

# Fitness Course



## Team Training For Antarctic

Eight members of South Africa's 1966 Antarctic expedition team struggle to lift a wooden beam as part of a fitness course being undertaken in Pretoria. The team leaves for the "white South" on December 30.

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The expedition will leave Cape Town on board the "R.S.A." on December 27 this year for a 13-month stay at the South African Antarctic base where they will conduct scientific experiments.

Mr. Kavanagh was a member

of the 1962 Antarctic team which built the South African base camp. After the first year, he explained, the huts were 5ft. below ground level. At the moment, the camp is 15ft. below ground level and access is gained through vertical shafts leading to the surface. All the huts are constructed of laminated wood beams and plywood panels.

The 15-man team will wear thick woollen jerseys and underclothes, arranged in layers, covered by a windproof outer garment. When the men become too hot, they will discard their clothing layer by layer until they are sufficiently cool, Mr. Kavanagh explained.

### DOG HANDLING

"Your mental attitude is affected by your standard of physical fitness," he said, commenting on the strenuous three-week training programme the members are undergoing. In addition to physical exercises, team members will also be taught different knots, cooking and fire-fighting techniques. They have already had training in dog handling.

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In the first week at the camp the members will have to perform a "tremendous amount" of physical labour, digging up drums of diesel fuel and equipment which has been covered by snow. All the equipment has to be transported from the ship to the base by sledges.

While in Antarctica, the group will co-operate with scientists from other nations, exchange data and ideas. The team will probably be away for from 12 to 13 months, but "if the ship fails to get through — two years."