

*(Stand 16.01.2013 – Änderungen oder Absagen vorbehalten)*

 **Überblick Workshops, 21.01. – 23.01.2013**  
ERCA AGM & Conference 2013, Hennef (Sieg)

| Nr. | Titel  | Referent/in   | Dauer   | Typ              | Details |
|-----|--|---|---------|------------------|---------|
| 1   | Groupdynamics and Teamleadership   | Anke W. Dahlhoff<br>Stephan Siebenkotten-<br>Dahlhoff | 1,5 h   | Indoor           | S. 3    |
| 2   | Human Factors - innovative approaches to safety trainings                                    | Klaus Kornath<br>Sven Schuh                           | 3 h     | Indoor & Outdoor | S. 4    |
| 3   | The Ropes Course - my fitness studio   | Alexandra Arlt<br>Klaus Kornath                       | 3 h     | Indoor & Outdoor | S. 5    |
| 4   | Energizers and games for (really) large groups   | Harald Just   | 1,5 h   | Indoor           | S. 6    |
| 5   | Small changes, huge effects  | Jürgen Blass  | 3 h     | Indoor           | S. 7    |
| 6   | Games, initiatives and emotions  | Petra Hähn  | 1,5 h   | Indoor           | S. 8    |
| 7   | Trends, Marketing and Safety for the scope of ropes course industry                          | Alfred Essenwanger                                    | 45 min  | Indoor           | S. 9    |
| 8   | Risk analysis in health and safety at work assessments                                       | Gerhard Bucher  | 1,5 h   | Indoor           | S. 10   |
| 9   | Adventure Park Safety Manager  | Paul de Gast  | 1,5 h   | Indoor           | S. 11   |
| 10  | Rope evacuations: looking for appropriate practice on 'traditional' ropes courses            | Johan Hovelynck                                       | 1,5 h   | Indoor           | S. 12   |
| 11  | The use of interactive games in prevention of addiction programs                             | Stefan Paschmann                                      | 1,5 h   | Indoor           | S. 13   |
| 12  | ERCA recommendation on rescue - update !<br>Information for members and progress report      | Frank Schweinheim<br>Michael Schmid<br>Meik Haselbach | 1,5 h   | Indoor           | S. 14   |
| 13  | Teamgames für 2-100  | Jan Vieth<br>Chris Janisch                            | 1,5 h   | Indoor           | S. 15   |
| 14  | ERCA Certification System - Information and consultation                                     | Frank Schweinheim                                     | 1,5 h   | Indoor           | S. 16   |
| 15  | Q&A Session about the employer's liability insurance association<br><i>(to be confirmed)</i> | N.N.  | 45 Min. | Indoor           | S. 17   |
| 16  | Overview of reported accident  | Meik Haselbach  | 45 Min. | Indoor           | S. 18   |

## Übersicht Workshops am Montag, 21.01.2013

|       |   |  |   |  |   |
|-------|---|--|---|--|---|
|       | From 12:00                              | 14:30 - 15:15                                | 14:30 - 16:00   | 14:30- 17:30                           | 14:30- 17:30                            |
| 15:00 | Exhibition/<br>Ausstellung<br>(Halle 3) | <b>WS 7, A.</b><br>Essenwanger               | <b>WS 1</b><br>A.Dahlhoff/S.<br>Siebenkotten-<br>Dahlhoff | <b>WS 2</b><br>K. Kornath/<br>S. Schuh | <b>WS 13</b><br>J. Vieth/<br>C. Janisch |
| 16:00 |   | 16:00 - 16:30<br>Coffee Break (Halle 3)      |   |  |   |
| 17:00 |   | 16:30 - 17:15<br><b>WS 16</b><br>M.Haselbach | 16:30 - 18:00<br><b>WS 5</b><br>J. Blass                  |  |   |

## Übersicht Workshops am Dienstag, 22.01.2013

|       |   |  |  |  |  |   |
|-------|---|--|--|--|--|---|
| 09:00 | from 9:00                               | 9:00 - 9:15 (Halle 3): Jakob Kalas "Austrian Projects"/ "Projekte in Österreich"         |  |  |  |   |
|       |   | 9:15 - 9:30 (Halle 3): Announcements/ Ankündigungen                                      |  |  |  |   |
| 10:00 | Exhibition/<br>Ausstellung<br>(Halle 3) |  | 9:30 - 11:00<br><b>WS 10</b><br>J. Hovelynck | 9:30 - 11:00<br><b>WS 8</b><br>G. Bucher | 9:30 - 11:00<br><b>WS 6</b><br>P. Hähn           | 9:30 - 12:30<br><b>WS 3</b><br>A. Arlt/<br>K. Kornath |
| 11:00 |   | 11:00 - 11:30<br>Coffee Break (Halle 3)  |  |  |  |   |
| 12:00 |   | 11:30 - 13:00<br><b>Workshop 12 (AULA)</b><br>M. Schmid/ M. Haselbach/<br>F. Schweinheim |  |  | 11:30 - 13:00<br><b>WS 11</b><br>S.<br>Paschmann | 11:30 - 13:00<br><b>WS 4</b><br>H. Just               |

## Übersicht Workshops am Mittwoch, 23.01.2013

|       |   |   |  |   |                                     |
|-------|---|---|--|---|-------------------------------------|
| 09:00 | from 9:00                               | 9:00 - 9:30 (Halle 3)<br>Announcements/ Ankündigungen |  |   |                                     |
| 10:00 | Exhibition/<br>Ausstellung<br>(Halle 3) | 9:30 - 11:00<br><b>WS 9</b><br>P. de Gast             | 9:30 -11:00<br><b>WS 14</b><br>F.<br>Schweinheim | 9:30 - 10:15<br><b>WS 16 (Wdh)</b><br>M.Haselbach | 9:30 - 11:30<br>Meeting<br>WG SpAiS |
|       |   |   |  | 10:30 - 11:15<br><b>WS 15 ???</b>                 |                                     |
| 11:00 |   |   |  | N.N.  |                                     |

## WS 1: Groupdynamics and Teamleadership

### Abstract:

Understanding and reflecting group processes in ropes course programs with top-rope belay.

In this workshop we will deal with effects of high ropes course work on participants and which role the leader/instructor of group takes in its dynamic. Apart from the theoretical background we will get some practical experience through some exercises.



### Presenters:

**Anke W. Dalhoff**, Body Psychtherapist, Ropes Course Instructor

**Stephan Siebenkotten-Dalhoff**, Social Worker, Ropes Course Instructor

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: German

Maximum number of participants/ Max. Teilnehmerzahl: 20

## **WS 2: Human Factors - innovative approaches to safety trainings**

### Abstract:

In the current discussion of safety issues dominated by technical detail, this workshop will highlight innovative approaches in area of human factors. Various elements from risk management, stress management training and training methods of special units of the federal police will be introduced.

The presenters will offer insights to the theoretical background, their own practical work and will demonstrate techniques and methods in practical exercises.

This workshop is geared to inspire the participants, to find unconventional approaches to the human factor in their own safety management.



### Presenters:

**Klaus Kornath**, Outdoor Oberberg - Ropes Course Instructor, Personal Trainer, is training with the federal police in the areas stress resistance and self-defence.

**Sven Schuh**, Outdoor Oberberg: Ropes Course Instructor, Outdoor Education Trainer

Type of workshop/ Workshop-Typ: Outdoor

Duration/ Dauer: 3 hours/ 3 Stunden

Language/ Sprache: English & German (bilingual)

Maximum number of participants/ Max. Teilnehmerzahl: 20

## WS 3: The Ropes Course - my fitness studio

### Abstract:

Ropes courses with their various climbing elements are ideally suited for getting some exercise. But it can also be used purely as a fitness studio. The presenters will show examples from abdominal- and aerobic exercise, bodyweight exercise and lots more. The exercises can also be used as warm-ups before a ropes course program. Plenty of time during the workshop is reserved for giving it a try. Ideal for loosening the limbs after much sitting down at the conference.



### Presenters:

**Alexandra Arlt**, Ropes Course Instructor, degree in sports science

**Klaus Kornath**, Outdoor Oberberg: Ropes Course Instructor, Personal Trainer

Type of workshop/ Workshop-Typ: Outdoor

Duration/ Dauer: 3 hours/ 3 Stunden

Language/ Sprache: English & German (bilingual)

Maximum number of participants/ Max. Teilnehmerzahl: 25

## **WS 4: Energizers and games for (really) large groups**

### Abstract:

Getting to know, trying out and presentation of games for really large groups.  
Whoever has their own activities for large groups is very welcome to present them.

### Presenter:

**Harald Just**, Praxisfeld Erlebnispädagogische Programme e.V.

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache:

Maximum number of participants/ Max. Teilnehmerzahl: open

## WS 5: Small changes, huge effects

### Abstract:

How can I modify the training with small changes to the set-up or instructions, so that it will fit the processes in my group or my assignment.

I not wish to give a speech. Together with the participants of the workshop I would like to gather ideas, exchange know-how and maybe develop something new.

It is my aim, that the well established exercises become more versatile and exciting.

And of course we will mindful of the safety-problems that could potentially arise.

### Presenter:



**Jürgen Blass,**  
for 20 years outdoortrainer and consultat for  
Praxisfeld GmbH

Professional training:  
joiner  
outdoortrainer IHK  
consultant WSFB

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: German only

Maximum number of participants/ Max. Teilnehmerzahl: 25

## WS 6: Games, initiatives and emotions

### Abstract:

Experiencing and testing old and new, possible and apparently impossible games for groups, seminars and trainer courses. Laughing and simply having fun, or sometimes questioning or pondering. Between laughter and play a lot can happen, what is happening to you?



### Presenter:

#### **Petra Hähn**

Social education worker in public child and youth services  
High ropes course instructor since 2001  
outdoor education expert with a focus on plant

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: German only

Maximum number of participants/ Max. Teilnehmerzahl: 15-20



## **WS 7: Trends, Marketing and Safety for the scope of the ropes course industry**

### Abstract:

Which new developments and trends have come up in the interesting ropes course industry? What are the chances and prospects?

The development of the ropes course industry depends on a variety of factors. Amongst other the technical advancements in the belay systems.

How are these prospects for belaying techniques, how are the new digital options employed? How is the increase in safety communicated and transferred into marketing concepts.

### Presenter:

#### **Alfred Essenwanger**

- degree in sport science from the German Sport University Cologne
- experienced manager in promotion/marketing and sales
- general manager of Bergwolf
- head of adventure for Bornack GmbH & Co. KG

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 45 Minuten

Language/ Sprache: English and German

Maximum number of participants: open

## **WS 8: Risk analysis in health and safety at work assessments**

### Abstract:

Risk analysis? What is this?

It is a legal requirement for all employers, everybody can handle it well and is using it all the time and in all situations (we would not be able to reach a ripe old age without it) but only a few manage to formally describe it.

This workshop will provide first steps in the planning and elaboration of a risk analysis, which should be the basis for all health and safety at work measures. It deals with the relevant statutory requirements, documentation and quality management.

### Presenter:

**Gerhard Bucher**, ropeness unlimited

- Member of the ERCA safety commission,
- Provider of industrial rope access services
- Training body for rope access techniques and use of PPE
- Designing access and safety concepts and security and emergency plans

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1,5 Stunden

Language/ Sprache: German only

Maximum number of participants/ Max. Teilnehmerzahl: 15

## **WS 9: Adventure Park Safety Manager**

Abstract:

A workshop about the function and training of the adventure park safety manager. The daily manager who is responsible for the safety in the adventure park. The presentation topics are:

- the training APSM program
- roles and responsibility
- law en regulations
- park documentation
- park procedures
- Risk and incident management
- Staff training
- exploitation of a park
- Yearly maintenance and inspections

Presenter:

### **Paul de Gast**

I am trainer and owner by A&O Klimparken, a training company specialist in training for the rope course industry in the Netherlands. A&O Klimparken also provided inspections, maintenance and design and development of high rope courses al over Europe.

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: English only

Maximum number of participants/ Max. Teilnehmerzahl: 25

## WS 10: Rope evacuations - looking for appropriate practice on 'traditional' ropes courses

### Abstract:

This workshop focuses on ropes rescue for so-called traditional ropes courses. Exponent Challenge Services trains rescuers for a variety of ropes courses, educational as well as recreational. With recent debate on ropes rescue and increasing regulation in the background, Exponent staff continues to look for methods that work for different contexts. In this workshop, they share their 'homework' and present their in-house conclusions for rope evacuation on educational ropes courses and for ropes rescue training. In addition, they make some suggestions on recommendations and regulations...



### Referent:

**Johan Hovelynck**, Exponent Challenge Services

Johan Hovelynck coordinates rope evacuation training for Exponent Challenge Services, a Belgium-based provider of ropes course and rope intervention training. Beside his work for Exponent, Johan works as a self-employed process facilitator and organizational consultant and is part-time lecturer at the University of Leuven.

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: English only

Maximum number of participants/ Max. Teilnehmerzahl: 30

## **WS 11: The use of interactive games in prevention of addiction programs**

### Abstract:

You can experience first hand how prevention of addiction be addressed in a playful manner.

Low ropes course classics (e.g. Net, Minefield, etc.) are used in ways specific to the issue. Active participation is much appreciated.

### Presenter:

#### **Stefan Paschmann**

deputy head of "update Fachstelle für Suchtprävention, Bonn"  
and freelance trainer for Interaktion, Köln

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1,5 Stunden

Language/ Sprache: German only

Maximum number of participants/ Max. Teilnehmerzahl: 14

## **WS 12: ERCA recommendation on rescue - update ! Information for members and progress report**

### Abstract:

In 2012 ERCA received numerous inquiries on the topic of rescue and the use of single rope and double rope method.

Frank Schweinheim will open the workshop with a description of the approach taken (task, bodies involved, consultants, etc.) for composing a supplement to the 2010 document, which aims at providing guidance for practical and operational decisions - and if possible with respect to the different ropes course concepts.

Michael Schmid und Meik Haselbach, who were commissioned by the expert group for training with this task, will present the state of project and the core tenets of the working document. The supplement will be first drafted for Germany, since the legal status prevents a universal solution from being binding in all states. Michael and Mike would like to use the opportunity of this informative meeting to comment on the questions by members and gather proposals and suggestions. These will then be integrated in the preparation of the draft in cooperation with the extended circle of consultants.

The supplement will be completed after the conference and put at members disposal.

### Presenters:

**Frank Schweinheim**, general manager

**Michael Schmid**, member of the expert group for trainings

**Meik Haselbach**, coordinator of the ERCA Safety commission

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours/ 1.5 Stunden

Language/ Sprache: English & German (bilingual)

Maximum number of participants/ Max. Teilnehmerzahl: open

## **WS 13: Teamgames for 2-100**

### Abstract:

More games to build your teams - some you will know and new ones you will find! If you have some new ideas bring them along it is a workshop so be ready to present your games and join in ours!

### Presenters:

#### **Jan Vieth**

Jan is the managing director of Camp Adventure and since more than 11 years in this field worldwide presenter for Camps and Outdoor Education.

#### **Chris Janisch**

Chris is since many years the Spanish/Austrian director for Camp Adventure.

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 3 hours/ 3 Stunden

Language/ Sprache: English & German (bilingual)

Maximum number of participants/ Max. Teilnehmerzahl: 40

## WS 14: ERCA Certification System - Information and consultation

### Abstract:

Frank Schweinheim will be answering the basic or specific questions of interested people and organizations about the ERCA certification system. Regardless of the issue whether it is a question about your personal trainings or about the certification process for training and inspection bodies.

The workshop is an offer for an individual consultation after the conference.

### Presenter:

**Frank Schweinheim,**  
Geschäftsführer ERCA und Koordinator des ERCA-Zertifizierungssystems

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 1.5 hours / 1,5 Stunden

Language/ Sprache: English & German (bilingual)

Maximum number of participants/ Max. Teilnehmerzahl: open



**WS 15:** *(Angebot noch nicht bestätigt)*

**Q&A Session about the employer´s liability insurance association**

Abstract:

There always numerous questions about company liability insurance and health and safety issues but the answers are always depend on the national legal framework you are working.

This workshop is addressing the current rules and regulations in Germany and we have invited an expert from the "Berufsgenossenschaft", which is the German version employer´s liability insurance association, to answer your question and direct you to further information.

Presenter:

**N.N.**

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 45 minutes/ 45 Minuten

Language/ Sprache: German only

Maximum number of participants/ Max. Teilnehmerzahl: open

## **WS 16: Overview of reported accidents**

### Abstract:

In a few slides we will present the reported accidents from the last couple of years, which indicate trends and sources of danger.

We will comment briefly on problems resulting from the reluctance to report accidents.

The workshop will take place on Monday and will be repeated on Wednesday

### Referent:

**Meik Haselbach**, coordinator of the ERCA Safety commission

Type of workshop/ Workshop-Typ: Indoor

Duration/ Dauer: 45 minutes/ 45 Minuten

Language/ Sprache: German with slides in English

Maximum number of participants/ Max. Teilnehmerzahl: open