

**Volunteers' Activity Weekend 15-17 September 2017
draft timetable v5 (2 Aug. 2017)**

FRIDAY lunchtime	swim, run			various quizzes and a planning challenge ongoing all weekend
FRIDAY AFTERNOON				
14:30 - 17:00	Short informal discussions including Coaches Sharing Best Practice	CONDES WORKSHOP Suzanne Robins-Bird	O, coaching option Roger Scrutton ?	
Bar meals available (own expense) FRIDAY EVENING				
18:00 - 21:00	SAFEGUARDING - the stuff everyone should know and why we should know it Sally Ross, Children1st			
Breakfast supplied * SATURDAY MORNING				
09:00 - 12:00	O FOR PEOPLE WITH DISABILITIES - thinking beyond Trail-O Heather Lowden, Scottish Disability Sport		COACHING FOUNDATION Lynne Walker	
Buffet lunch supplied SATURDAY AFTERNOON				
13:30 - 16:15	MENTORING Moira Laws, Hilary Quick	Controllers (Grade B) (start) Rob Hickling		
Tea & cake supplied 16:15; dinner supplied 18:00 - 18:30 SATURDAY EVENING				
19:00 - 22:00 approx.	Dark(-ish) O with optional coaching	SI TIMING - practical update session Robin Strain	CONDES supervised play session Hilary Quick	
Breakfast supplied * SUNDAY MORNING				
09:00 - 12:00	DEVELOPMENT SUMMIT FOLLOW-UP Johannes Petersen, Rona Lindsay	Controllers (Grade B) cont'd	CONDES MASTER CLASS Hilary Quick	
Buffet lunch supplied SUNDAY AFTERNOON				
Team O challenge for all followed by tea & cake				

* breakfast is supplied only for those who are fully residential; other meals & snacks are for everyone