

Accredited Cyber Essentials Practitioner (Advanced) Training



INFORMATION PACK



The QG-accredited two-day training course, delivered by Indelible Data Ltd at Maryport Business Centre in Cumbria, will prepare you to advise companies on how to achieve Cyber Essentials Plus and assess their readiness. Class sizes will be limited to a maximum of eight, ensuring you will receive full access to our highly experienced tutors.

What the Accredited Cyber Essentials Practitioner (Advanced) Certificate means: Having such a certificate gives your clients assurances that you have undertaken "hands-on" training and conducted tests using the approved tools.

Whilst the certificate does not automatically entitle you to be an assessor for any given Certification Body, it acts as a level of assurance for Certification Bodies who may wish to use your services should they require added resource to meet demand.

The price of the two-day training course is **£1275+VAT** and newly qualified practitioners will receive a **£300** voucher to spend with Indelible Data Ltd to certify their next Cyber Essentials Plus project (which can be the delegate's own company if they wish).

Minimum Requirements:

Before signing up for the course delegates must:

- Be a QG Accredited Cyber Essentials Practitioner (Foundation) employed by a company that holds a current Cyber Essentials Level 1 certificate
- Understand network and routing protocols
- Have a working understanding of Windows, Linux and Macintosh operating systems and able to work at command line level for basic operational tasks.
- Have at least three years InfoSec experience within a technical capacity (or other formal IT security qualification such as CISSP, CEH, CiSMP)

What to expect of the course:

The QG-accredited two-day training course, delivered by Indelible Data Ltd at Maryport Business Centre in Cumbria, will prepare you to advise companies on how to achieve Cyber Essentials Plus.

Upon passing the end-of-course exam and presenting a satisfactory sample test report within a month of taking the course, you will receive a certificate of compliance from Cyber Essentials Accreditation Body, QG Management Standards.

Technical equipment needed for the course will be provided by us. This includes laptops running pre-configured Kali Linux.

```
PORT      STATE SERVICE
25/tcp    open  snmp
80/tcp    open  http
135/tcp   open  nsrpc
137/tcp   closed netbios-ns
139/tcp   open  netbios-ssn
445/tcp   open  microsoft-ds
MAC Address: 00:0C:29:B0:16:54 (VMware)
Device type: general purpose
Running: Microsoft Windows 95/98/ME/NT/2K/XP
```

We have a dedicated 'Assault Course' training environment where you will learn how to test and record vulnerabilities you will encounter whilst conducting Cyber Essentials Plus assessments.

About our trainers



Tony Wilson (right) is the Lead Trainer for the QG Accredited Cyber Essentials Practitioner (Foundation) Course. He is a Member of the Institute of Information Security Professionals, a CIESG Certified Professional at Senior Level, a CISSP and Certified Ethical Hacker.

Neil Kendall is a former lecturer of IT Security, a Microsoft Certified IT Professional and Certified Ethical Hacker. He has a strong IT support background delivering services to a wide range of industries.

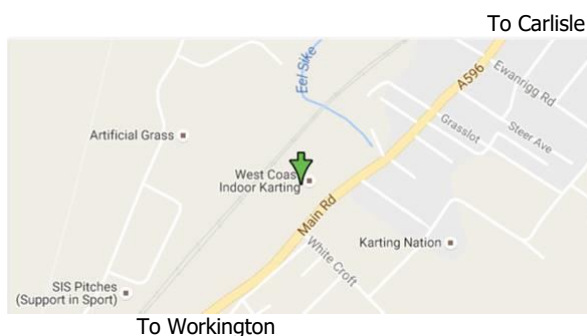
About Indelible Data Limited

Established in 2009, Indelible Data Limited has helped supply chain companies of all sizes meet legal, regulatory and contractual obligations regarding information security.

Our services include ISO 27001 implementation, Information Assurance Maturity Modelling, Risk Management and Cyber Essentials Certification.



The offices are located at Unit 2, Maryport Business Centre, Maryport, Cumbria, CA15 8NG. Tel: 01900 818000 / 07773 080503




Indelible Data Limited, Studio 2, Maryport Business Centre, Main Road, Maryport, Cumbria. CA15 8NG
Tel: 01900 818000 Email: admin@indelibledata.co.uk

Course Content

Indelible Data Training Syllabus Summary

Accredited Cyber Essentials Practitioner Training (Advanced)

Day 1 & 2 Aims Start Time: 09:00	
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Day 1	Day 2
Administration	Test 3 (Contd) – Follow-on/refresher from Day 1
<ul style="list-style-type: none"> • CE+ Introduction • PASS/FAIL/Remediation & Evidence concept • The CE and CE+ relationship • What to expect in the Exam • CE+ Pre-assessment meeting, Asset Declaration & signatories 	Introduction to Test 4 – Authentication vulnerability scan <ul style="list-style-type: none"> • Top 10 applications • Test 4 – Authentication vulnerability scan of host(s)
Coffee Break	
Introduction to Test 1 - the External Vulnerability Scan Test 1 - External Vulnerability Scan <ul style="list-style-type: none"> • TCP/UDP Port scan of Boundary device(s) 	Test 4 (Contd) – Authentication vulnerability scan of host(s)
Lunch Break	
Introduction to Test 2 - the Email Binaries and Payloads Test 2 – Email Binaries and Payloads <ul style="list-style-type: none"> • Payload File types & Cyberessentials.guru binary vault • Customer requirements, tester requirements 	Introduction to Mobile Devices What is and is not tested Mobile Devices test Evidence gathering and reporting
Coffee Break	
Introduction to Test 3 – website with URLs linking to binaries Test 3 – Website page with URL's linking Binaries	Exam
Day 1 Recap	
16:30 Finish	16:00 Finish
19.30 Tutor-hosted dinner at The Trout Hotel, Cockermouth	

Important information

You are welcome to make your own travel and accommodation arrangements while



attending the course. However, we have arranged preferential rates for course delegates at the nearby Trout Hotel in Cockermouth. Classic rooms with breakfast cost £110. You must mention that you are booking using the **Indelible Data corporate rate**.

The Trout Hotel, Crown Street, Cockermouth Cumbria CA13 0EJ. Tel: 01900 823591.

We run a shuttle service from the hotel each morning and back to the hotel after the course.

Other accommodation

There are numerous options in the area, including a Travelodge in Cockermouth and many Bed & Breakfast businesses. You will be welcome to use the shuttle service running between The Trout Hotel and the course venue.

Travelling by train

The closest railway station is Maryport. If arriving to stay the evening before the course begins, a free minibus to Cockermouth will be arranged at a time TBC. We will also arrange transport to the station when the course ends.

Lunch

Lunch and refreshments throughout the day are included in the course cost. ***Please do let us know of any dietary requirements.***

Tutor-hosted dinner (included in course cost)

Your tutors will host an informal evening dinner at the Trout Hotel on Day 1, starting at 7:30pm in the hotel's private dining room. This will be a chance for you to quiz Tony and Neil and chat to other delegates about what you have learned on the first day.

The exam

The exam will be held in the training room on Day 2 after which the course will finish at 4pm. In the unlikely event that you fail the exam, resits will be held bi-monthly, including a half-day refresher session, at no extra cost.

Keeping up-to-date

In order to remain certified, the practitioner must produce a report on one of Indelible Data Limited's "Test systems" within 8 weeks of the recertification date OR have prepared 3 clients for CE Plus Certification throughout the year. If neither of these requirements have been met, the practitioner would be required to book onto a one day Cyber Essentials Advanced Practitioner refresher course.

We look forward to seeing you, if you have any queries regarding the course. Please do not hesitate to contact us on either **01900 818000** or **admin@indelible-data.co.uk**

Booking Form

	Please complete this side
Name	
Company	
Billing Address	
Contact Telephone (mobile)	
Email Address	
Course date	
Existing certifications relevant to this course	
Existing experience relevant to this course	
How did you hear about this course?	
Please detail any special access requirements	
Please let us know of any special dietary requirements	
Where will you be staying?	
Do you require transport from Maryport Railway Station the night before?	Yes / No (Shuttle leaving at 18:00)
Do you require transport from Maryport Railway Station on the morning of Day 1?	
Do you require shuttle service to/from the Trout hotel during course?	Yes / No
Will you attend the Tutor-hosted dinner?	Yes / No
Anything else you would like us to know?	

I declare that I meet the requirements of the training and have read the Terms and Conditions associated with this course.

Name: _____

Date: _____

(Signature not required if attached to an email that has been sent from the address stated above). Please return to **admin@indelibledata.co.uk**

FAQs

When would a Certification Body employ the services of an ACE practitioner (advanced)?

All ACE Practitioners (Advanced) will have demonstrated that they can use the tools, produce evidence and create a report. This is an important consideration for Certification Bodies that need resources for a given job.

As with most assessments, writing up the exceptions is the time consuming part. ACE Practitioners (Advanced) will dramatically reduce the time taken to write reports due to the reduced number of action points found.

Indelible Data Limited firmly believe that practitioners trained to CE+ using the tools, and understanding common issues, would reduce our time on site (including the writing up of reports). This would reduce the cost of the certification assessment and would be passed on to the practitioner (to pass on to their clients if they wish). This may vary between Certification Bodies.

Practitioners may be called upon to help Certification Bodies. For example, Indelible Data Limited may have a proposed four-day engagement (1 person on site) – but may not be able to arrange 4 consecutive days with the client to meet a deadline. Should this occasion arise, we would seek the help of a practitioner to accompany us on site to complete the job in 2 days.

Practitioners that have proven to be confident and competent with the assessment tools may, after discussions with a Certification Body, be permitted to conduct unaccompanied CE Plus tests and reports on behalf of that Certification Body.

Certification Bodies reserve the right to perform further due diligence before engaging with Certified Practitioners.

Will I require Qualys or Nessus to conduct test 4 (client scans)?

We believe that OpenVAS (free with Kali Linux) is sufficient to prepare clients to CE Plus level – however, if you plan to partner with a Certification Body to conduct audits on their behalf, then you would require to have Qualys or Nessus.

Indelible Data Limited have a central server to which practitioners can connect their clients' machines for our staff to conduct the Qualys or Nessus scan. This means that practitioners can still conduct the on-site Web and Email tests on our behalf but do not need to purchase scanning software.

I have helped a client achieve Cyber Essentials Plus – can I certify them?

QG do not allow certificates to be recommended by those who have implemented the controls (this is seen as marking your own homework!).

However, such practitioners can be a great help on-the-day preparing machines for scanning and producing evidence overseen by an independent assessor.

What value does this Certification add to my existing service offerings?

Offering the service of demonstrating common weaknesses in client machines, whether the client is interested in pursuing Cyber Essentials or not, could be a great way of maintaining client relationships (performing quarterly health checks etc) and winning new business.

The skills learned on this course will complement those information assurance and/or technical skills the delegate already possesses creating opportunities in the growing Cyber Security and Resilience market..

Delegates will also have had a great introduction to ethical hacking and may wish to use this as a springboard to CEH (or equivalent) certification.

Why must I meet the minimum requirements for the course – and what are they exactly?

The tests found in the CE+ assessment are a subset of the initial Cyber Essentials Questionnaire that the client must complete before the on-site audit.

Due to time constraints, the advanced level training does not detail the intent of each of the questions on the initial questionnaire or how the scheme is structured.

In order for practitioners to give the best level of service to their clients, we require delegates to be QG Accredited Cyber Essentials Practitioners (Foundation) and employed by a company that holds a current Cyber Essentials Level 1 certificate. The foundation level course is well established can be obtained through the QG website at <http://www.qgstandards.co.uk/qg-ace-practitioner-training/>

To check if you are a registered practitioner, please visit: <http://www.qgstandards.co.uk/accredited-practitioners/>

Each delegate must have a good understanding of common network and routing protocols. This is because many scans fail, in the corporate environment, due to routing issues between subnets – perhaps the target machine is not on a subnet that is reachable by the assessor's machine. Such a scenario is common and the assessor must be able to glean enough information to help the IT department remedy the situation.

This is often done through the command line – so, whether on a Windows, Linux or Macintosh operating system - the assessor must know how to ping addresses, get the client and subnet information of their machine and carry-out basic routing trouble-shooting.

Delegates will be using the Linux command line – though it is not a requirement to understand the syntax of NMAP or other such tools ahead of the course – it is desirable that the tutor should not need to show delegates how to open a terminal window.

It is important that the vulnerabilities found can be communicated effectively to the client, therefore each delegate should have at least three years InfoSec experience within a technical capacity (or other formal security qualification such as CISSP, CEH, CiSMP).

I don't think I have the necessary pre-requisites, can I still attend the course?

If this course is of interest, but you do not meet the requirements mentioned above, please get in touch with us. We can chat through your experience and make a decision based upon that. We may also be able to inform you of any other courses that we have on offer that may be more suitable for you.

Any useful things to know ahead of the course?

Downloading a virtual version of Kali would be advantageous: <https://www.offensive-security.com/kali-linux-vmware-virtualbox-image-download/>

Then start experimenting:

- Get to know the common commands in nmap
- Familiarise yourself with a vulnerability assessment tool (openVAS for KALI works well – but there are home editions of Nessus available free for non-commercial use on different platforms)
- Familiarise yourself with a password guessing system (such as Hydra – the GSK version on Kali has a graphical interface)

Visit www.cyberessentials.guru/guest to check web browser behaviour for certain file types

Accredited Cyber Essentials Practitioner (Advanced) Training Terms and Conditions

Pre-requisites

Delegates must meet the course requirements, or have been accepted on the course after discussion with a representative of Indelible Data Limited.

Failure to have the necessary qualifications or experience ahead of the course may mean that delegates are unable to take part in the practical sessions and may not be allowed to take the exam.

Payment

Full payment must be made 30 days before course commencement in order for your place to be secured. In the event a delegate cannot attend, no refund would be made if cancellation is made less than 21 days before course commencement.

In certain circumstances, a delegate's place can be deferred to a later course if agreed with Indelible Data Ltd not less than 21 days before booked course commences.

Course etiquette

The intensive nature of the course means that interruptions could affect delegates' chances of success. For this reason, delegates will be required to restrict phone calls and email catch-ups to coffee and lunch breaks.

There is no formal dress code for delegates. Jeans, T-shirts and training shoes are fine.

The Exam

The duration of the exam is 90 minutes. Extra time may be available for your exam in certain circumstances, subject to relevant evidence being provided. Examples of this include: learning disabilities; hearing or visual impairment; English not being your native language.

If a delegate fails the end-of-course exam, he/she would be entitled to attend a free half-day refresher and exam resit at no extra cost. Refresher sessions and resits will be offered bi-monthly.

Certification

Certificates will be awarded by QG Management Standards after scoring at least 70% of the total marks possible on the exam.

Recertification and Fees

In order to remain certified, the practitioner must produce a report on one of Indelible Data Limited's "Test systems" within 8 weeks of the recertification date (details of how to connect will be sent) OR have prepared 3 clients for CE Plus Certification throughout the year.

The annual fees for the advanced certificate are covered by those of the foundation certificate.

Force Majeure

Indelible Data Limited shall not be liable for any delay or failure in performance of its obligations due to any circumstances beyond its reasonable control. In any such event Indelible Data Limited shall be entitled to delay or cancel delivery of the Training.