



SMART STUDENT WEEKEND

For Scottish students'
mountaineering, climbing and hill walking clubs

28th & 29th November 2017 - Glenmore Lodge, Aviemore

SEMINAR PROGRAMME					
Friday eve	REGISTRATION FOR WEEKEND ACTIVITIES	Bar/Reception	Heather	All students	
SATURDAY	ACTIVITY	Venue	Lead	Assist	
07.45 – 08.30	Breakfast	Dining Room			
08.30	MEETING FOR VOLUNTEER STAFF	Lecture Theatre		All volunteers	
09.00 - 09.15	WELCOME to Glenmore Lodge and introductions	Lecture Theatre	HM	All students & volunteers	
09.15 - 10.30	FILM: Adventure Show Special – Leeds University Students Rescue (20min) Discussion groups & feedback	Lecture Theatre	HM	AH/NC/JH /GMac/ Monty	
10.30 – 11.00	COFFEE & Biscuits	Dining Room			
11.00 – 17.00	Practical Workshops (choose one of the following)				
	A. Mountain Experience (local) 1:2/3 ratio <ul style="list-style-type: none"> • Navigation • Route choice • Equipment/Emergency procedures 	Meet in the Lecture Theatre	LD	JH/DE/JD/JM/AB/ (6)	24 students
	B. Rock Climbing Experience for beginners (around GL) 1:4 ratio	Meet in the Bar	SC	PC/KA/CB/PCu	

	<p>Inc. wall, dry tooling, towers</p> <ul style="list-style-type: none"> • Tying in/setting up top ropes • Movement fundamentals • Belaying • Abseiling 			<p>(5)</p> <p>20 Students</p>
	<p>C. Rock Climbing Experience for improvers (local crags) 1:2 ratio</p> <ul style="list-style-type: none"> • Understanding climbing systems • Improving movement techniques • Developing lead climbing skills • Multi=pitch climbing 	Meet Stores Area	GT	<p>GA /JMc/AK</p> <p>(4)</p> <p>8 Students</p>
	D. Winter Mountaineering experience	Meet Ben the Hoose	GMac	<p>Monty/GK/SB/AR/JP /NC/AH</p> <p>(8)</p> <p>24 Students</p>
17.00 – 17.30	Tea & Cakes	Dining Room		
17.30 – 18.00	‘Avoiding Death’ by James McCaffie from the BMC	Lecture Room	JMc	
18.00 – 19.00	<p>Are you interested in mountaineering qualifications?</p> <p>George Mac from Mountain Training Scotland will be in the bar to answer all your questions</p>	Bar	GMac	

18.00 & 18.30	Are you interested in learning more about mountain rescue teams? 2 sessions 18.00 & 18.30	Meet at the Glenmore Lodge Mountain Rescue base for a guided tour	DE/GA	
19.00 – 19.30	Evening Meal	Dining Room		
20.00 – 21.00	Late evening talk	Lecture Theatre		ALL to attend (bar will be closed to students during this period)
21.00 – til late	Bar re-opens			

SUNDAY	ACTIVITY	Venue	STAFF
07.45 – 08.30	Breakfast & collect packed lunch	Dining Room	
08.30	MEETING FOR VOLUNTEER STAFF	Lecture Theatre	All volunteers
09.00 – 15.30	Choice of 1 of the following activities:		Initials in BOLD to lead
	<ul style="list-style-type: none"> • Mountain Experience 1:4 ratio • Navigation • Route choice • Equipment/Emergency procedures 	Meet in the Lecture Room	LD/DE/JH/JD/AB (5) 24 students
	<p>Beginners Rock 1:2/3 ratio</p> <ul style="list-style-type: none"> • Route Selection • Setting up a top rope • Belaying • Climbing • Abseiling 	Meet in Bar	SC/GT/PC/KA/CB (5) 20 students
	<p>Improvers Rock 1:2/3 ratio</p> <ul style="list-style-type: none"> • Understanding climbing systems • Improving movement techniques • Developing lead climbing skills • Multi-pitch climbing • Improvised rescue 	Meet in Stores area	JP/PCu/JMc/AK (4) 8 students
	Winter Mountaineering	Meet in Ben the Hoose	GMac/Monty/GK/SB/AR/NC/AH 24 students/7 staff

15.30 15.45	Final Wrap-UP	Lecture Theatre	HM/All
16.00	Tea & Cakes & dept by 17.00	Dining Room	