

# BMC STUDENT SAFETY & GOOD PRACTICE SEMINAR

Supported by **PLAS Y BRENIN**

## Seminar Programme 2018

**SATURDAY 13th OCTOBER 2018**

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

13.30 – 17.30	<b>Choose E, F, G, H, I or J</b> Representatives from the same club should attend different workshops where possible	
<i>Rock Climbing</i>	<b>E Rock Climbing (wall based)</b> 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>	<b>F Rock Climbing (crag based)</b> 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>	<b>G Mountain Navigation</b> 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 &amp; Mountaineering</i>	<b>H Emergency use of a rope for scrambling</b> An introduction to rope skills for scramblers	
<i>Hill Walking &amp; Rock Climbing</i>	<b>I Mountain First Aid</b> 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 &amp; Ice Climbing</i>	<b>J Winter Skills</b> Practical use of crampons and axes. Avalanche awareness and principles of safe travel in the winter mountains.	
17.30 – 18.00	<b>Planning for Sunday's Workshops</b> Summary of Sunday's workshops. Matching up volunteers with the students they will have.	<i>Lecture Room</i>
18.30 – 19.30	<b>Orienteering competition</b>	<i>Bar</i>
	<b>Bouldering competition</b>	<i>Climbing Wall</i>
20.00	<b>Lecture by a climbing/walking celebrity: Name TBC!</b>	<i>Lecture Room</i>

# SUNDAY 14th OCTOBER 2018

08.30 – 09.00	<b>Collect packed lunches</b>	<i>Dining room</i>
09.00 – 09.15	<b>Welcome</b>	<i>Lecture room</i>
09.15 – 16.00	<b>Outdoor practical workshops - Choose K, L, M, N or O</b> Representatives from the same club should attend different workshops.	
<i>Mountaineering</i>	<b>K Mountain Day</b> 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>	<b>L Scrambling</b> 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>	<b>M Single Pitch Rock Climbing</b> 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>	<b>N Multi Pitch Rock Climbing</b> Venue choice, use of guidebooks, route finding, belaying leader, belaying second, building belays, stance management, descending off crag.	
<i>Climbing for all</i>	<b>O Rock climbing for all</b> A workshop looking at climbing for people with a wide range of disabilities	
16.15	<b>Prize Presentations from bouldering and orienteering competitions</b>	<i>Lecture room</i>
16.30	<b>WRAP UP AND MASSIVE THANKS TO VOLUNTEERS</b>	