

## AGENDA for the HSRM training program June - July 2022

### Physical presence training from June 16 to 19 in Ohrid

*Thursday 16.06.2022*

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| 11.00 - 11.30 | Registration of participants and check in at Hotel Belvedere Ohrid  |
| 11.30 - 12.00 | Welcome coffee  |
| 12.00 - 14.00 | <ul style="list-style-type: none"><li>▪ Introduction to the working program</li><li>▪ Anonymous self-assessment questionnaire</li><li>▪ Introduction to risk management</li></ul>   |
| 14.00 - 15.00 | Lunch break   |
| 15.00 - 20.00 | <ul style="list-style-type: none"><li>▪ Risk management and adventure tourism</li><li>▪ The impact of the outdoor environment on adventure travel programs</li><li>▪ Navigation using a map, compass and GPS device</li></ul> |
| 20.00         | Dinner  |

*Friday 17.06.2022*

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|---------------|--|
| 9.00 - 14.00  | <ul style="list-style-type: none"><li>▪ Field work:<ul style="list-style-type: none"><li>- hiking tour with risk analysis and assessment;</li><li>- map and compass navigation;</li><li>- outdoor equipment;</li></ul></li></ul>   |
| 14.00 - 15.00 | Lunch  |
| 15.00 - 20.30 | <ul style="list-style-type: none"><li>▪ Assessment and analysis of risks in adventure tourism;</li><li>▪ Development of an emergency plan;</li><li>▪ Incident report;</li><li>▪ Psychology of adventure tourism and the specific aspects of safety and risk management</li></ul> |
| 20.30         | Dinner   |

*Saturday, 18.06.2022*

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| 9.00 - 13.00 | <ul style="list-style-type: none"><li>▪ Outdoor first aid</li></ul> |
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13.00 - 14.00	Lunch break - picnic on the field
14.00 - 19.30	<ul style="list-style-type: none"> <li>▪ Fieldwork - Resolving a situation by applying first aid during a hiking tour;</li> <li>▪ Management of the incident;</li> <li>▪ Cooperation with rescue services;</li> <li>▪ Analysis of the field problem situation through the prism of the working procedures of the rescue service in Ohrid;</li> </ul>
20.00	Dinner
<i>Sunday, 9.06.2022</i>	
9.00 - 15.00	<ul style="list-style-type: none"> <li>▪ Making short SOPs including an emergency plan for various adventure activities</li> <li>▪ Conclusions from the field work</li> <li>▪ Questions and discussions</li> <li>▪ Agreement for the following activities</li> </ul>
16.00	Lunch
17.00	Check out and travel back

## **Online sessions**

### **24.06.2022**

The topics are:

1. Action plans and monitoring
2. Improvement and up-date of systems;
3. Application of a linear and epidemiological model for analysis of risks and applied measures;
4. International standards for safety in adventure tourism;

Lecturers: Kostantin Ciriviri and Svetlana Ciriviri.

### **29.06.2022**

The topics are:

1. Health safety as part of successful risk management in adventure tourism;
2. Most common health problems in adventure tours and management of the situations resulting from them;
3. Covid 19 and adventure tourism;
4. Management of health condition or injury during tour;
5. Nutrition as a factor for safe tours in tourism;

Lecturers: Dr. Alexander Manolev and Kostantin Ciriviri.

**1.07.2022**

The topics are:

1. Accommodation risk management in adventure tourism;
2. Transportation risk management in adventure tourism;
3. Proper communication in the creation and sale of the tourism programs as a safety measure;
4. Review of the SOP documents in progress made by the candidates;

Lecturers: Rubin Nikoloski and Kostantin Ciriviri.

**5.07.2022**

The topics are:

1. Psychology of adventure tourism - market, customers, value chain;
2. Psychology of stress and its impact when planning and organizing adventure tours;
3. Psychology of emergency, critical and extreme situations;
4. Management of emergency situations in the field.

Lecturers: Kostantin Ciriviri and Svetlana Ciriviri

**8.07.2022**

The topics are:

Homework analysis - prepared SOP documents and action plans in emergency situations.