



T H E
GLASGOW ACADEMY

Dear Parents

Your son/daughter has expressed interest in an indoor ice climbing session at The Ice Factor (<http://www.ice-factor.co.uk/facilities/ice-climbing.html>) in Kinlochleven. The session involves climbing indoors in what essentially looks like a large refrigerator. Pupils will be climbing supported by a rope above them (this is called bottom roping) at all times. In order to climb the ice they will be using crampons (spikes strapped to your feet) and axes. This is a two hour session. As there are currently 18 pupils wishing to attend there will be two separate sessions, at 9am and 11am. When not ice climbing they can climb at the normal indoor wall, or have a break in the café.

For those pupils going to Norway in February with The Academy, there will be a slideshow and equipment demonstration given by Nigel Williams from Glenmore Lodge, who is also coming on the expedition.

We will be travelling up early on Sunday 22nd January, meeting at The Academy at 0700 hours. We will return to The Academy at about 1700 hours, although a more accurate time will be given on the day. So as to make the most of their entry fee for the session they will be allowed to climb until about 1500 or until they get tired.

Warm clothing should be worn for the ice session. I would advise not investing in clothing or equipment for this session, so your son/daughter should advise me if they do not have anything they need. Because the room where we ice climb is cold it is dry, so waterproofs are not required. Thermals and fleece garments are recommended, and hat and gloves. If they have a down jacket they should bring it. Pupils should bring a hot drink and packed lunch or they may buy supplies at the café.

Helmet, harness, winter boots, axes and crampons will be supplied for each pupil.

If you have not filled in an Outdoor Education consent form for your son/daughter, please fill in the attached one and hand it in to the Administration Centre as soon as possible. The cost of the session is £40 and this should be paid in full to Miss Goolden or the Administration Centre by Friday 13th January (cheques should be made payable to The Glasgow Academy and your child's name and Ice Factor should be written on the back). If this date is too early please do not hesitate to contact me to arrange a more suitable date.

Miss Goolden, Mr Horgan and Nigel Williams (Head of Training at the National Training Centre, Mountain Instructor Certificate qualified and regular OE employee of The Academy) will be present for the session.

Kind regards, Miss R Goolden