

A photograph of two hikers on a grassy hillside. A woman in a red jacket and grey hat is walking towards the left, and a man in a black jacket is walking towards the right. The background shows a vast valley with green fields and small buildings under a cloudy sky.

UFRC Spring Gathering 2018

'Valuing The Hills'

Saturday 3rd March
Greenmount College, Antrim

Workshops

Workshop 1

REC First Aid Life Saver Course (includes certificate valid for 3 years)

A 4-hour course. The basic first aid course is designed to introduce a systematic way of first aid for managing casualties. Topic learning and practical's intermixed with scenarios of real situations. There will be a certificate for all who complete the course which is certified for three years, it will look at:

- Accident procedure
- Safe airway position
- Choking
- Basic bleeding
- CPR

Training delivered by JMP Training

Workshop 2

Managing Groups in the Hills

This workshop will look at issues that can come up when out on the hills with a group and practical solutions to the issues and guidance on preventing them. It will look at a wealth of issues such as;

- Group members wanting to go their own route
- Group members trying to take over the walk
- Steep ground work with groups
- Incidents on the hills
- Bad weather and route changes

Training delivered by Mourne Mountain Rescue

Long Distance Walks

This course will help walkers learn more about the details and aspects of going on a long-distance walk in the UK and Europe. The course will look at a few key walks and how to go about organising them and accessing if they are right for you. Holiday company Irishways will also be giving us an insight into what they can provide and help people with to organise a walk.

- Where the main walks are
- What equipment you need
- Navigation skills required
- Fitness Levels
- Accommodation
- What holiday companies can provide
- Costs

Training delivered by George Acheson (UFRC) & Irishways Walking Tour Company

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Workshops

Workshop 3

Introduction to GPS

In recent years more and more hill walkers are making greater use of a GPS for navigation in the mountains. This course has been designed for hill walkers who have just acquired a GPS and who would like to get to grips with basic GPS skills; and also for those with some knowledge of a GPS wishing to become more proficient in its use.

Course Aims:

- Develop a basic understanding of the GPS, its uses/limitations
- Choosing the most appropriate GPS
- Setting and following simple and more challenging routes

Skills Covered:

- Finding your way around a GPS receiver
- Way Points
- GO TO
- Planning a route/ inputting information
- Practical navigation in the mountains

The course will consider the varying skill levels of participants.

Training delivered by Tollymore National Outdoor Centre

Workshop 4

Intermediate Navigation

Enhance your walking experience by learning about navigational skills and techniques that will develop and expand your skills as a walker. This course may help build your confidence to support others in leading a walk within your group. The training day will consist of the following elements;

Contents:

- Using the Compass
- Understanding contours
- Timing and Pacing
- Route Planning
- Dealing with emergency incidents
- Magnetic Bearings- How to walk on a bearing accurately
- Orientating the map using the compass
- Grid references
- Micro navigation

Training delivered by ML Tutor