



SMART STUDENT WEEKEND

For Scottish students'
mountaineering, climbing and hill walking clubs

2nd to 4th November 2018 - 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/J H/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) 1:6 ratio <ul style="list-style-type: none"> Navigation Route choice Equipment/Emergency procedures In the dark nav until 7pm 	Meet in the Lecture Theatre	Lou Watson 7 staff + CMac	AC/JH/Monty/JP/JD/ACr	

	B. Rock Climbing Experience for beginners (around GL) 1:4 ratio Inc. wall, dry tooling, towers <ul style="list-style-type: none"> • Tying in/setting up top ropes • Movement fundamentals • Belaying • Abseiling 	Meet in the Bar	Sarah Crowsley 7 staff	CMc/SB/AB/DB/AL/R Mac
	C. Rock Climbing Experience for improvers (local crags) 1:2 ratio <ul style="list-style-type: none"> • Understanding climbing systems • Improving movement techniques • Developing lead climbing skills • Multi=pitch climbing 	Meet Stores Area	Jon Jones 6 staff	NC/GMac/AR/AH/GG
	D. Emergency Mountain First Aid – inc. mountain rescue scenario	Meet in Cairngorm Room	Dr Duncan Gray	DE (Braemar mrt) + EMac to assist & 'body'
17.00 – 17.30	Tea & Cakes	Dining Room		
17.30 – 18.00	TBC	Lecture Room	GG	
18.00 – 19.00	Are you interested in mountaineering qualifications?	Bar	GMac	

	George Mac from Mountain Training Scotland will be in the bar to answer all your questions			
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		Derek Edge Braemar mrt Andy Cloquet Ochils mrt
19.00 – 19.30	Evening Meal	Dining Room		
20.00 – 21.00	Robert MacKenzie & Calum McBain ‘Growing Up is Optional’	Lecture Theatre	RMac/ CMc	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 1:6 ratio • Navigation • Route choice • Equipment/Emergency procedures 	Meet in the Lecture Room	LW/JH/SB/Monty/AB/JD/ACr EMac to assist 7 staff
	Beginners Rock 1:4 ratio <ul style="list-style-type: none"> • Route Selection • Setting up a top rope • Belaying • Climbing • Abseiling 	Meet in Bar	SC/AC/CMc/AL/RMac/DB/LM 7 staff
	Improvers Rock 1:2 ratio <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	JJ/NC/GMac/JP/AR/AH/GG 7 staff
	Emergency Mountain First Aid – inc mountain rescue scenario	Meet in Cairngorm Room	Dr Duncan Gray + DE Braemar mrt + CMac as assistant & ‘body’

15.30 15.45	Final Wrap-up	Lecture Theatre	
16.00	Tea & Cakes & dept by 17.00	Dining Room	

AB Anna Bushe
 AC Andy Cloquet
 ACr Alison Craig
 AH Al Halewood
 AL Arran Laird
 AR Alex Reid
 CMac Calum Macilleathain
 CMc Calum McBain
 DB Derek Bain
 DE Derek Edge
 DG Duncan Gray
 EMac Eoghainn MacCoinnich
 GG Gregor Gray
 GMac George Mac
 HM Heather Morning
 JD Jim Donaldson
 JH James Hotchkiss
 JJ John Jones
 JP Johannes Petersen
 LM Laura Martin
 LW Lou Watson
 Monty
 NC Nick Carter
 RMac Rob MacKenzie
 SB Scott Brooks
 SC Sarah Crowsley