



THE MOUNTAINEERING COUNCIL OF SCOTLAND

www.mcofs.org.uk

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SAFETY & GOOD PRACTICE SEMINAR For Scottish Students' Mountaineering, Climbing and Hillwalking Clubs 14th & 15th November 2009 - Glenmore Lodge, Aviemore

SEMINAR PROGRAMME				
SATURDAY		Venue	Lead	Assist
08.30	MEETING FOR VOLUNTEER STAFF	Lecture Theatre		All volunteers, please
09.00 - 09.30	REGISTRATION - for seminar (stores will be open)	Lecture Theatre		All delegates, please
09.30 - 09.40	WELCOME to Glenmore Lodge and introductions	Lecture Theatre		All delegates and volunteers
09.40 - 10.20	LIABILITY - club and individual	Lecture Theatre		
10.20 - 10.35	TEA / COFFEE			
10.35 - 11.45	FILM: Colette Fleetwood film and discussion NOVICES and running a University Club	Lecture Theatre		
11.45 - 12.00	TRAINING OPPORTUNITIES and EXPERIENCE	Lecture Theatre		
12.00 - 12.20	QUALIFICATIONS	Lecture Theatre		
12.20 - 12.30	Ten minutes to get to lunch on time			
12.30 - 13.15	LUNCH			
13.15 - 14.15	PRACTICAL / DISCUSSION Workshops			
	(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			

SATURDAY		Venue	
14.15 - 14.25	Ten minute change over period		
14.25 - 17.00	NAVIGATION TECHNIQUES - outdoors	Lecture Theatre (to create groups)	All delegates and volunteers
17.00 - 17.30	TEA / COFFEE		
19.00	EVENING MEAL		
20.00	THREE SUMMERS IN ANTARCTICA by Heather Morning	Lecture Theatre	

SUNDAY		Venue	
08.30	MEETING FOR VOLUNTEER STAFF	Lecture Theatre	All volunteers, please
09.00 - 09.15	CO-ORDINATION OF PRACTICAL SESSIONS	Lecture Theatre	All delegates and volunteers
09.15 - 16.00	PRACTICAL SESSIONS		
	(a) Mountain navigation – introductory		
	(b) Mountain navigation – advanced		
	(c) Skills for Rock Climbing – introductory		<u>Volunteers to split into intro & advanced</u>
	(d) Skills for Rock Climbing – advanced		
16.00 - 16.30	CONCLUSION	Lecture Theatre	All