



<b>BPT</b>	<b>Basic Polar Training</b>
<b>Dates</b>	<b>26/01/11 - 30/01/11</b>
<b>Costs</b>	<b>£1,250</b>
<b>Booking Deadline</b>	<b>30/11/10</b>

## Ice Warrior Basic Polar Training – Spitsbergen, Svalbard, Norway

### Background

Ice Warrior is all about doing things properly and our Ice Warrior comprehensive training programme demonstrates this. On our flagship expeditions we train most participants from scratch to ensure they are safe and competent polar travellers, carefully measuring and recording progress. And that takes time and effort.

BUT NOW you can attend any course in isolation and for your own purposes. So whether you're heading towards an Ice Warrior flagship expedition or considering your own expedition you can join us and benefit from Jim's 25 years of polar training experience.

We have a store of equipment in Longyearbyen, Spitsbergen.



### Overview

This is an **Arctic Winter Course** and as such will give the participant a true experience of the cold nature of Arctic expeditioning – even though you will be accommodated throughout.

The aim of the week is to establish a good basic skill set for polar expeditioning. The syllabus remains flexible throughout but will include: skiing, navigation, clothing, equipment, risks and managing them, cold water immersion, emergency procedures and critical crisis management. There will be a series of evening lectures and discussions on what expeditioning is all about and showing some of the many photographs and video clips Ice Warrior has accumulated over the years.

A full course plan and joining instructions will be sent to you on receipt of your booking.

### Weather

Expect temperatures between -5° and -25°Celsius. The training area is mountainous and so the weather can vary wildly on any day.

### Accommodation

Guesthouse 102, in Nybyen is situated about 1 km from the centre of Longyearbyen further along the valley. This forms part of the old mining accommodations and Guesthouse 102 was known as the “millionaire’s house” as only the more seasoned, and consequently wealthier, miners could afford to stay there.

There is room to store all our equipment and to enable us to have comfortable overnight accommodation making it more conducive to learning as well as enabling us to be able to ski out of the back door for our days in the field.



## Getting There

### Flights

There is only one flight a day in and out of Longyearbyen and it is run by SAS [www.flysas.com](http://www.flysas.com) from Oslo via Tromso. There are no flights on Saturdays and only intermittently on Wednesdays. The course dates have been arranged to fall in with known flights.

Suggested itinerary from Oslo below.

- Depart Oslo Gardemoen on Tuesday 25<sup>th</sup> January @ 9.55am
- Arrive Longyearbyen @ 1.55pm
- Course starts 8.00am Wednesday 26<sup>th</sup>
- Course ends 5.00pm Sunday 30<sup>th</sup>
- End of course dinner 7.00pm
- Depart Longyearbyen Monday 31<sup>st</sup> January @ 2.45pm (Unless participating in APT)
- Arrive Oslo Gardemoen @ 7.00pm
- (return flight from Oslo currently £250)



## Finance

The course fee includes:

- Accommodation and food
- Instruction and supervision
- All team equipment not listed below

*The following is not included*

- Travel to / from Longyearbyen
- Personal kit and clothing – recommendation list will be supplied
- Accommodation outside of the course dates
- Insurance
- Last night meal at restaurant
- Beer, wine etc.



## Equipment and Kit List

**This will be sent to you on receiving your Enrolment Form. There are certain items of Arctic kit which you will need including suitable skis, poles, bindings and boots as well as down clothing.**

### Immersion Drills

Falling into water at cold temperatures, and the re-warming process can put a large strain on the body. If you are uncertain about this please discuss it with us. As a precaution, it is recommended that you contact your local surgery and ask for a medical, including an ECG.

If you have any questions please don't hesitate to contact us – details below.

We look forward to seeing you there.



# ICE WARRIOR EXPEDITIONS LIMITED, hereinafter known as "The Company"

## TERMS AND CONDITIONS

By signing The Company's Enrolment Form you agree to comply with and be bound by the following Terms and Conditions. Once a completed Enrolment Form has been accepted by The Company the participants named on the Enrolment Form will have entered into a binding contract on the basis of the following Terms & Conditions. These Terms & conditions are subject to variation without prior consent in writing from The Company. Expeditions and Training Courses are known as activities.

### Pricing and Payment

Unless otherwise indicated, the cost of The Company's activities are inclusive of all accommodation, meals, some beverages, licenses (where applicable), taxes and necessary transportation (except flights). Costs do not include flights, travel insurance, visa fees, vaccinations, passports, excess baggage charges, meals and drinks taken in place of those provided.

We reserve the right to alter costs in response to a variety of conditions beyond our control. We will absorb the first 2% of any increase but thereafter will pass further increases on to you. Extreme environment travel costs can fluctuate dramatically so please be aware of this. All such surcharges have to be paid before embarkation.

**Full payment is required 8 weeks prior to commencement of activities. A deposit of £500 per person is required to secure a place before this time.**

### Travel Delays

Travel in extreme environments is not easy and delays due to weather are frequently experienced. Extra costs incurred as a result of delays will be met by team members.

### Insurance

All participants must ensure that they have taken out full and appropriate insurance for their particular activity and we require that copies of such insurance be sent to us as soon as possible after enrolment. We are able to advise on insurance for those who wish. All participants must be insured for search & rescue, medical costs and repatriation in an emergency. Baggage and personal effects are at the risk of the participant at all times.

### Participant Conduct

Participants are expected to comply with the reasonable instructions and leadership of The Company's staff and conduct themselves in a reasonable manner at all times. The Company reserves the right to remove any participant from the activity at the staff's discretion and will not be liable to any losses as a result and is also entitled to any reasonable costs arising, payable upon demand.

### Medical conditions and fitness

Participants must complete and sign a consent form prior to commencement. Medical information provided will be treated in the strictest confidence. The Company cannot be held responsible for illness occurring as a result of an ongoing medical condition or poor fitness level. If you have a medical condition The Company advises you to seek your own doctor's advice.

### Complaints

Complaints will only be accepted during the activity period and should be brought to the attention of a member of staff who will endeavour to rectify any situation causing dissatisfaction. Should the cause of a complaint persist please notify us in writing within 28 days and we will endeavour to deal with the matter fairly and swiftly.

### Cancellation of your Activity – by you

If for any reason you wish to cancel your participation we must be notified in writing, on receipt of which, we will acknowledge your cancellation. The charges made by us, based on the date we received your written confirmation of cancellation are as follows:

More than 56 days notice	– deposit only
56-28 days notice	– 60% of total cost
27-14 days notice	– 80% of total cost
Less than 14 days notice	– 100% of total cost

Proven exceptional circumstances will be considered, however, we advise you to have cancellation insurance.

### Cancellation or Alterations – by us

The Company will not be responsible for any delays or alternations to the intended plan caused by illness, weather, strikes, war or threat of war, natural disaster, refusal of visas, riots, terrorism, political events or civil action affecting air or ground transport, or other events amounting to force majeure. We will send you details of alterations as soon as we are aware of them. Should we have to cancel the activities for reasons beyond our control (as above) then we will inform you without delay and shall offer a prompt refund of monies paid. We accept no liability for compensation beyond this refund. No refund will be made for any costs incurred by The Company up to this point. However, we will endeavour to obtain a refund ourselves for those costs and should we be successful then we will pass this on to you, less any administrative charges. The Company reserves the right to cancel all and any activities without reason or notice. In this unlikely event The Company agrees to refund all monies in full.

### Liability

The Company's activities are by nature never completely free from hazard. Whilst all reasonable precautions are taken to minimise the risks, participants accept that accidents, including serious injury and death can occur without The Company being at fault. Participants also recognise that The Company is not responsible for any loss or damage to the personal property of the participant, including money, clothing or equipment. The Company will only accept liability for physical injury to a client that is shown to result from negligence on the part of The Company and takes no responsibility for any loss or injury occurring as a result of the participant's failure to follow instruction and also takes no responsibility for any mishap during an activity from any instruction or information not given by The Company's staff. The participant also recognises that attendance on The Company's activities in no way qualifies him or her to teach the course content. The Company therefore accepts no responsibility for any mishap occurring to third parties taught by attendees of any Company course.

### Equipment

Where clients are entrusted with the use and care of specialist equipment they may be made liable for payment arising from any loss or damage made as a result of misuse or negligence.

### Miscellaneous

Participants must accept and abide by the decisions of The Company's staff and by signing the Enrolment Form agree to do so. All participants should be fit and in sufficiently good health to enjoy their chosen activities. If you have doubts about your health, please discuss this with us and we can advise. It is your responsibility to ensure that your passports and visas are valid and that you carry with you any vaccination certificates required for your journey. All contracts and matters arising from them shall be subject to English Law and the exclusive jurisdiction of the English Courts. Participants are required to sign the Enrolment Form acknowledging that they have read and fully understand and accept The Company's Terms & Conditions.

-ends-



# Enrolment Form

Please use BLOCK CAPITALS throughout

## Contact Details

Title		Contact Tel.	
First Name		Date of Birth	
Surname		Nationality	
Address			
Postcode		Passport No.	
Country		Expiry Date	
Email Address			

## Payment

Ice Warrior Ref:	<b>Ice Warrior Basic Polar Training</b>	<b>BPT</b>
EITHER – if more than 56 days (8 weeks) prior to commencement of course	I enclose deposit of (or)	£500.00
	I enclose full payment of	£1,250.00
	<b>(Full payment is required 56 working days prior to expedition)</b>	
	Please make cheques payable to: Ice Warrior Expeditions Ltd. Please contact us to pay by PayPal, Google Checkout or Bank Transfer	

## Declaration

I have read and accepted the Terms and Conditions. I will be arranging adequate insurance and will forward copies to Ice Warrior Expeditions Ltd prior to commencement of activities.

Signed:

Date: