

Name:

Date of birth:

Passport number:

Climbing experience (please give details of approximate number of sessions, venues, grades of routes, experience of multi pitch climbs [more than one rope length], experience of lead climbing outdoors & indoors):

Competency at belaying:

Competency at tying in:

Mountain & hill walking experience (approximate number of days, venues, examples of most challenging days):

Ski experience (approximate number of days, specify off-piste skiing, cross-country and Nordic skiing, venues, level of technical skiing [what colour run]):

Winter mountain experience (approximate number of days, venues, examples of most challenging days, conditions on those days):

Number of winter Munros:

Number of summer Munros:

Winter climbing experience (with TGA or otherwise; venues, routes, grades):

Attended previous TGA winter skills course, including year of attendance:

Coldest temperatures experienced whilst doing an activity outside:

Competency swimming:

Any other relevant experience:

Because we will be hiring Nordic skiing equipment, please give the following details:

Height:

Weight:

Shoe size:

Details of skis & ski boots if owned:

Any additional medical issues *(Although each pupil will fill in the general Outdoor Education Parental Consent form which has a section on medical issues, please give any further details if necessary):*

Previous medical history *(because of the extreme temperatures that we may experience it is crucial that all previous medical details are given. This includes operations, no matter how long ago; breaks or sprains, no matter how long ago; and infections in the last 12 months):*

Dietary requirements:

Equipment *(please indicate which of the following you own. Some of the following items are owned by Glasgow Academy, but this will help decide what we need to invest in further. Temperatures may fall below minus twenty degrees centigrade, on the other hand, it could be windy and damp but near zero degrees):*

- Nordic skis, Nordic ski boots, ski poles.
- Winter climbing boots, ice crampons, ice axe and hammer, harness, helmet.
- Down jacket, fleece layers, gloves x3, mitts, balaclava, hat, waterproof trousers and jacket, gaiters, warm trousers, thermal trousers and tops, thermal underwear.
- Rucksack (40-50L), rucksack liner, flask, insulated drink bottle, goggles, silk sleeping bag liner.