

# RIGHT FIRST TIME 30th August to 4th September 2010

## Morning

## Afternoon

## Evening

### Monday 30th August

Arrivals – to be arranged

19.30 Dinner  
20.15 Introduction by Trevor  
20.30 “Risk Assessment” Glaramara Instructor

### Tuesday 31st August

8.30 Breakfast  
9.00 Group meetings and briefings  
9.15 Activities begin Group A – Gorge Scrambling – Simon - John  
Group B- Climbing and Abseiling - Tom  
Group C – Mountain Walking - Chris  
Group D – Canoeing - Trevor  
12.00 All groups return for lunch at Glaramara and Plenary

18.30 Ice Breaker Activity with Graham

13.00 Groups leave for Activities  
Group A – Climbing and Abseiling - Simon  
Group B - Gorge Scrambling – Tom - John  
Group C – Canoeing - Trevor  
Group D – Mountain Walking - Chris

19.30 Evening meal  
20.15 “Leadership” – David Haynes  
21.15 “Professional Standards of Behaviour” - Trevor  
21.45 “Personal Provisions” - Trevor

22.15 Social Evening – Group A to organise

### Wednesday 1st September

8.30 Breakfast  
9.00 Group meetings and briefings  
9.15 Activities begin Group A – Mountain Walking - Dan  
Group B – Canoeing - Trevor  
Group C – Climbing and Abseiling - Chris  
Group D – Gorge Scrambling – Tom - John  
12.00 All groups return for lunch at Glaramara and Plenary

13.00 Groups leave for Activities  
Group A – Canoeing -Trevor  
Group B - Mountain Walking – Dan  
Group C – Gorge Scrambling –Chris - John  
Group D – Climbing and Abseiling - Tom

19.30 Evening meal  
20.15 “Accommodation – Acceptable and Unacceptable Conditions  
David  
20.45 “Food Hygiene” – Garath

22.00 Social Evening – Group B to organise

### Thursday 2nd September

8.30 Breakfast  
9.00 Morning briefing with Trevor “PLAN B”

15.00 Return to Glaramara  
15.30 “PLAN B” presentations  
15.40 Group A  
15.50 Group B  
16.00 Group C  
16.10 Group D  
16.20 Plenary of “PLAN B”  
16.45 Free Time  
18.30 “Conflict Resolution” – David

19.30 Evening meal  
22.00 Social evening Group C to organise

### Friday 3rd September

8.30 Breakfast  
10.30 Coach arrives to take group to Manchester

14.00 Arrive at the Thistle Hotel Manchester  
15.00 Free Time

17.30 Course Evaluation – Hotel Foyer  
18.30 Evening meal – to be arranged

21.00 Social evening Group D to organise

### Saturday 4<sup>th</sup> September

Return flights home