

BMC STUDENT SAFETY & GOOD PRACTICE SEMINAR

Supported by **PLAS Y BRENIN**

Seminar Programme 2018

SATURDAY 13th OCTOBER 2018

08.30 – 08.45	VOLUNTEER BRIEFING	<i>PyB Reception</i>
08.50 – 09.15	Registration All students must register at reception	
09.20 – 09:35	Welcome & Risk with Responsibility talk JAMES MCHAFFIE Acceptance of risk within hill walking, rock climbing and mountaineering	<i>Lecture Room</i>
09.35 - 09:55	TRAINING, OPPORTUNITIES & MSO JANE THOMPSON	<i>Lecture Room</i>
09:55 – 10:10	TEA / COFFEE	<i>Dining room</i>
10.10 – 11.00	Winter Mountaineering incident Short film & discussion	<i>Lecture Room</i>
11.00 – 12.30	Choose A, B, C or D Representatives from the same club should attend different workshops.	<i>Lecture Room</i>
<i>Rock Climbing</i>	A Choice, Care and Maintenance of Pooled Climbing Equipment DAN MIDDLETON Logging, examination and selection of pooled climbing equipment.	<i>Lecture Room</i>
<i>Hill Walking & Rock Climbing</i>	B Club Transport TIM HOGAN Laws and licensing requirements for driving minibuses and other vehicles in the UK and abroad.	<i>Cnicht</i>
<i>Hill Walking & Rock Climbing</i>	C Incident Management Preparation, anticipating problems, group equipment and practical exercise.	<i>Nantlle room, Gwynant room & outside</i>
<i>Hill Walking & Rock Climbing</i>	D Clubs and Student Union Policy Relationship between student clubs and their student union. Working with your student union.	<i>Dining room</i>
12.30 – 13.30	LUNCH	<i>Dining Room</i>

13.30 – 17.30	Choose E, F, G, H, I or J Representatives from the same club should attend different workshops where possible	
<i>Rock Climbing</i>	E Rock Climbing (wall based) Warming up, movement skills, bouldering, belaying, leading, rope choice, attaching to ropes, helmet use and harness choice. Issues regarding mixed ability groups.	<i>Main Wall Training Wall</i>
<i>Rock Climbing</i>	F Rock Climbing (crag based) Crag choice, warming up, bouldering, attaching to ropes, belaying, rope choice, helmet use and harness choice. Issues regarding mixed ability groups.	<i>Local Crag</i>
<i>Hill Walking</i>	G Mountain Navigation Maps (key/scale), contour interpretation, estimating distance using timing and pacing, taking bearings, simple navigational strategies. Issues regarding mixed ability groups.	<i>Local Hills</i>
<i>Hill Walking & Mountaineering</i>	H Emergency use of a rope for scrambling An introduction to rope skills for scramblers	
<i>Hill Walking & Rock Climbing</i>	I Mountain First Aid Managing common incidents, first aid in the hills and on the crags, stabilising casualties, outdoor and indoor practical exercises.	<i>Lecture Room</i>
<i>Hill Walking & Ice Climbing</i>	J Winter Skills Practical use of crampons and axes. Avalanche awareness and principles of safe travel in the winter mountains.	
17.30 – 18.00	Planning for Sunday's Workshops Summary of Sunday's workshops. Matching up volunteers with the students they will have.	<i>Lecture Room</i>
18.30 – 19.30	Orienteering competition	<i>Bar</i>
	Bouldering competition	<i>Climbing Wall</i>
20.00	Lecture by a climbing/walking celebrity: Name TBC!	<i>Lecture Room</i>

SUNDAY 14th OCTOBER 2018

08.30 – 09.00	Collect packed lunches	<i>Dining room</i>
09.00 – 09.15	Welcome	<i>Lecture room</i>
09.15 – 16.00	Outdoor practical workshops - Choose K, L, M, N or O Representatives from the same club should attend different workshops.	
<i>Mountaineering</i>	K Mountain Day Route planning, maps (key/scale), contour interpretation, estimating distance using timing and pacing, taking bearings, simple navigational strategies. Issues regarding mixed ability groups.	
<i>Mountaineering</i>	L Scrambling Route planning, navigation and party management on broken rocky terrain. A typical venue for this session would be the North ridge of Tryfan. Issues regarding mixed ability groups.	
<i>Rock Climbing</i>	M Single Pitch Rock Climbing Venue choice, placing natural protection, assessing rock quality, building belays, top roping, bottom roping, group use of crags, route selection. Issues regarding mixed ability groups.	
<i>Rock Climbing</i>	N Multi Pitch Rock Climbing Venue choice, use of guidebooks, route finding, belaying leader, belaying second, building belays, stance management, descending off crag.	
<i>Climbing for all</i>	O Rock climbing for all A workshop looking at climbing for people with a wide range of disabilities	
16.15	Prize Presentations from bouldering and orienteering competitions	<i>Lecture room</i>
16.30	WRAP UP AND MASSIVE THANKS TO VOLUNTEERS	