

# Cyber Exercising

## Creating your own exercises

The following tips can help organisations create their own cyber incident response exercises. They are intended for IT staff, cyber risk management teams, and business continuity teams in small-to-medium sized organisations. For more information refer to [www.ncsc.gov.uk/exercising](https://www.ncsc.gov.uk/exercising)



## Why run cyber incident exercises?

Cyber incident exercising helps organisations to establish how resilient they are to cyber attack, and to practice their response in a safe environment.

Exercising also helps create a culture of learning within an organisation, and provides an opportunity for relevant teams and individuals to maximise their effectiveness during an incident.

Creating **bespoke** exercises allows you to tailor these to reflect **your organisation's values**, and the unique **challenges, constraints**, and **threats** you face.



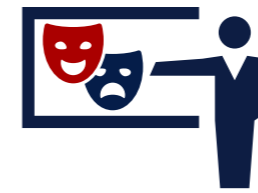
### 1. Define what you want to exercise

Having clear objectives set from the start will ensure your approach remains focused.



### 2. Secure senior level endorsement

Strong buy-in from seniors will encourage participation and ensure any recommendations can be more easily put in place.



### 3. Select the most effective approach

There are broadly two types: **tabletop** (i.e. discussion-based) or **live play** exercises.



### 4. Create a team & agree participants

A dedicated exercise team can ensure the exercise is realistic, and that lessons are learned.



### 5. Create & agree metrics

Metrics should be defined that allow you to identify both areas that worked well, and ones that need improving.



### 6. Create & develop exercise scenarios

Provide a background story with real-world events to make the exercise more realistic.



### 7. Create & develop the exercise injects

Create the information that participants will receive (and respond to) during the exercise.



### 8. Develop guidance for participants

Distribute guidance to participants a few days ahead of the exercise so they are familiar with the scenarios.



### 9. Run the exercise



### 10. Capture feedback & identify lessons

Make sure that any recommendations are allocated to business owners to ensure action is taken.