights camping)	Meet at 6pm on the 19 th return approx 4pm on 21 st April	Practice expedition (Brecon Beacons)
Wednesday 8 th May	6.15pm-8pm	Expedition & Practice Exped route planning
Wed 26 th June	6.15pm-8pm	Expedition route planning
Evening of Friday 28 th June – Sunday 30 th (2 nights camping)	Meet at 6pm on 28 th return approx 4pm on 30 th	Practice expedition (Brecon Beacons)
Wednesday 17 th July	6.15pm-8pm	Pre-Ex check, bring all your kit and food, and emergency procedures refresher/presentation planning.
Friday 19 th until Tue 23 rd July Groups	Meet at Llangatwg at 6pm on the 19 th , return approx 6pm on the 23 rd .	Final expedition Brecon Beacons (one night before expedition to ensure early start next day, then four days and three nights Expedition (Brecon Beacons)

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