

**Training Diary Issue 12 - 13/09/10 -
For October - December 2010**

**OCHILS MOUNTAIN RESCUE TEAM - TRAINING &
EXERCISE**

DATE	WHAT?	WHEN & WHERE?	NOTES	TRAINEE PROGRAMME
06 / 10	First Aid Stances	1900hrs @	<i>ochils' (docs) paul & musk</i> will be leading this work	
10 / 10	Familiarisation & Ex. in Upper Bannock Burn / Sauchieburn Crag	0900hrs @ The Post	Meeting point after travel from Post GR: NS756902 (on Polmaise Rd. heading from C/barron to North Third Res.)	
03 / 11	'Night Entertainment'	1900hrs	Cocksburn Wood Carpark @ NS815987	
SAT 13 / 11	CSMRG-Killin	tba		
01 / 12	Ex. Miner Affair	1900hrs @ the Post		
05 / 12	Rigging For Rescue	0900hrs @ The Post	Personal and Stretcher rope work Inc; feedback from course attended by <i>ochils johnmac</i> and <i>gary</i>	