

INTRODUCTION TO MOORLAND NAVIGATION COURSE

APPLICANT INFORMATION

Course Date:		
Name:		
Date of birth:	Mobile:	Land line:
Current address:		
Town/City:	County:	Post code:
Email:		

EMERGENCY CONTACT

Name of emergency contact:		
Address:		Phone:
Town/City:	County:	Post code:
Relationship to you:		

MEDICAL QUESTIONNAIRE

We are an inclusive provider and ask for the following information so that we may make provision within our course keep you healthy and happy, whilst within our care. Please indicate your current medical status.

Are you currently taking any medication prescribed by a doctor?	Y / N
Have you had any form of operation in the past 12 months that could affect you exercising?	Y / N
Do you suffer from Asthma, Diabetes or Epilepsy?	Y / N
Are you pregnant or have you been in the past 6 months?	Y / N
Have you ever suffered from a stroke, angina, heart condition or blood pressure problems?	Y / N
Do you suffer from any other medical conditions (short or long term) that might be relevant to carrying out exercise?	Y / N
Has anyone in your immediate family under the age 65 of ever suffered from a stroke, angina?	Y / N

If you have answered **'yes'** to any of the above questions, or have knowledge of some other medical condition that may affect your ability to undertake any of the planned activities, please state here:

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SIGNATURE

I wish to book onto the Introduction to Moorland Navigation course (as dated above).

Signature of applicant:	Date:
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Please return this form to:

Paul Seymour
Delaware Outdoor Education Centre
Delaware Road
Drakewalls
Cornwall, PL18 9EH

INTRODUCTION TO MOORLAND NAVIGATION COURSE

Name:

This course does not expect that you are a navigator in any way, however there is an expectation that you have experienced at least some form of moorland or countryside walking and are aware of your abilities as a walker on steep and uneven terrain.

The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

Please answer to the best of your ability	Answer
How many times have you been walking (away from roads and built up areas) in the past three years? A – 0, B – 1 to 10, C – More than 10	A - B - C
How many times have you been walking on open moorland in the past three years? A – 0, B – 1 to 10, C – More than 10	A - B - C
Have you ever experienced or practiced 'taking a bearing with a compass' in the past three years?	Y - N
Have you ever experienced or practiced 'walking on a bearing with a compass' in the past three years?	Y - N
Do you know how to read a six-figure grid reference from a map?	Y - N
Have you ever used timing as a means of measuring your journey?	Y / N
Do you know how to use contours to read the landscape?	Y / N

What would you like to gain from the introduction to moorland navigation? *Answer 'Yes' or '*' to those that apply*

Learn how to use a compass to take a bearing?	
Learn how read contours effectively?	
Build confidence to explore deeper into open moorland?	
Learn more about the historical features found on moorland maps?	
Learn micro-navigation to find precise locations?	
Learn macro-navigation to cover large areas with confidence?	
Meet others to walk and explore the moors with?	

Any other? *please state below*

Please expand here if you are seeking a particular experience from this introduction to moorland navigation.

Any additional information

This questionnaire has been designed to give the instructor an opportunity to understand your needs before you arrive. If you feel that you would like to provide additional information not identified in this form please use the box provided.

Additional Information?

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