BMC STUDENT SAFETY & GOOD PRACTICE SEMINAR

Supported by PLAS Y BRENIN

Seminar Programme 2013

SATURDAY 5 OCTOBER 2013

08.45 – 09.20		**Registration** All students **must** register	*PyB Reception*
09.20 – 09:30		**Welcome**	*Lecture Room*
09.30 – 09.40		**Risk with Responsibility** Acceptance of risk within hill walking, rock climbing and mountaineering.	*Lecture Room*
09.40 – 10.20		**Film** Colette Fleetwood film and discussion	*Lecture Room*
10.20 – 11.00		**Club Transport** Laws and licensing requirements for driving minibuses and other vehicles in the UK and abroad.	*Lecture Room*
11.00 – 11.20		TEA / COFFEE	*Dining Room*
11.20 – 12.00		**Legal Perspective on Club Liabilities** Aspects of Tort law as they apply to clubs. Consideration of Negligence, Duty of Care, and Liability.	*Lecture Room*
12.00 – 13.00		**Choose A, B or C** Representatives from the same club should attend different workshops.	
Rock Climbing	**A**	**Choice, Care and Maintenance of Pooled Climbing Equipment** Logging, examination and selection of pooled climbing equipment.	*Lecture Room*
Rock Climbing & Mountaineering	**B**	**Incident Management** Preparation, anticipating problems, and practical exercise.	*Berwyn Room* *Cnict Room* *PyB lawn*
Rock Climbing & Mountaineering	**C**	**Clubs and Student Union Policy** Relationship between student clubs and their student union. Working with your student union.	*Nantlle Room*
13.00 – 14.00		LUNCH	*Dining Room*

14.00 – 17.45		**Choose D, E, F, G or H** Representatives from the same club should attend different workshops where possible	
Rock Climbing	**D**	**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.	*Main Wall* *Training Wall*
Rock Climbing	**E**	**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.	*Local Crag*
Mountaineering	**F**	**Mountain Navigation** Maps (key/scale), contour interpretation, estimating distance using timing and pacing, taking bearings, simple navigational strategies. Issues regarding mixed ability groups.	*Local Hills*
Mountaineering & Rock Climbing	**G**	**Mountain First Aid** Managing common incidents, first aid in the hills and on the crags, stabilising casualties, outdoor and indoor practical exercises.	*Lecture Room*
Mountaineering & Ice Climbing	**H**	**Winter Skills** Practical use of crampons and axes. Avalanche awareness and principles of safe travel in the winter mountains.	*Gwynant Room*
17.45 – 18.15		**Planning for Sunday's Workshops** Summary of Sunday's workshops. Matching up volunteers with the students they will have.	*Lecture Room*
18.30 – 19.30		**Optional Orienteering and Bouldering Competitions**	
20.00 – 21.00		**Winter Essentials DVD** Film portraying the essential skills and techniques for winter mountaineering and climbing.	*Lecture Room*
		Or	
		Hill Walking Essentials DVD Film portraying the essentials skills and techniques for alpine mountaineering.	*Nantlle Room*

SUNDAY 6 OCTOBER 2013

08.30 – 09.00	**Collect packed lunches** **pre-book at Saturday morning registration – cost £5**		*Reception*
09.00 – 09.15	**Welcome**		*Lecture room*
09.15 – 16.00	**Outdoor practical workshops - Choose H, I, J or K** Representatives from the same club should attend different workshops.		
Mountaineering	**H**	**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.	
Mountaineering	**I**	**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.	
Rock Climbing	**J**	**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.	
Rock Climbing	**K**	**Multi Pitch Rock Climbing** Venue choice, use of guidebooks, route finding, belaying leader, belaying second, building belays, stance management, descending off crag.	
16.00 – 16.30	**Completion of feedback forms followed by TEA**		*Dining Room*
16.30 – 17.00	**Prize Presentations from bouldering and orienteering competitions**		*Lecture room*