

INTRODUCTION TO LEAD CLIMBING ON ROCK 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 lead climbing on Rock course.

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 LEAD CLIMBING ON ROCK COURSE

Name:

This course has an expectation that you have experienced at least some form of rock climbing and that you are aware of the principle behind 'Lead Climbing'. You and others on the course will benefit immensely from this understanding.

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 indoor climbing A – 0, B – 1 to 10, C – More than 10	A - B - C
How many times have you been outdoor rock climbing A – 0, B – 1 to 10, C – More than 10	A - B - C
Have you ever experienced or practiced 'Belaying' from the base of a crag	Y - N
Have you ever experienced or practiced 'Belaying' from the top of a crag	Y - N
Have you ever 'Seconded' a rock climb? – <i>Removing protection for a lead climber</i>	Y - N
Can you tie a rethreaded of figure-8 knot?	Y / N
Can you tie a clove hitch?	Y / N

What would you like to gain from the introduction to lead climbing on rock course? *Answer 'Yes' to those that apply*

Learn how to second a lead climber?	
Learn how to place protection on a lead climb?	
Learn how to build safe belays at the top of the climb?	
Learn how to belay from the top of crag?	
Gain confidence in the equipment and techniques used in lead climbing?	
Learn the difference between direct and indirect belays?	

Any other? *please state below*

Please expand here if you are seeking a particular experience from this introduction to lead climbing on rock course.

If you require us to bring along climbing shoes or a harness for your use please state here your approximate sizes

Climbing Equipment	Answer
How would you describe your body size? S –Small – M - Medium – L - Large	S – M - L
What shoe size are you? <i>UK or European</i>	
Any other comment? <i>Please use this space if required</i>	

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