

# Exmoor Search and Rescue Training Day with CSW Team

Challenge South West has always been a club willing to pass on our expertise and knowledge and so when the opportunity arose to do just that with the Exmoor Search and Rescue Team we jumped at the chance.

The venue for the day was the off road training course at the Royal Marines Base at Chivenor which, although by our standards was pretty tame was absolutely ideal for the needs of the Exmoor team and their current fleet comprising of two 110 Land Rovers.

Arriving slightly early we had approximately 30 minutes once on site to look over the area and devise a course that would encompass all the basic requirements as well as an additional bit of team work. After introductions and a safety briefing for the site and the day's activities the 20 strong rescue team were given a group introduction to the basics of how the 4wd system works before being divided into three groups which would rotate between our 4x4 training and two other training activities for the day.

After 3 one and a half hour training slots and a short lunch break we finished up with some basic winch instruction and demonstration for the whole group.

We had a great day working alongside a very dedicated team and look forward to working with them again in the future.

For more info on the work of the Exmoor Search and Rescue go to:  
<http://www.exmoor-srt.org.uk/>

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[www.challenge-south-west.co.uk](http://www.challenge-south-west.co.uk)

