



Skills & Fitness

11th to 13th August 2017 | Duration: 48 hrs | Location: Dartmoor,
Devon UK
Cost £250

Who is this course for?

The aim of this course is to inform you how to physically prepare for your expedition and start your road to technical skills competence by introducing you to proper use of a map and compass.

It is aimed at those within the Ice Warrior Squad who are starting their preparation for our latest flagship expedition, #Lastpole.

When?

Arrival on Friday 11th - after 1700 for a start 0700 on Saturday 12th
Depart 1500 (approx.) on 13th August 2017

What will you learn?

- * Update from Jim and details of the #Lastpole Science Portfolio
- * Fitness Theory
- * Team Building
- * Fit for purpose - Tyre pulling session
- * Navigation - orienteering (of sorts)
- * Personal goals and programmes
- * Information on the latest equipment
- * Injury avoidance
- * How best to record progress

General Notes

You'll find no matter where you are in terms of skills development there is a place for you within the programme and we measure and record your development throughout, so whether you're heading towards an Ice Warrior flagship expedition or considering your own expedition you can join us at any stage. The only pre-requisite for any of the core training is an open mind and the right attitude - Positive!

How will you learn?

My style is one of coaxing it out of you, wherever possible. We rarely lead you by the nose. We have found that this method results in a much better level of retention and therefore competence. This combined with providing the relevant chapters of Jim's Expedition Training Manual and employing the very best of instructional staff makes us confident of the thorough nature and high quality of training.

Where?

Bellever YHA, Bellever, Postbridge, Devon, PL20 6TU

The property is in the centre of Dartmoor National Park surrounded by open moorland. Once part of a Duchy farm, YHA Bellever makes for a comfortable learning environment with the nearby East Dart River, Bellever Forest and Tor ideal for training.

Accommodation is bunkhouse style but very comfortable.

In 2008 YHA Bellever was a GTBS Gold award for its commitment to the environment

Getting There

Address: Bellever, Postbridge, Devon, PL20 6TU

[Website](#) **Tel:** 0845 371 9622 [Map Here](#)

Finance

The course fee of £250.00 includes:

- Instruction and supervision, group kit and equipment
- Accommodation and all meals
- Certificate upon successful completion
- VAT

The following items are not included:

- Travel to and from venue
- Alcoholic beverages
- Optional insurance

Kit List - What to bring with you

We will send you a full kit list on booking your course but you will need to bring outdoor clothes which will allow you to operate in all sorts of weather - Waterproofs - Jacket and trousers, hat, gloves, etc. - Rucksack - 35 litres or above - Change of clothes - you may get wet...more than once! Plenty of Sports Gear.

Please contact us for any outdoor gear you require - we now retail everything at super special rates to our participants!!

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 costs of The Company's activities are inclusive of all accommodation, meals, some beverages, equipment and instruction.

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. Full payment is required 6 weeks prior to commencement of activities. A deposit of £100 per person is required to secure a place before this time.

Insurance

All participants are advised to take out appropriate insurance for their Selection Weekend. We are able to advise on this. 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 on-going 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 42 days' notice	– deposit only
42-28 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. 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.

Enrolment Form

Contact Details

Please use BLOCK CAPITALS throughout

Title		Contact Tel.	
First Name		Date of Birth	
Surname		Nationality	Not needed
Address			
Postcode		Passport No.	Not needed
Country		Expiry Date	
Email			



2017	Course Title	Cost	Please tick
11-13 August	IWS Skills & Fitness Weekend	£250.00	
	Please make BACS payments to: Ice Warrior Expeditions Ltd. HSBC Sort Code: 40-42-08 Account No: 72130580 Or contact us to pay by credit card.	<i>Total</i>	
		<i>Total</i>	

Declaration

I have read and accepted the Terms and Conditions.

Signed:

Date: