

1. Our emphasis is always on safety – for you, your passengers and your vehicle
2. All training is conducted in safe and controlled environment
3. You should not incur any vehicle damage if you remain in the tracks and listen/watch the instructor who is always on hand to assist/advise
4. All questions are welcome

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| 08h30 for 09h00 | Arrival and registration (tea, coffee) |
| Theory | |
| Basics and safety | |
| <ul style="list-style-type: none">• What to do you when you are stuck• How to approach your situation without blind panic• Burns, lacerations, bee-stings – what to do | |
| Discussions and demonstrations | |
| <ul style="list-style-type: none">• Air jacks• Hi lift jacks• Tyres and their pressures• Your experiences | |
| Recovery (after a quick re-familiarisation drive) | |
| <ul style="list-style-type: none">• Recovery straps – pull, snatch, kinetic, bridles, etc. – use and care• Winches - use and care• Discussing your kit | |

The above itinerary is guide only and times may vary

As usual, we will supply fires, so bring meat and refreshments if you wish to braai after the training.