



# SMART STUDENT WEEKEND

For Scottish students'  
mountaineering, climbing and hill walking clubs

**4<sup>th</sup> – 6<sup>th</sup> November 2022 - Glenmore Lodge, Aviemore**

SEMINAR PROGRAMME					
Friday eve	REGISTRATION/Kit sign out FOR WEEKEND ACTIVITIES	Bar/Stores 20.00 – 21.30		All students	
<b>SATURDAY</b>	<b>ACTIVITY</b>	<b>Venue</b>	<b>Lead</b>	<b>Assist</b>	
07.45 – 08.30	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)				
	A. Mountain Experience (local) <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 max)			
	B. Rock Climbing Experience for beginners (around GL) 1:4 ratio Inc. wall, towers & boulder mountain	Meet in the Bar (12 students)			

	<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>			
	<b>C. Rock Climbing Experience for improvers (local crags) 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> </ul>	Meet Stores Area (16 students)		
	<b>D. Emergency Mountain First Aid – inc. mountain rescue scenario</b>	Meet in Cairngorm Room (up to 12 max)		
17.00 – 17.30	<b>Tea &amp; Cakes</b>	Dining Room		
17.30 – 18.30	<b>Are you interested in mountaineering qualifications?</b> <b>George Mac from Mountain Training Scotland will be in the bar to answer all your questions</b>	Bar		
17.30-18.30	<b>Belaying – THE ESSENTIALS</b> (1 rep from each club)	(max 16)		
19.00 – 19.30	<b>Evening Meal</b>	Dining Room		
20.00 – 21.00	<b>Calum &amp; Rob show &amp; pub quiz</b>	Lecture Theatre		ALL 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	Bar re-opens			

<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>	Lecture Theatre	All volunteers
09.00 – 15.30	<b>Choice of 1 of the following activities:</b>		
	<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>	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 – inc</b> mountain rescue scenario	Meet in Cairngorm Room	
15.30 15.45	<b>Final Wrap-up</b>	Lecture Theatre	
16.00	<b>Tea &amp; Cakes &amp; dept by 17.00</b>	Dining Room	