



C:ORE RISK CONFERENCE

OUTDOOR • REMOTE • EDUCATION • EXPLORATION

NOUN: THE CENTRAL, INNERMOST, OR MOST ESSENTIAL PART OF ANYTHING
ADJECTIVE: OF CENTRAL IMPORTANCE; BASIC; FUNDAMENTAL

CONFERENCE FOR THOSE RESPONSIBLE FOR PLANNING, DELIVERING AND REVIEWING FIELDWORK, OUTDOOR ACTIVITIES, EDUCATIONAL VISITS, EXPEDITIONS, EXPLORATION, REMOTE AREA OPERATIONS, ADVENTURE TRAVEL AND WILDERNESS TRAVEL.



**DUTY OF CARE: AWARENESS AND COMPLIANCE -
AND THE INAUGURAL C:ORE RISK SAFETY AWARDS**

THE NATIONAL MOUNTAIN CENTRE, PLAS Y BRENIN, SNOWDONIA.

www.coreriskconference.com

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WELCOME TO ALL OUR DELEGATES

who have travelled from across the UK, the USA, Canada, Singapore, Denmark, Finland and Switzerland to be with us this weekend.

Thank you for taking the time and effort to join us for the first event of its kind, here in the UK. The C:ORE Risk Conference is designed to provide a forum for education and discussion around core or central areas of risk for those planning or undertaking fieldwork, outdoor activities, exploration, school trips and expeditions. Through exchanging ideas, good practice and experience, collectively, all of us will benefit. We'd like to thank everyone at our fantastic venue - the National Outdoor Centre Plas y Brenin, and in particular Carlo Forte and Gaynor Lewis for all their help and support for this first conference. We appreciate that it's not the shortest trip to reach this amazing venue, but we wanted to run the conference in a location that provides instant context - and, what better than an intimate setting right at the heart of the mountains of Snowdonia, at one of the UKs, subject matter relevant centres of excellence!

We'd like to thank Sam at Bodhi Movement for waking us all up with yoga on Saturday morning!

We'd also like to thank all our supporters and sponsors who have generously supported us both financially (this is a not-for-profit event) and provided lovely things for the goody bags, as well as helping promote the conference through advertising and social media. These are Keela, Cicerone, Trek and Mountain Magazine, Nomad, Remote Area Risk International, Cotswold Outdoors, Outdoor and Cycle Concepts, Snow and Rock, Base Camp Foods and TSG Associates. Finally, a special thanks to a contact who will remain nameless, who was a great sounding board when we sought to test the market as to whether there would be a sector interest. You know who you are.

HOW THIS CAME ABOUT

The C:ORE Risk Conference was conceived by Matthew Davies and Liz Gray, both with decades of involvement in risk management and post incident response in the various fields to which this conference is applicable. Matt and Liz have worked together on risk management related aspects of (very complex) international endeavours in the past (and continue to do so) and had discussed, over several years, the need - and benefits of having an expert led conference providing not only the "next step" in risk management education for those who had undertaken a relevant foundation level certification, but a forum where ideas and good practice could be shared - and an international network developed. Both had appreciated what a huge undertaking this would be, but considered that their networks would both support and benefit from such an event.

Having cast the net wide for views, it became clear there was not only a need but they were told "if you two can't pull this off, no one can". A huge undertaking, with many long nights and financial worry, but here we are. We hope you all enjoy enjoy and benefit from it.

The conference is intended to provide a forum for further (or continuous) education in core or central areas of risk for those undertaking fieldwork, outdoor activities, remote area operations (from TV to research), exploration, off-site visits, school trips and expeditions. All these sectors have much in common and the conference is aimed at those areas of risk that they have in common. By exchanging ideas, good practice and experience, collectively, all of us will benefit.





OUR VALUES AND DRIVERS – THE WHY?

- A belief that the sectors that the C:ORE Risk Conference relates to have many similarities
- That these sectors could learn from each other
- That learning from each other may keep people safe – and enable activities
- A passion for the outdoors, adventure, education and travel in the wider sense
- That this would keep our friends, loved ones and children, and those of others, safer when undertaking C:ORE Risk activities.
- A passion for education – and a belief that fieldwork, visits and outdoor environments and activities are a powerful force for good – they should be encouraged.
- We believe that everyone's sense of wellbeing peaks when in the outdoors setting, most noticeably for young people
- An involvement, as advisors, in the aftermath of incidents – and wanting to ensure that the chances of similar things happening again are minimised as much as possible.
- We all have a responsibility to ensure people can enjoy remote adventure travel and work without restricting their experience due to inaccurate or unwarranted "safety concerns" whilst ensuring suitable and sufficient risk management systems and procedures are in place to deal with the real risks.
- We believe everyone benefits from sharing experience, practice and knowledge across all our sectors
- Risk management needs to be carried out proportionately, in a way that makes everyone risk aware, not risk averse
- Different sectors often do things in different ways – even when operating in the same areas and environments – often undertaking similar activities – sharing knowledge of what does and doesn't work – and other ways to do it, helps us to broaden our knowledge and risk management understanding. It's good to talk !

DRESS CODE

Casual/Outdoor clothing at all times, including meals. We want delegates to be comfortable while we learn and relax

SOCIAL MEDIA

We are hopeful that this will be an annual event – so please help us promote it by posting on social media both during and after the event, to share it with your networks and build the C:ORE Risk Family.



www.coreriskconference.com



Core Risk Conference



Core Risk Conference



@CoreRiskCon2019





THE PROGRAMME

You will see that this is a rich programme. We have drawn together a team of genuine experts in their fields to cover the key or C:ORE Risk Management issues that each of the conference sectors have in common. Most of these are experts we know and work alongside, others who we know of by reputation, who we have taught or who have taught us. Many of us now work together in the same teams. All are genuine experts in their fields – with relevant education AND experience.

You will see that these is a rich programme – the intention is that delegates can dip into whatever sessions fill gaps in their knowledge.

Sessions do not need to be booked in advance. One session – Catastrophic bleeding, has a limit on how many can attend due the practical nature of the workshop. This workshop will operate on a first come, first served basis.

Please see the programme below. You will see that venue names are highlighted for classroom-based sessions. Outdoor session locations will be indicated on the morning of each day. It is a compact site.

VENUE

Please see a map of the venue below for ease of reference. For any queries, please ask at the venue reception, the C:ORE Risk desk or chat to Matt or Liz.

Any problems at any time, regarding the venue, food or emergencies, please contact the venue reception.

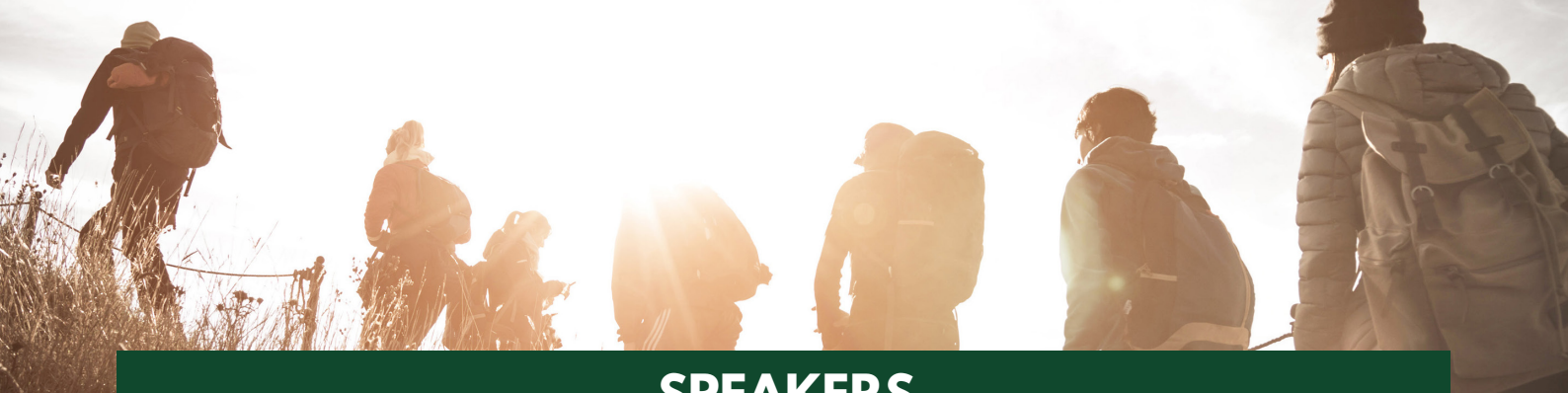
ACCOMMODATION

We have no involvement with accommodation so please direct any queries to the venue staff via the reception desk

OTHER IMPORTANT INFORMATION

- WiFi and cell reception: There is very little mobile/cell phone reception at the venue (we're in the mountains after all!) but there is Wi-Fi. The network is PYB-PUBLIC.
- Coffee and tea: will be available throughout, so please feel free to bring your flask/re-usable cup!
- Yoga: Some yoga mats will be provided for the Saturday morning session, but if you want to bring your own feel free. Also bring comfortable clothing to do this in!
- Morning walks: There will be an early morning walk (not challenging) on Sunday morning so please bring outdoor walking gear if you're planning on joining us.
- The Bar: Please bring cash or cards to pay for the bar on Saturday night. It will be open until 12.30am





SPEAKERS

You will see that we have a long list of speakers and workshop facilitators. Their details are all set out on the website. Needless to say, all are experts in their fields and their bios are well worth a read. There is a staggering level of expertise, experience and education amongst the speakers. Ask questions for maximum benefit. There will also be hot desks during the conference – ask away on a one to one basis – or speak to us in the bar during the evening. It's good to talk and share and we encourage it.

Terry Auld

Accommodation Safety

Blue C

Remote Area Risk international
Kidnap avoidance and Hostage Survival

Dr. Cliff Nelson

Atlantic Crest
Water Safety considerations and Solutions

Spike Green

Plas Y Brenin
Water Safety considerations and Solutions
(and water safety practical workshop)

Rich Bell

Consultant Paramedic and Safety Advisor,
Remote Area Risk International
Road Traffic Collisions – what you can do as a
non-medical in a remote area setting when an RTC
occurs.

Matthew Davies

Remote Area Risk International
What keeps you awake at night and what SHOULD
keep you awake at night – what the statistics say.
Duty of Care, Obligations, protecting participants,
your organisation and yourself – legal, moral,
practical considerations and solutions.
Risk Management and Risk Assessments

Liz Gray

Liz Gray Travel and Risk Management Training and
Consultancy.

Risk Management and Risk Assessments
Real Stories from Fieldworkers, teachers and
leaders

Dr. Hannah Evans FRGS, FAWM

Remote Area Risk international
What keeps you awake at night and what SHOULD
keep you awake at night – what the statistics say.
Health considerations for remote travel, visits and
ventures – screening participants and common
issue you might face.
Working at Altitude – including Portable Altitude
Chamber Demonstration and workshop

Shane Winsor

Head of Geography Outdoors (formerly the
Expedition Advisory Centre),
Royal Geographical Society (with IBG)
Standards and Guidelines – UK and International

Louise Melville

St. Clement's School Canada Teacher, trip leader
and PhD student in Risk Management
Standards and Guidelines – UK and International
Real Stories from Fieldworkers, teachers and
leaders

Kim Cassello

Risk Manager for the Earthwatch Institute, USA.
Standards and Guidelines – UK and International

Dr. Katie Beck

Medical Co-Ordinator, Raleigh International
Safeguarding Considerations





SPEAKERS

Dr. Nathan Smith

Research Associate, Psychology, Security and Trust, University of Manchester.
Health and Wellbeing in remote environments: considerations in the pre, during and post return phases.

Dr. Samantha McElligott

Leadership Consultant, Outdoor practitioner and expedition leader.
Safety first – how to be an effective leader.
Real Stories from Fieldworkers, teachers and leaders

Joe Pearson

Remote Area Risk International
Writing and Testing Emergency Plans

Chris Bradshaw QGM (Queen's Gallantry Medal)

Search and Rescue Helicopter Technical Instructor, Crew, Paramedic and Winchman.
Working safely around helicopters

Carlo Forte

Chief Instructor, Plas Y Brenin
Embedding a Safety Culture in your organisation – a practical guide

Caroline Dunn

Incident Manager, Earthwatch Institute, USA
Real Stories from Fieldworkers, teachers and leaders

Lesley Buckmaster

School Expedition Manager, Appleby College, Canada
Real Stories from Fieldworkers, teachers and leaders

Dr. Loel Collins

Senior Lecturer, University of Central Lancashire
Critical incident decision making and risk behaviours; Judgement and decision making in hyper dynamic environments

Peter Sigee

Barrister at Law and Assistant Coroner.
The Inquest – what happens; What to expect if you find yourself part of an inquest after an incident.

Charlotte Copeland

Safehaven Trauma Centre
Psychological Trauma – pre and post incident considerations.

Lachlan Nisbett

Solicitor and Partner, Brabners Solicitors.
Corporate Manslaughter and what to expect in an HSE (Health and safety Executive) investigation/prosecution

Gary Laird

Risk Management Specialist and Duty of Care Consultant, Remote Area Risk International.
Lessons learned from 15 years as an Outdoor Education Adviser – near misses and more.

Toni Murch

Paramedic – Celox Academy
Catastrophic Haemorrhage Control workshop for non-medics

Phil Keating

Remote Area Medic, Offshore Medic, Rope Rescue expert, Remote Area Risk International
Stretcher Systems Demonstrations
Pentrox Competent Administrator course

James Boyd

TSG Associates Ltd
Stretcher systems – demonstration of the XTRACT SR, comprehensive, backpack friendly stretcher system



C:ORE RISK AWARDS

As per the pre course joining instructions, we will be announcing the 2019 C:ORE Risk Award winners at dinner Saturday evening. The awards are low key this year as we needed to start somewhere – and we wanted to get your input for 2020 and beyond – so that the awards are for, on behalf of and by the C:ORE Risk Sectors.

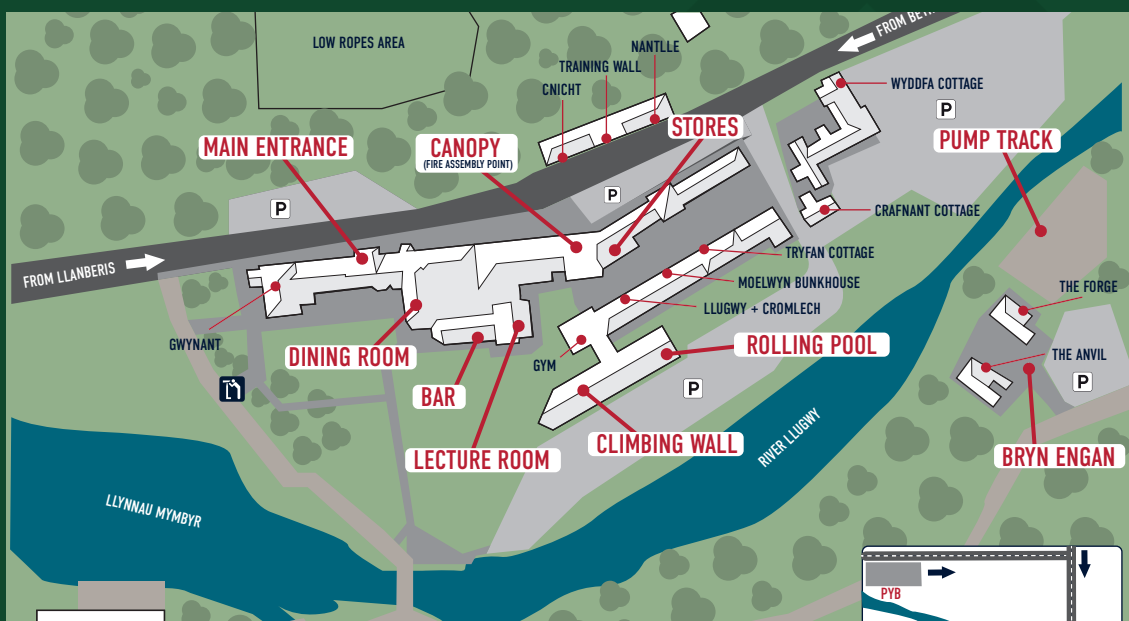
COMPETITION PRIZES

Our friends at Keela have given us THREE gorgeous bags of goodies for you to win at the end of the conference! For your chance to win, create a witty, or photographically beautiful and relevant post, with "Keela competition" in the text, and tag in @coreRiskCon2019 @keelaOutdoors on social media. Our panel of esteemed judges will choose the top three (based on wit, relevance, photographic prowess or sheer genius) and will announce these at the closing session of the conference!



Our friends at TSG Associates are giving us one of their XTRACT SR Stretchers to give away. One of their cutting edge, back pack friendly Xtract SR stretcher system. A unique product perfect for expedition and field teams to be able to carry a compact stretcher system that is easy and comfortable to carry. They will also be running a demo of the stretcher (including with flotation units on it). An announcement will be made regarding the mechanics of the competition, during the conference.

VENUE MAP



SPONSORS

A huge thanks to our sponsors – all hugely highly regarded providers of services, kit and support to our sectors. Please support them too.



TSG Associates LLP - are providing a prize - one of their cutting edge, back pack friendly Xtract SR stretcher system. They will also be running a demo of the stretcher (including with flotation units on it ...).

www.xtractlitters.com



Cicerone guides - leading outdoor texts and guidebooks medics from one our other sponsors, Remote Area Risk International still think Jim Duff's (Cicerone books) remote area medical text is the best all round field guide for medics and non medics.

www.cicerone.co.uk



Basecamp food - excellent expedition and fieldwork nutrition - team members have used their products in arctic circle expeds - highly rated and great service. Goodies being donated for goodie bags - late night munchies - no problem!

www.basecampfood.com



Keela - outdoor and travel clothing - again, team members have used their kit in Search and Rescue as well as jungle, desert, arctic circle, mountainous and aquatic expeds. Highly regarded kit - that actually works. Scuffer trousers, belay jackets and Munro jackets have been used to kit out expeds for some of our team members.

www.keela.co.uk www.keela-tactical.solutions www.ilasco.co.uk



Remote Area Risk International - experts in Travel Risk, Fieldwork Safety, risk training and remote area and wilderness medical training - from 7 day Wilderness First Responder, to advanced courses for Doctors, Nurses and Paramedics. Prizes of free courses and discounts being offered. Baseball caps being included in the goody bags!

www.R2Rinternational.com



Trek and Mountain Magazine
www.trekandmountain.com



Outdoor and Cycle Concepts - (mother company of Cotswold and Snow and Rock, Cycle Surgery and Runners Need).

www.cotswoldoutdoor.com



Nomad Travel - travel kit and travel meds. Well known and respected.

www.nomadtravel.co.uk



CONFERENCE PROGRAMME - DAY 1 & 2

DAY 1 - FRIDAY 4 OCTOBER			
TIME	TOPIC	TOPIC	
12.30 - 14.00	ARRIVE	ARRIVE	
	LECTURE ROOM	CROMLECH/LLUGWY	
14.00 - 14.50	Accommodation Safety <i>Terry Auld, Safety Specialist</i> Accommodation Safety	Kidnap & Hostage Situations <i>Speaker: Blue C, Remote Area Risk International</i> Kidnap Avoidance and Hostage Survival Techniques	
14.50 - 15.05	BREAK	BREAK	
15.05 - 15.55	Accommodation Safety <i>Terry Auld, Safety Specialist</i> Accommodation Safety	Water Safety <i>Cliff Nelson (Atlantic Crest) and Spike Green (Plas y Brenin), Water Safety Specialists.</i> Safety considerations if operating next to or in water during your project	
15.55 - 16.10	BREAK	BREAK	
16.10 - 17.00	Road Traffic Collisions in Remote Areas <i>Speaker: Rich Bell, Remote Area Risk International</i> What can you do as a non-medic and you have no kit?	Water Safety <i>Cliff Nelson (Atlantic Crest) and Spike Green (Plas y Brenin), Water Safety Specialists.</i> Safety considerations if operating next to or in water during your project	
17.00 - 18.00	FREE TIME	FREE TIME	
	LECTURE ROOM		
18.00 Onwards	Opening and Welcome <i>Matt Davies and Liz Gray (CORE Risk Convenors)</i> Followed by dinner and drinks (own arrangements)		

NOTE: All timings and content subject to change

CONFERENCE PROGRAMME



C:ORE RISK CONFERENCE 2019

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SATURDAY - PREPARATION AND PLANNING

DAY 2 - SATURDAY 5 OCTOBER				
TIME		TOPIC		TOPIC
07.00 - 07.45		YOGA WITH BODHI MOVEMENT - LECTURE ROOM		
07.45 - 08.45		BREAKFAST		
		PREPARATION		PREPARATION
		LECTURE ROOM		
08.45 - 09.30		What Keeps You Awake at Night....and What SHOULD Keep you Awake at Night? <i>Matt Davies FRGS and Dr Hannah Evans FRGS, FAWM</i> Addressing concerns - what the statistics say ...		
		LECTURE ROOM		
09.35 - 10.20	CORE	Duty of Care <i>Matt Davies FRGS, Specialist Solicitor and Risk Management Consultant for the remote area and travel sectors</i> Obligations, protecting your participants, your organisation and yourself - legal, moral and practical considerations and solutions.		
10.20 - 10.40		BREAK		BREAK
		PLANNING		PLANNING
		LECTURE ROOM		
10.40 - 11.25	CORE	Standards and Guidelines - UK and International <i>An expert panel including Mrs Shane Winsor FRGS (Go Outdoors, Royal Geographical Society with IBG), Louise Melville FRGS (teacher at St Clement's School, Canada, trip leader and undertaking PhD research on risk management on international programmes) and Kim Cassello (Risk Manager for the Earthwatch Institute, USA)</i> An overview of safety standards for fieldworkers, educational visits, mobile workers and expedition/exploration organisations		
		LECTURE ROOM		CROMLECH/LLUGWY
11.30 - 12.30	CORE	Risk Management - Risk Assessments & other considerations <i>Liz Gray, Risk Management Consultant & Matt Davies FRGS</i> A practical guide - Risk Assessments, Travel Risk Assessments and more	CORE	Health Considerations for Remote Travel, Visits and Ventures <i>Dr Hannah Evans FRGS, FAWM, Expedition Medic, GP, Topside Medical Advisor (Remote Area Risk International)</i> Screening participants and common issues you might face
12.30 - 13.30		LUNCH		LUNCH
13.30 - 14.30	CORE	Safeguarding Considerations <i>Dr Katie Beck, Medical Co-ordination Manager, Raleigh International</i> An overview of safeguarding considerations, what to look out for and how to deal with it in a remote setting	CORE	Leadership <i>Dr Samantha McElligott, Leadership Consultant, Outdoor Practitioner and Expedition Leader</i> Safety first...how to be an effective leader!
14.35 - 15.25	CORE	Psychological Aspects for those operating in Remote Areas <i>Dr Nathan Smith, Research Associate, Psychology, Security and Trust, University of Manchester</i> Health and wellbeing in remote environments: Considerations in the pre, during and post return phases.		
15.25 - 15.45		BREAK		BREAK
15.45 - 16.35	CORE	Writing Emergency Plans <i>Joe Pearson (Remote Area Risk International), Crisis Management, Emergency Planning and Resilience expert (via Webinar)</i> How to put together an emergency plan and what to include	CORE	Working with Helicopters <i>Chris Bradshaw, QGM, SAR Helicopter Technical Instructor, Crew, Paramedic and Winchman</i> Working safely around helicopters
16.40 - 17.30	CORE	Testing Emergency Plans <i>Joe Pearson (Remote Area Risk International), Crisis Management, Emergency Planning and Resilience expert (via Webinar)</i> Strategies for doing this effectively	CORE	Embedding a Safety Culture in your Organisation <i>Carlo Forte, Chief Instructor, Plas Y Brenin and Technical Expert</i> A practical guide
		LECTURE ROOM		
17.30 - 18.30		HOTDESKS WITH SPEAKERS Got a burning question? This is a chance to engage in one-to-one sessions with our expert speakers		
18.30 Onwards		FREE TIME		
19.30 Onwards		DINNER - AWARDS - BAR		
				</

NOTE: All timings and content subject to change



CONFERENCE PROGRAMME - DAY 3

DAY 3 - SUNDAY 6 OCTOBER			
TIME		TOPIC	TOPIC
07.00 - 07.45		MORNING WALK (MEET AT RECEPTION AT 0700)	
07.45 - 08.45		BREAKFAST	
		INCIDENT MANAGEMENT	INCIDENT MANAGEMENT
		LECTURE ROOM	
08.45 - 09.45	CORE	Incident Scenario <i>Facilitated by Matt Davies, Liz Gray, Louise Melville, Caroline Dunn</i> How will your group deal with an incident? A table exercise and plenary session	
		LECTURE ROOM	
09.50 - 10.40		Real Stories from Fieldworkers, Teachers and Leaders <i>Caroline Dunn (Incident Manager, Earthwatch USA), Liz Gray (Risk Management Adviser and Leader), Lesley Buckmaster (School Expedition Manager, Appleby College, Canada) and Samantha McElligott (Leadership Consultant and Expedition Leader)</i>	
10.40 - 11.00		BREAK	BREAK
		LECTURE ROOM	CROMLECH/LLUGWY
11.00 - 11.45	CORE	Critical Incident Decision Making and Risk Behaviours <i>Dr Loel Collins, Senior Lecturer, UCLan</i> Judgement and decision-making in hyper-dynamic environments	Safeguarding Considerations <i>Dr Katie Beck, Medical Co-ordination Manager, Raleigh International</i> An overview of safeguarding considerations, what to look out for and how to deal with it in a remote setting
11.50 - 12.35	CORE	The Inquest - What Happens <i>Peter Sigee, Barrister at Law and Assistant Coroner</i> What to expect if you find yourself part of an inquest after an incident	Psychological Trauma <i>Charlotte Copeland, SafeHaven Trauma Centre Ltd.</i> Preventative and responsive measures for psychological trauma
12.35 - 13.15		LUNCH & HOTDESKS WITH SPEAKERS	
		LECTURE ROOM	
13.15 - 14.15	CORE	When the Health & Safety Executive Come Calling <i>Lachlan Nisbet, Regulatory Solicitor and Partner at Brabners</i> Corporate Manslaughter and what to expect in a Health & Safety Executive (HSE) investigation	
		REVIEW	REVIEW
		LECTURE ROOM	
14.20 - 15.00	CORE	Lessons Learned <i>Gary Laird (Remote Area Risk International) Risk Management Specialist and Duty of Care Consultant</i> Lessons learned from 15 years as an Outdoor Education Specialist Safety Adviser - Near Misses and More	
15.05 - 15.50	CORE	Taking the Conference Back to your Organisation & Conference 2020: The next step in the "Plan, Do, Check, Act" Cycle. <i>Liz Gray & Matt Davies</i> Table discussions and plenary - how to take apply learning in a practical sense; and what sessions would you like to see at the 2020 conference?	
15.50 - 16.00	CORE	Closing Remarks <i>Matt Davies and Liz Gray</i>	

NOTE: All timings and content subject to change



SUPPORTERS



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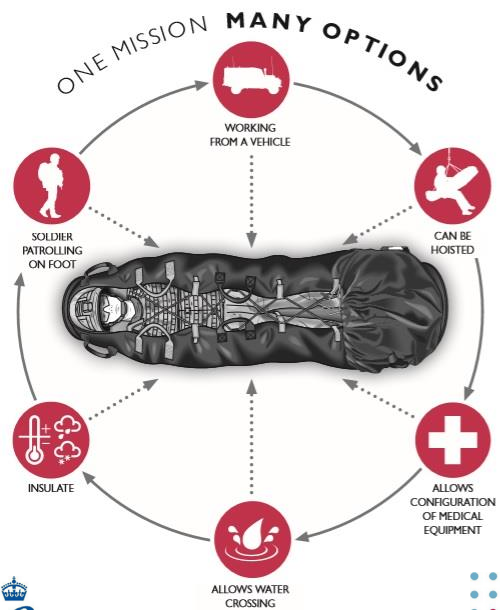
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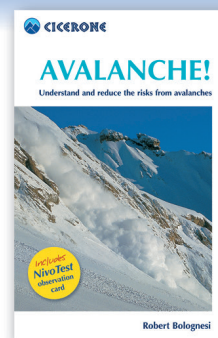
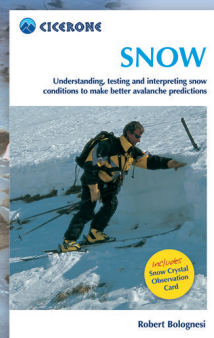
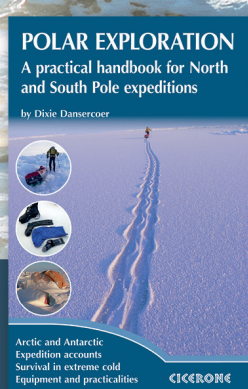
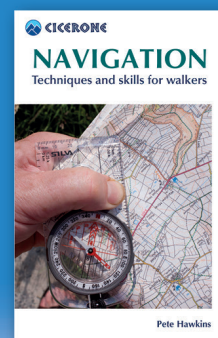
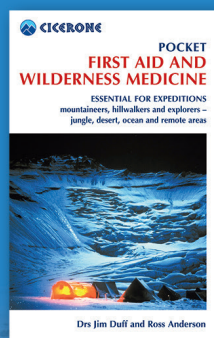
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POST CONFERENCE

After the conference has concluded, delegates will be emailed certificates of attendance relating to the conference, as well as any certificates that relate to certificated sessions undertaken during the conference but where we have to secure those certificates from external Awarding Organisations.

C:ORE RISK CONFERENCE 2020

We hope that the C:ORE Risk Conference will be an annual event. The 2019 event has been funded and facilitated by the Founders, Matt and Liz, who have also run the logistics and admin to allow this event to come to be. In 2020, we will be back with a re vamped website (with online booking) and an opportunity for delegates that have attended C:ORE Risk Conference 2019 to put forward proposals to apply to speak on related subjects. The process for submitting and the assessing and approval of speaking subjects and opportunities will feature on the 2020 conference website. We expect the 2020 dates to be announced by 1 December 2019, along with launch of the 2020 C:ORE Risk Awards at the same time.



NOTES





C:ORE RISK CONFERENCE

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info@coreriskconference.com
www.coreriskconference.com



THE NATIONAL MOUNTAIN CENTRE, PLAS Y BRENIN, SNOWDONIA.

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