



THE **MOUNTAINEERING COUNCIL** OF **SCOTLAND**

www.mcofs.org.uk

The Old Granary  
West Mill Street  
Perth PH1 5QP  
Tel: 01738 493 942  
Fax: 01738 442 095

**SAFETY & GOOD PRACTICE SEMINAR**  
**For Scottish Students'**  
**Mountaineering, Climbing and Hillwalking Clubs**  
**12th & 13th November 2011 - Glenmore Lodge, Aviemore**

<b>SEMINAR PROGRAMME</b>				
<b>SATURDAY</b>	<b>Breakfast 0730 – 0830 hrs</b>	<b>Venue</b>	<b>Lead</b>	<b>Assist</b>
08.45	<b>MEETING FOR VOLUNTEER STAFF</b>	Lecture Theatre		All volunteers, please
09.00 - 09.30	<b>REGISTRATION</b> - for seminar (stores will be open)	Lecture Theatre	RW	All delegates, please
09.30 - 09.40	<b>WELCOME</b> to Glenmore Lodge and introductions	Lecture Theatre	RW	All delegates and volunteers
09.40 - 10.20	<b>LIABILITY</b> - club and individual	Lecture Theatre		Volunteers preparation for workshops and afternoon navigation
10.20 - 10.35	<b>TEA / COFFEE</b>			
10.35 - 11.45	<b>FILM:</b> Colette Fleetwood film and discussion <b>NOVICES</b> and running a <b>University Club</b>	Lecture Theatre		
11.45 - 12.00	<b>TRAINING OPPORTUNITIES</b> and <b>EXPERIENCE</b>	Lecture Theatre		
12.00 - 12.20	<b>QUALIFICATIONS</b>	Lecture Theatre		
12.20 - 12.30	<b>Ten minutes to get to lunch on time</b>			
12.30 - 13.15	<b>LUNCH</b>			
13.15 - 14.15	<b>PRACTICAL / DISCUSSION Workshops</b>			
	(a) Choice, care and maintenance of pooled equipment			
	(b) Incident Management - a practical guide			
	(c) Duty of Care - how to deal with it			
	(d) Scrambling and Hazard Awareness			
	(e) Winter Check List			

<b>SATURDAY</b>		<b>Venue</b>	
14.15 - 14.25	<b>Ten minute change over period</b>		
14.25 - 17.00	<b>NAVIGATION TECHNIQUES - outdoors</b>	Lecture Theatre (to create groups)	All delegates and volunteers
17.00 - 17.30	<b>TEA / COFFEE</b>		
19.00	<b>EVENING MEAL</b>		
20.00	<b>Evening talk</b>	Lecture Theatre	

<b>SUNDAY</b>	<b>Breakfast 0730 – 0830 hrs COLLECT PACKED LUNCH</b>	<b>Venue</b>	
08.45	<b>MEETING FOR VOLUNTEER STAFF</b>	Lecture Theatre	All volunteers, please
09.00 - 09.15	<b>CO-ORDINATION OF PRACTICAL SESSIONS</b>	Lecture Theatre	All delegates and volunteers
09.15 - 16.00	<b>PRACTICAL SESSIONS</b>		
	(a) Mountain navigation – introductory		
	(b) Mountain navigation – advanced		
	(c) Skills for Rock Climbing – introductory		
	(d) Skills for Rock Climbing – advanced		
16.00 - 16.30	<b>CONCLUSION</b>	Lecture Theatre	All