



## SMART STUDENT WEEKEND 2024

For Scottish students' mountaineering, climbing and hill walking clubs

Friday 1<sup>st</sup> – Sunday 3<sup>rd</sup> November 2024  
Glenmore Lodge, Aviemore

SEMINAR PROGRAMME				
FRIDAY (evening)	ACTIVITY	VENUE	LEAD	ASSIST
20:00 – 21:30	REGISTRATION AND KIT SIGN OUT FOR WEEKEND ACTIVITIES	Bar/Stores		All students
SATURDAY	ACTIVITY	VENUE	LEAD	ASSIST
07:30 – 08:15	BREAKFAST & COLLECT PACKED LUNCH	Dining Room		
08:30	MEETING FOR VOLUNTEER STAFF	Lecture Theatre		
09:00 – 09:15	WELCOME TO GLENMORE LODGE AND INTRODUCTIONS	Lecture Theatre		All students & staff
09:15 – 10:30	FILM: Adventure Show Special – Leeds University Students Rescue (20min) Discussion groups & feedback	Lecture Theatre		
10:30 – 11:00	COFFEE	Dining Room		
11:00 – 17:00/19:00	PRACTICAL WORKSHOPS (CHOOSE ONE OF THE FOLLOWING)			
	<b>A. Mountain Experience (local)</b> <ul style="list-style-type: none"> <li>• Navigation</li> <li>• Route choice</li> <li>• Equipment/Emergency procedures</li> <li>• In the dark nav until 7pm</li> </ul>	Meet in the Lecture Theatre (40 students maximum)		
	<b>B. Rock Climbing Experience for beginners (around GL) 1:4 ratio</b>	Meet in the Bar (12 students)		

	<p><b>Inc. wall, towers &amp; boulder mountain</b></p> <ul style="list-style-type: none"> <li>• Tying in/setting up top ropes</li> <li>• Movement fundamentals</li> <li>• Belaying</li> <li>• Abseiling</li> </ul>			
	<p><b>C. Rock Climbing Experience for Improvers (local crags) 1:2 ratio</b></p> <ul style="list-style-type: none"> <li>• Understanding climbing systems</li> <li>• Improving movement techniques</li> <li>• Developing lead climbing skills</li> <li>• Multi-pitch climbing</li> </ul>	<p>Meet Stores Area (16 students)</p>		
	<p><b>D. Emergency Mountain First Aid – including mountain rescue scenario</b></p>	<p>Meet in Cairngorm Room (up to 12 maximum)</p>		
17:00 – 17:30	<b>TEA &amp; CAKES</b>	Dining Room		
17:30-18:30	<b>BELAYING – THE ESSENTIALS</b> (1 representative from each club)	(maximum 16)		
18:45 – 19:30	<b>EVENING MEAL</b>	Dining Room		
20:00 – 21:00	<b>LECTURE/TALK/SHOW &amp; PUB QUIZ</b> <b>TBC</b>	Lecture Theatre		<b>ALL</b> to attend (bar will be closed to students during this period – feel free to bring a pint along to the lecture 😊)
21:00 – til late	<b>BAR RE-OPENS</b>			

SUNDAY	ACTIVITY	VENUE	LEAD
07:45 – 08:30	<b>BREAKFAST &amp; COLLECT PACKED LUNCH</b> – Everyone needs to be out their rooms <b>before</b> the start of sessions at 09:00	Dining Room	
08:30	<b>MEETING FOR VOLUNTEER STAFF</b>	Lecture Theatre	All volunteers
09:00 – 15:30	<b>CHOICE OF 1 OF THE FOLLOWING ACTIVITIES:</b>		
	<b>Mountain Experience</b> <ul style="list-style-type: none"> <li>• Navigation</li> <li>• Route choice</li> <li>• Equipment/Emergency procedures</li> </ul>	Meet in the Lecture Room	
	<b>Beginners Rock 1:4 Ratio</b> <ul style="list-style-type: none"> <li>• Route Selection</li> <li>• Setting up a top rope</li> <li>• Belaying</li> <li>• Climbing</li> <li>• Abseiling</li> </ul>	Meet in Bar	
	<b>Improvers Rock 1:2 Ratio</b> <ul style="list-style-type: none"> <li>• Understanding climbing systems</li> <li>• Improving movement techniques</li> <li>• Developing lead climbing skills</li> <li>• Multi-pitch climbing</li> <li>• Improvised rescue</li> </ul>	Meet in Stores area	
	<b>EMERGENCY MOUNTAIN FIRST AID</b> – including mountain rescue scenario	Meet in Cairngorm Room	
15:30 15:45	<b>FINAL WRAP-UP</b>	Lecture Theatre	
16:00	<b>TEA &amp; CAKES</b> <b>DEPARTURE BY 17:00</b>	Dining Room	