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ESMAT WINTER WEEKEND DERWENTWATER, LAKE DISTRICT 4th – 6th February 2022

What's on?

WINTER EXPERIENCE COURSE (Minimum age 14)

For people with some summer mountaineering experience, who like the idea of walking in winter conditions (hopefully snow and ice), learning to use ice axes and crampons.

There will be ample opportunity to learn navigation and mountain craft skills whether there is snow or not...

SNOW & ICE TECHNIQUES COURSE (Minimum age 18)

Here we concentrate on the technical side of winter mountaineering using rope work and alpine techniques to include simulated crevasse rescue, climbing and belaying and mixed ground movement. Due to the technical nature of these skills we must restrict the number involved to 10 including leaders.

WINTER LEADERSHIP SKILLS (Minimum age 18)

For leaders who wish to improve their winter mountain skills to enable them to go on and gain experience leading in winter conditions or to apply for a winter permit. There are a maximum number of spaces and participants must have previous walking experience and preferably a summer permit.



Where are we staying?

This year we will be using Derwentwater Independent Hostel at grid reference NY 268 200, post code CA12 5UR.

The hostel is fully heated and equipped with drying room, several common rooms and hot showers.

There are male and female bunk bedrooms with bedding provided. **[Do not bring a sleeping bag]**

Breakfasts and evening meals are provided, along with plates and cutlery – all you will need to bring are packed lunches for Saturday and Sunday. Your lunches will need to provide you with plenty of energy. No pot noodles!



How to get there

Please try to arrange your own transport by sharing cars and minibuses and let us know if you have any spare places. If you are having problems getting transport, we will try to help.

You should arrive Friday night (4th February); the event starts 8.00am on Saturday with breakfast and finishes around 4.00pm on Sunday (6th February).

This is what you should do next

1. Complete **all** sections of the Winter ESMAT application form (one form per person).
2. Write a cheque for **£75** per person made payable to **ESMAT**. Charity Number 30209
3. Send these to Gemma Burton 54 Highlands Drive Maldon Essex CM9 6HY, **if you have no email address please enclose a stamped addressed envelope**, by **22nd December 2022** – remember there are only 70 course places available!
4. It is **mandatory** for all forms to be signed by your **County / District Commissioner or District Explorer Scout Commissioner**. Forms not signed will be returned un-processed.

More info: **Gemma Burton** | 07906 765438 | Email: gemma.burton@essexscouts.org.uk | 54 Highlands Drive, Maldon, Essex. CM9 6HY



ESMAT
essexscouts.org.uk/esmat



**MOUNTAIN
TRAINING**
ENGLAND

ESMAT WINTER WEEKEND DERWENTWATER, LAKE DISTRICT 4th – 6th February 2022

(ONE FORM PER PERSON) Please complete all sections; failure to do so may lead to application being rejected

Name:	D of B:	Gender : Male / Female
Address:		Postcode:
Email Address:	Note: Further information will be sent by email. If you give no email address, please provide a Stamped addressed envelope. If you are applying as part of a group, information will be sent to Leader only.	
Evening Telephone No:		
Mobile Telephone No:		
Scout DBS number (over 18 only):		

Fitness Level: Please tick the box below which best describes your fitness level to help us set the groups

Very fit: Play sport or train twice a week or more every week <input type="checkbox"/>	Fit: Play sport or train once a week every week <input type="checkbox"/>	Not fit: Play sport or train less than once a month every month <input type="checkbox"/>
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Please give details of any disabilities, conditions, allergies, and medications, special, dietary or cultural needs you have that might affect this activity: (continue on back if needed). If these change before the event please notify the organisers so they can accommodate this in the groups.

Please indicate your mountaineering experience

Winter	No. of ESMAT winter weekends attended :	
	No. of mountain days in winter conditions:	
	Please provide any other information on your Winter experience:	
Summer	No. of ESMAT Easter weekends attended :	
	No. of mountain days in Summer conditions:	
	Please provide any other information on your Summer experience:	
Rock Climbing (only required if you are applying for Snow and Ice course)	No. of ESMAT Rock climbing weekends attended :	
	No. of days Rock climbing (not climbing walls):	
	Please provide any other information on your Rock climbing experience:	

Scout Section Details

District Name:	Leader's Name:
Name of Scout Leaders attending in charge during event (for under 18 only):	

Emergency contact Details

Name:	Telephone No.	Relationship (i.e. Parent)
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Course Applied for

Winter Experience (minimum age 14) <input type="checkbox"/>	Snow and Ice (minimum age 18) <input type="checkbox"/> Please bring suitable Helmet, Crampons and Ice Axe	Winter Leadership Skills (minimum age 18) <input type="checkbox"/>
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Signatures: (Note: Forms without the appropriate Commissioners Signature will be rejected)

I enclose a cheque for £75 made payable to ESMAT in full payment for the course. Also enclosed is a **stamped self-addressed envelope** for confirmation of the booking, if **no email address is supplied**. Charity Number 30209

Signed (if under 18 by parent, etc) Sign & Print Please	Signature of DESC or DC/CC Sign & Print Please
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Please tick the box if you would like to receive information about next years event by email (over 18 only)

Acknowledgement of risk (for adult participants only)
 I am aware that adventurous activities contain hazards which may present me with the risk of personal injury.
 I have read and understand The Scout Association's factsheet Adult Groups in Adventurous Activities.

Signed: _____ Date: _____

PLEASE RETURN THIS FORM AND CHEQUE TO [Gemma Burton 54 Highlands Drive Maldon Essex CM9 6HY](mailto:Gemma.Burton@scoutbase.org.uk)

NOTES: Your party leader is responsible for arranging Home Contact details for your party. ESMAT provide a Home Contact whilst you are on the course. Your party leader is entirely responsible for you except when you are on the hill.

All activities will be run in accordance with The Scout Association's safety Rules. No responsibility for the personal equipment/clothing and effects can be accepted by the organisers and The Scout Association does not provide automatic insurance cover in respect to such items.

Data Protection Act: The details above will only be used by ESMAT in respect of running the courses you wish to attend. These details will not be forwarded to a third party and will be held securely until no longer needed for your safety, at which point they will be destroyed.

Acknowledgement of risk
 Adventurous activities have inherent dangers and are made as safe as possible through awareness and vigilance by course members and instructors alike. Please work within the safety guidelines set by your instructor and help us to help you by informing us if you are anxious about the activity. Hill walking, climbing and mountaineering are activities "with a danger of personal injury or death" The adult groups factsheet can be found at <http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs120087.pdf>