

Please complete this form electronically to save and attach to your online application.

# PGDip Mountain Medicine Programme

## Mountaineering Experience Proforma

Please attach a digital copy of a head and shoulders photo here (*This is a mandatory requirement*)

Applicant Details	
Name	
Mobile	
Other/landline number	
Address	

Next of Kin Details	
Name of Next of Kin	
Relationship to you	
Mobile	
Other/landline number	
Address, if different from yours	

Medical Information: This information will be made available only on a need to know basis for the organisation of residential modules	
If you have any current health problems or past medical history that could be relevant on the hills, please give details.	
Dietary requirements/food intolerances	
Drug Allergies	

### Mountaineering Experience

Applications to study the Diploma of Mountain Medicine are welcome from individuals with a wide range of interests and experience in the mountain environment. There are no rigidly defined levels of technical performance required to enter the program. However, the ability to look after yourself, use a range of basic skills in summer and winter conditions is required in order to participate fully in the programme.

The questions below are to help us understand your current levels of experience. We do not expect applicants to have extensive experience in all areas.

Give an overview of your mountaineering experience. Please include your experience in summer walking, winter walking, trekking, climbing, Alpine mountaineering and expeditions. Experience on skis and other mountain related activities should be included.

List any mountain activity related clubs or organisations where you are a member.

List any mountain activity related qualification you hold.

Give **examples** of your most recent 10 Quality Mountain Days\*:

Date (or Year)	Area	Route	Comment (Weather/ conditions)

\*A Quality Mountain Day:

*"In terms of experience, the quality of a mountain day lies in such things as the conditions experienced both overhead and underfoot, the exploration of new areas, the terrain covered and the physical and mental challenge. Such days make a positive contribution towards a person's development and maturity as an all-round mountaineer. Usually some or all of these criteria would be fulfilled:*

- *the individual takes part in the planning and leadership*
- *navigation skills are required away from marked paths*
- *experience must be in terrain and weather comparable to that found in UK and Irish hills*
- *knowledge is increased and skills practised*
- *attention is paid to safety*
- *five hours or more journey time*
- *adverse conditions may be encountered"*

(Definition from Mountain Training website April 2017).

Give **examples** of the most recent graded rock climbs or scrambles you have climbed (if you have no experience in this area just put NONE):

Date (or Year)	Area	Route	Grade	Lead (L) or Second (S)

Give **examples** of winter mountaineering routes and /or winter graded climbs that you have done (if you have no experience in this area just put NONE):

Date (or Year)	Area	Route	Grade	Lead (L) or Second (S)

Please complete the following list of skills. Tick the level of experience that currently applies to you:

Note a successful application does not demand competence on all these skills. Please be honest in your answers.

Skill	None	Novice	Competent
Experience in using OS 1:50,000 map	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experience in using OS 1:25,000 map	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to measure distance on the ground using pacing and timing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to take a bearing from map and walk accurately on mountain terrain for 500m -1000m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to navigate accurately to contour features in all weathers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can tie correctly to a climbing harness using a rope.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can belay a climber using a belay device.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can identify safe anchors, construct, and equalise a belay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can abseil using a safety prusik.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can lead traditional summer rock climbs at UIAA grade 3 UK V Diff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can second traditional summer rock climbs at UIAA grade 3 UK V Diff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can use ice axe and crampons to cross grade one ground *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experience in winter navigation in snow conditions and poor viability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can lead winter climbs of grade 2 and above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can second winter climbs of grade 2 and above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*uncomplicated average angle snow slopes that may have cornice problems - broken mixed mountaineering ground.  
 Winter grade 2 = Gullies that individual or minor pitches high angle snow and difficult cornice exits.  
 Easy buttresses under some conditions.

Student Biography
Please provide a short biography (25 - 50 words) for inclusion in the Student Biography sheet issued to students and tutors on the programme.

I, the undersigned, agree to the sharing of the content of this form with staff for the purposes of assessing my application to join the programme. I also agree that, if my application is successful, module organisers may access appropriate aspects of this information ahead of residential modules on a confidential need to know basis for use in an emergency. I understand that UCLan will then hold my data securely for the duration of my studies.

<b>Signed:</b>	
<b>Print Name:</b>	
<b>Date:</b>	

Printing your name above will be taken as a signature if you are unable to electronically sign.