



## STUDENT WEEKEND

For Scottish students'  
mountaineering, climbing and hill walking clubs

12th – 14th November 2021 - Badaguish, Aviemore

Friday eve	REGISTRATION & Lateral Flow Test	Arena 18.00 – 21.30		All students
SATURDAY	ACTIVITY	Venue	Lead	Assist
07.45 – 08.30	Breakfast & make packed lunch	Dining Room		
08.30	MEETING FOR VOLUNTEER STAFF			All staff
09.00 - 09.15	WELCOME to Badaguish and introductions	Arena	HM	All students & staff
09.15 - 10.30	FILM: Adventure Show Special – Leeds University Students Rescue (20min) Discussion groups & feedback	Arena	HM	Review of film
10.30 – 11.00	COFFEE Break	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>			
	<b>B. Rock Climbing Experience for beginners (around Badaguish) 1:4 ratio</b>			

	<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>	Reliant on students own transport	<b>Ben Gibson</b>	
	<b>D. Emergency Mountain First Aid – inc. mountain rescue scenario</b>		<b>Dr Duncan Gray</b>	
17.00 – 17.30	<b>Tea Break</b>			
17.30 – 18.30	<b>Are you interested in mountaineering qualifications? George Mac from Mountain Training Scotland will be in the bar to answer all your questions</b>		GMac	
17.30-18.30	<b>Other early evening activity? Open to offers?</b>			
19.00 – 19.30	<b>Evening Meal</b>	Dining Room		
20.00 – 21.00	<b>Calum &amp; Rob show &amp; pub quiz</b>	Arena	CMcBain & Rob Mac	

<b>SUNDAY</b>	<b>ACTIVITY</b>	<b>Venue</b>	<b>STAFF</b>
07.45 – 08.30	<b>Breakfast &amp; collect packed lunch</b>	Dining Room	
08.30	<b>MEETING FOR VOLUNTEER STAFF</b>		All volunteers
09.00 – 15.30	<b>Choice of 1 of the following activities:</b>		Initials in <b>BOLD</b> to lead
	<ul style="list-style-type: none"> <li>• <b>Mountain Experience</b></li> <li>• Navigation</li> <li>• Route choice</li> <li>• Equipment/Emergency procedures</li> </ul>		
	<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>		
	<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>		<b>Ben Gibson</b>
	<b>Emergency Mountain First Aid</b> – inc mountain rescue scenario		Dr Duncan Gray
15.30 15.45	<b>Final Wrap-up</b>	Arena	
16.00	<b>Tea &amp; Depart</b>		