



RGS-IBG Course Notes



1.0 Introduction

This is a two day course in association with the RGS-IBG. Day 1 is spent learning about the vehicles and developing the delegates driving skills. Day 2 further develops the delegates driving skills and introduces the use of recovery ropes. In the afternoon delegates have a choice of further driving, a demonstration of winching techniques or high lift jack use. Wherever applicable, reference should be made to Series type vehicles.

1.1 Course Aim

To provide members of the RGS-IBG with some of the skills necessary to enable them to undertake vehicle based expeditions in remote areas and/or poor conditions.

1.1.1 Course Objectives

Delegates will be able to:

- Understand basic 4x4 vehicle systems
- Carry out daily vehicle checks
- Demonstrate safe off road driving skills
- Dynamically risk assess. Prior to driving a route, determine if it is safe to do so and identify the correct driving procedure
- Outline the benefits of driving in convoy and convoy procedures
- Understand how to safely utilise recovery ropes
- Appreciate how to use a winch safely (Day 2 option)
- Safely operate a high lift jack (Day 2 option)

2.0 Day 1

Day 1 will generally follow the Level 1 Course Notes

2.1 Presentation

Following the Level 1 course notes, delegates will be given the Level 1 presentation. Delegates should be encouraged to ask questions at the end of the session.

2.2 Short Comfort Break

Give the delegates a short comfort break prior to moving outside to the vehicles.

2.3 Vehicle Walkround

The Level 1 vehicle walkround should be covered going into more depth on the following areas:

- Daily checks
- The importance of checking for brake pad wear, fluid leaks and methods of ensuring cooling packs stay clear
- Weight distribution and centre of gravity
- Recovery equipment, survival equipment and back up

2.4 Vehicle Interior

Vehicle interior should be explained as per Level 1.



2.5 Demonstration Drive

Refer to Level 1 course notes.

2.6 Delegate Drive

Follow the Level 1 course notes, but where possible make it more progressive. Where appropriate, Level 2 techniques should be introduced. Safety MUST NOT be compromised by the introduction of Level 2 techniques. Delegates should be prompted to independent stage on basic obstacles by the end of the day.

2.7 Vehicle wash

Delegates must be shown how to operate the pressure wash and how to carry out post off road checks on the vehicles. Delegates must be supervised at all times while using the wash facility. (Refer to Wash Bay Notes)

On return to the Bothy, tea/coffee should be offered along with a verbal debrief. Ascertain what activity the delegates would like to undertake during the afternoon of Day 2.

3.0 Day 2 am

On Day 2 the delegates will drive from the start. There is no demonstration drive. The 3 vehicles should work as a team to demonstrate good convoy procedure.

3.1 Convoy Driving

Instructors should give guidance on the benefits of convoy driving and the correct procedure. (See Generic course notes or Team Leader Course Notes).

3.2 Driving

Where delegate ability allows, instruction should be on Level 2 techniques. Appropriate routes should be selected to test the delegates' skill. A suitable track should be chosen to carry out an on foot recce. (Ravine, American Dips etc)

3.3 Recce

Delegates should be walked through a more challenging area and prompted to come up with a plan for driving that section, or deciding not to drive it. The Instructors role is to help the delegates weigh up their options and to guide them to the correct course of action for that track.

3.4 Rope Recovery

As a team exercise, delegates should either be shown how to extract a vehicle from ruts using a rope or how to recover a vehicle by towing. Marshalling signals should be demonstrated and practiced.

4.0 Day 2 pm

During the afternoon the Instructors must be as flexible as possible in meeting the delegates' choice of activity. Ideally the groups would divide by 3, but this may not always be the case. Every effort should be made to cover whatever activity each delegate decides upon.

4.1 Advanced Driving

Depending on how many cars undertake this activity and delegate ability, more challenging terrain should be tackled with an emphasis on Level 2 techniques.



4.2 High Lift Jack

Follow High Lift Jack Course Notes

4.3 Winching Demonstration

It MUST be made clear to the delegates that this is a demonstration only of safe winching practices. In no way does it confer on them any qualification to handle a winch or winch equipment.

A demonstration of a straight line pull and a double line pull should be given. Reference should be made to:

- Inspecting the winch rope
- Identifying the component parts of a winch kit and their uses
- Protection of the environment
- Calculating the load on a winch
- Load Distribution
- Winch team work including the use of hand signals

5.0 End of Course

All groups meet at The Bothy for tea/coffee and presentation of certificates of attendance.