



Manual

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# Cyber Range Exercises Player Guide

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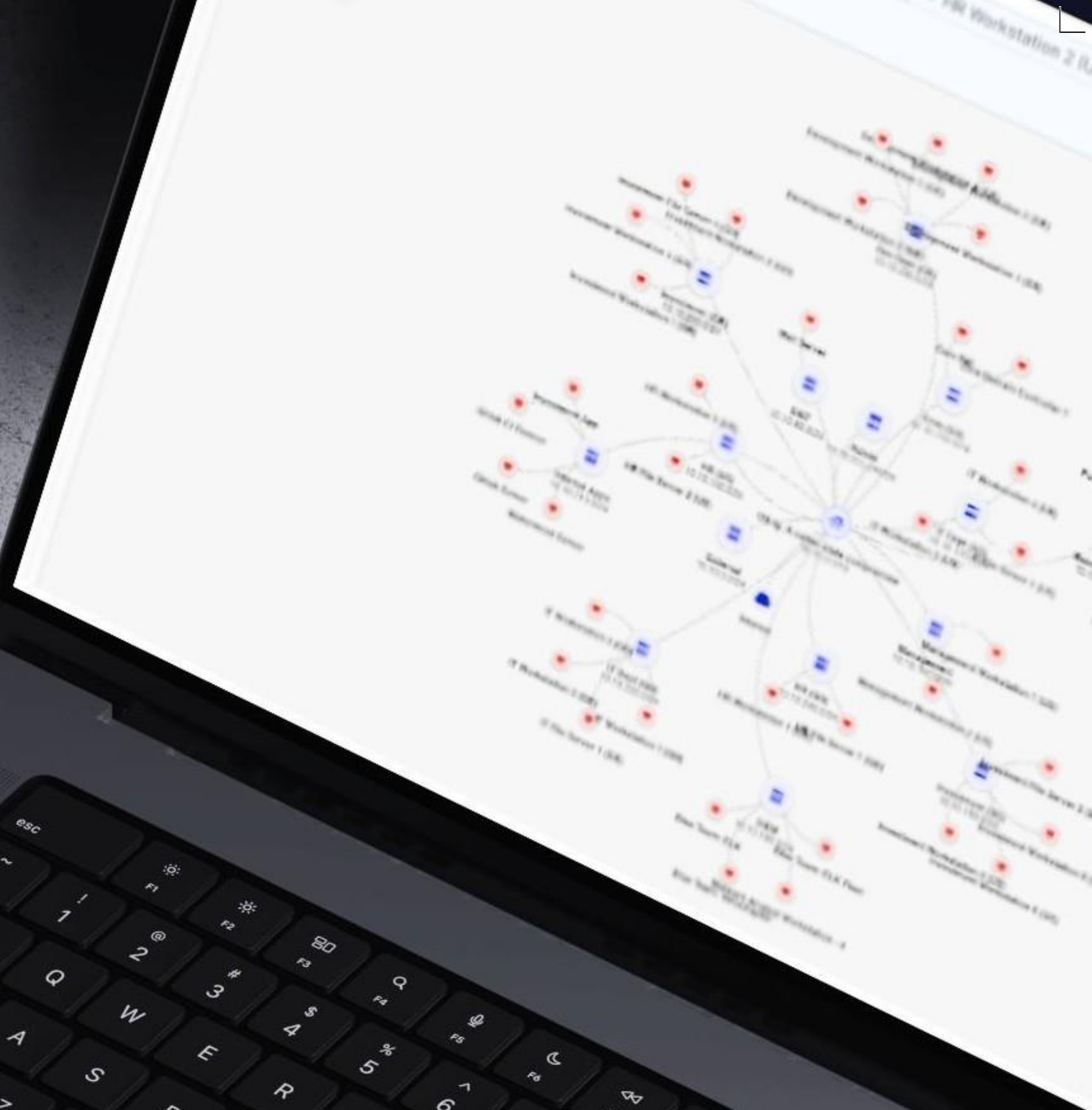
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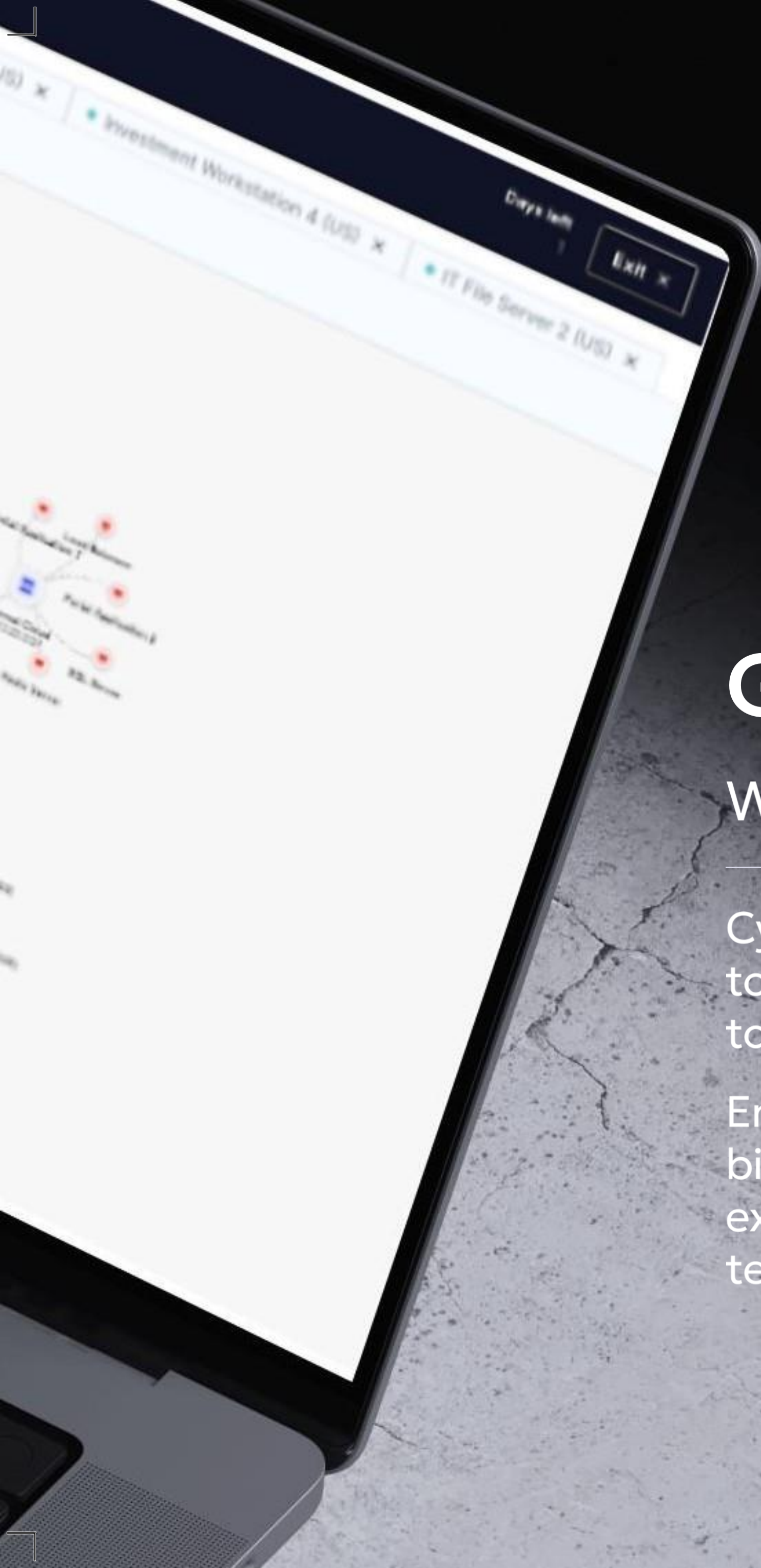
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# Exercises





# Getting Started

## What is a Cyber Range Exercise?

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Cyber Range Exercises enable multiple individuals to be in an environment simultaneously, working together to complete various tasks as a group.

Environments are more complex than those in our bite-sized labs, providing a greater depth of exercising realism covering numerous tools and techniques within one scenario.

# Cyber Range Exercises Can Help...



## Regularly Practice Technical Skills Required for Real Incidents

Test and apply your skill, knowledge and creative problem solving in an open, but safe environment.



## Build Confidence in Yourself and Your Team

Develop good practices and habits to boost your confidence when faced with a real incident.



## Practice Incident Investigation as a Team

Refine communication and multitasking by developing your team working dynamic.



## Identify Knowledge and Skill Gaps

Find out your strengths and areas of improvement to focus your development plans.

# Participate



01

You will receive an email from [noreply@immersivelabs.com](mailto:noreply@immersivelabs.com) with an invitation link to join a exercise.

When the exercise has started, click the “Join Exercise” button.

Alternatively, you can access the exercise through the Immersive Launchpad under “Assigned to me”

02

You will be presented with an overview of the exercise, including start and end dates and times.

The briefing will contain information about the scenario you will be facing, and important information about the tooling provided in the range, and other important notes.

Read this section carefully!

03

The Tasks panel is shared across your team, meaning when a correct answer is submitted, it will show as answered for everyone in the team.

Use the Systems tab to access devices and explore the network. Some exercises have a workstation assigned uniquely to you, such as “Analyst Workstation - 1”.

# Hints & Tips

01



## Start the Exercise with a Team Briefing

Meet and talk to your team before diving straight into the exercise. Establish and agree on how you will approach the activity together.

02



## Establish Roles

Exercises can become chaotic very quickly, so being organized is key! At a minimum, we recommend appointing a Team Leader to keep progress on track.

03



## Stay Organised

Keep a team log of important information as you progress through the exercise. This is critical to good team communication, and you may need this information later in the exercise!

04



## Use Approved Communication Platforms

Only use team communication platforms approved by your organization. Contact your Exercise Facilitator if you are unsure what to use.

05



## Think Outside the Box (literally)

There are multiple ways to find the answers you need, and you will have to draw on your knowledge and skills to do so. Remember, search engines are your friend!

# Approach

Here are some different ways your team can adopt to tackle the exercise. This is not an exhaustive list; there are pros and cons of each approach, and we encourage you to think of ways which best suit your team. Have fun!

# Ideas



## Chair Person

The team frequently host a meeting to discuss and validate each other's working and answer. A nominated team lead submits answers the team agrees on.

Best for large teams!



## One Team

The team works through tasks together in constant communication.

Best for in-person exercises!



## Relay

The team is split into sub teams who complete portions of the exercise before handing over to the next sub team.

Great for geographically dispersed teams!



## Play to Strengths

Allocate tasks based on individual strengths and specialisms of individuals in the team.

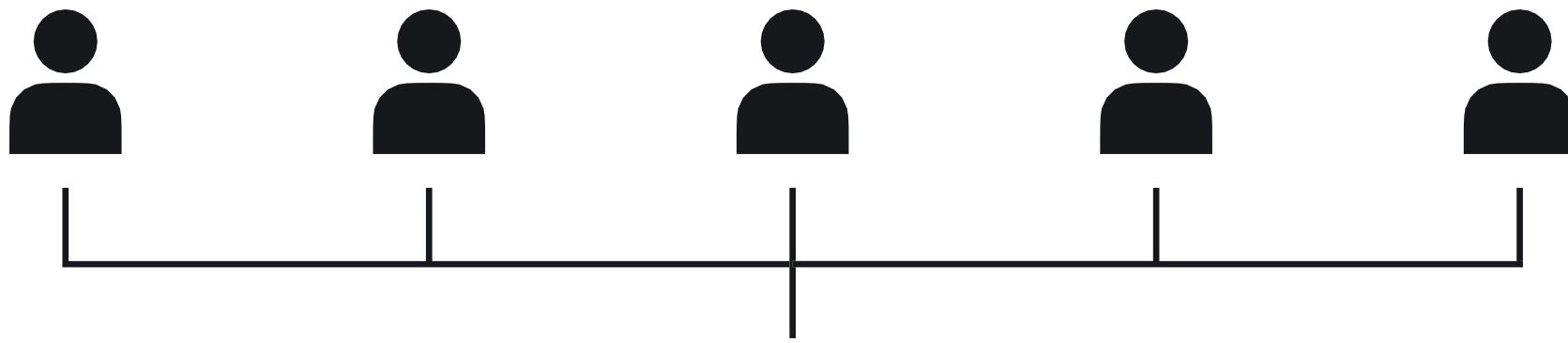
Great for competitions!

# Chairperson

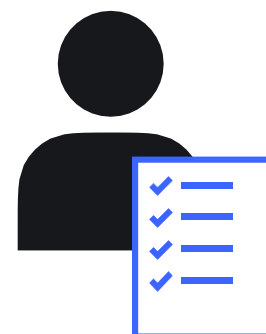
## Best for...

- Big teams
- Knowledge sharing
- Focusing on individual technical skills

**01** All team members work through the exercise, but DO NOT submit their answers.



**02** Regular team checkpoint meetings to validate each other's findings and answers



**03** The team's nominated chairperson submits the agreed answers on behalf of the whole team.

## Pros



- Everyone gets to attempt 100% of the exercise
- Can share knowledge across the team, supporting less experienced members

## Cons



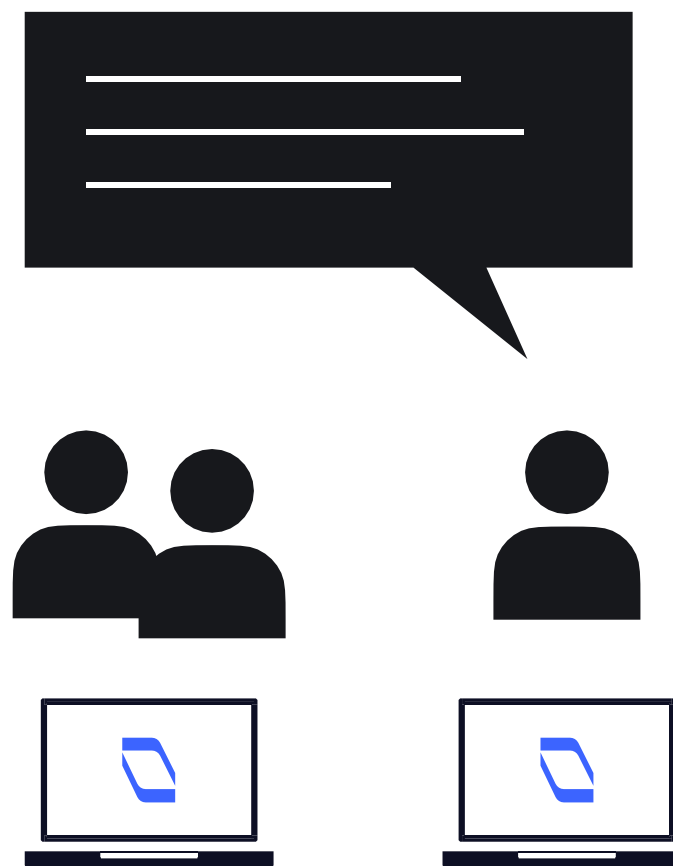
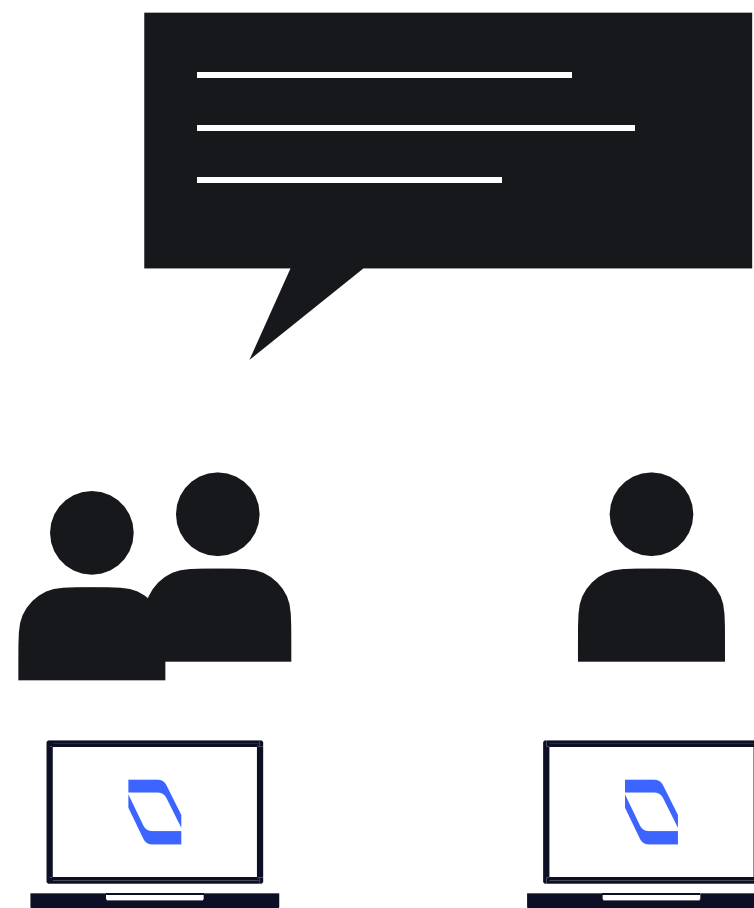
- Does not simulate incident response working dynamics
- May take longer to complete exercise

# One Team

## Best for...

- Small teams
- Participants at the same location
- Shadowing and mentoring

**01** All team members work through each stage of the exercise together in unison, constantly communicating.



**02** Options to each have individual workstations for multiple concurrent investigations, or screen sharing between team members.

**03** Anyone can submit answer attempts.

## Pros



- Greater requirement for team communication
- Encourages collaborative approach

## Cons



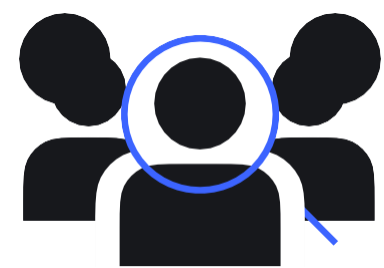
- Some participants may not get to fully complete each exercise task
- Chance of more experienced participants completing tasks too quickly

# Team Strengths

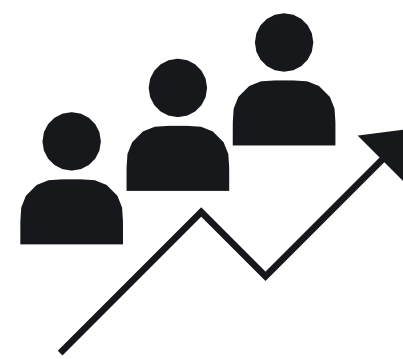
## Best for...

- Speed focused exercising
- Established teams that have worked together before

**02** Assign roles and certain investigation tasks to team members based on skill set.



**01** Identify strengths (or weaknesses) of team members in certain skills and abilities.



**03** Alternatively for a challenge, assign roles and tasks based on weaknesses in individual skills.

## Pros



- May lead to quick completion times
- Maximises team strengths
- Representative of real world dynamics

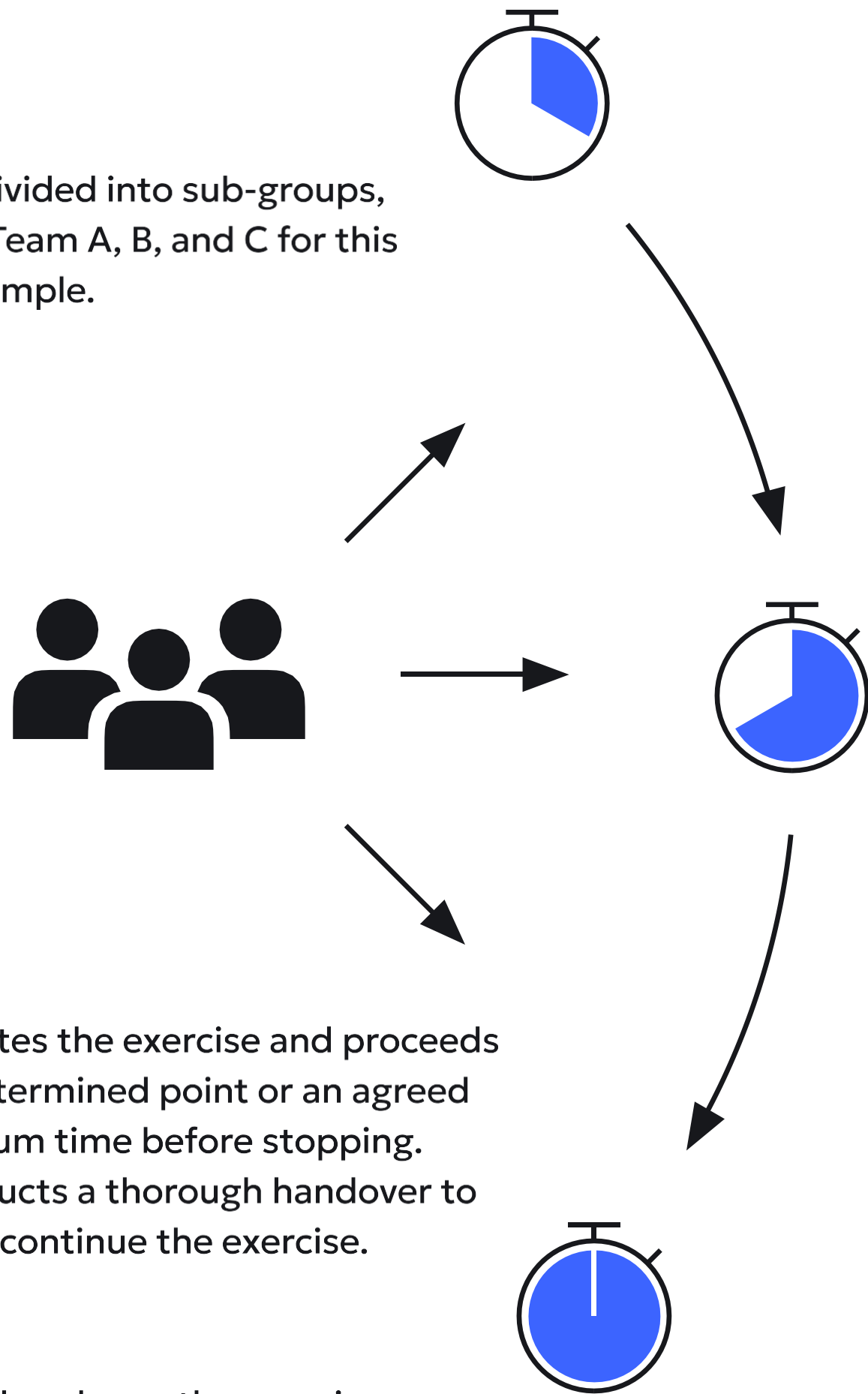
## Cons



- Individuals will not get to experience completing entire exercise
- Some individuals may be utilised more than others

# Relay

**01** The team is divided into sub-groups, for instance, Team A, B, and C for this particular example.



**02** Team A initiates the exercise and proceeds until a predetermined point or an agreed upon maximum time before stopping. Team A conducts a thorough handover to Team B, who continue the exercise.

**03** Team B then hand over the exercise to Team C at an agreed point. Team C finish the exercise.

## Best for...

- Geographically dispersed members (such as follow-the-sun model teams)
- Exercising handover communication

## Pros



- Realistic simulation of handover communication mid-investigation
- Team building across different time zones

## Cons



- Each sub-team will have different experiences of the exercise
- Each sub-team will only complete a portion of the exercise

# Be Ready

 **immersive**

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**Continuously Assess, Build,  
and Prove Your Cyber Resilience**

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Our immersive cybersecurity solutions ensure your team is prepared to tackle and defend against the evolving cyber risks of today, and tomorrow.

