



Student Safety and Good Practice Seminar

on

Saturday 5th & Sunday 6th October 2024

at

Plas y Brenin, the National Mountain
Centre, Capel Curig

WORKSHOP PROGRAMME

SATURDAY PROGRAMME

Registration: 8.50-9.15am

Morning Part 1

- Club Support, Training Opportunities & The BMC
- Creating a safe culture in your club
- Risk with Responsibility: Understanding risk within hill walking, climbing, and mountaineering.
- Winter Mountaineering Incident

Morning Part 2 (options)

Students to choose one option:

- Choice, Care and Maintenance of Pooled Climbing Equipment:** Logging, examination, and selection of pooled climbing equipment.
- Managing Behaviours:** Conflict resolution
- Incident Management:** Preparation, anticipating problems, group equipment and practical exercise.

Afternoon (options)

Students to choose one option:

- 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.
- 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.
- Mountain Navigation (Hill walking)**
Maps (key/scale), contour interpretation, estimating distance using timing and pacing, taking bearings, simple navigational strategies. Issues regarding mixed ability groups.
- Emergency use of a rope for scrambling**
An introduction to rope skills for scramblers.
- Mountain First Aid**
Managing common incidents, first aid in the hills and on the crags, stabilising casualties, outdoor and indoor practical exercises.
- Winter Skills (Winter walking)**
Practical use of crampons and axes. Avalanche awareness and principles of safe travel in the winter mountains. [as a minimum, students should have some winter walking experience]

Evening (all optional)

- Orienteering competition & Bouldering competition (optional)
- Evening Films / Talk (optional)

SUNDAY PROGRAMME



All Day (options)

Students to choose one option:

J. Mountain Day (Hill walking)

Route planning, maps (key/scale), contour interpretation, estimating distance using timing and pacing, taking bearings, simple navigational strategies. Issues regarding mixed ability groups. [as a minimum, students should have hill walking experience with knowledge of basic navigation skills]

K. Scrambling

Route planning, navigation and party management on broken rocky terrain, and issues regarding mixed ability groups. [as a minimum, students should have experience of scrambling on several routes]

L. 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. [as a minimum, students should be competent in seconding single-pitch climbs and have experience in rigging routes for top/bottom roping]

M. Multi Pitch Rock Climbing

Venue choice, use of guidebooks, route finding, belaying leader, belaying second, building belays, stance management, descending off crag. [as a minimum, students should be competent single-pitch leaders and have experience multi-pitch seconding]

N. Rock Climbing for all

A workshop looking at climbing for people with a wide range of disabilities.

O. Improvised Rescue for Climbers

Setting up effective systems; dealing with a stuck climber; assisted descent / lowering climbers; hoists; escaping the system; using prussik loops. [as a minimum, students should be competent in single-pitch leading or able to safely rig single-pitch climbs]

Departure: by 5pm